Day 5
Highland Cow



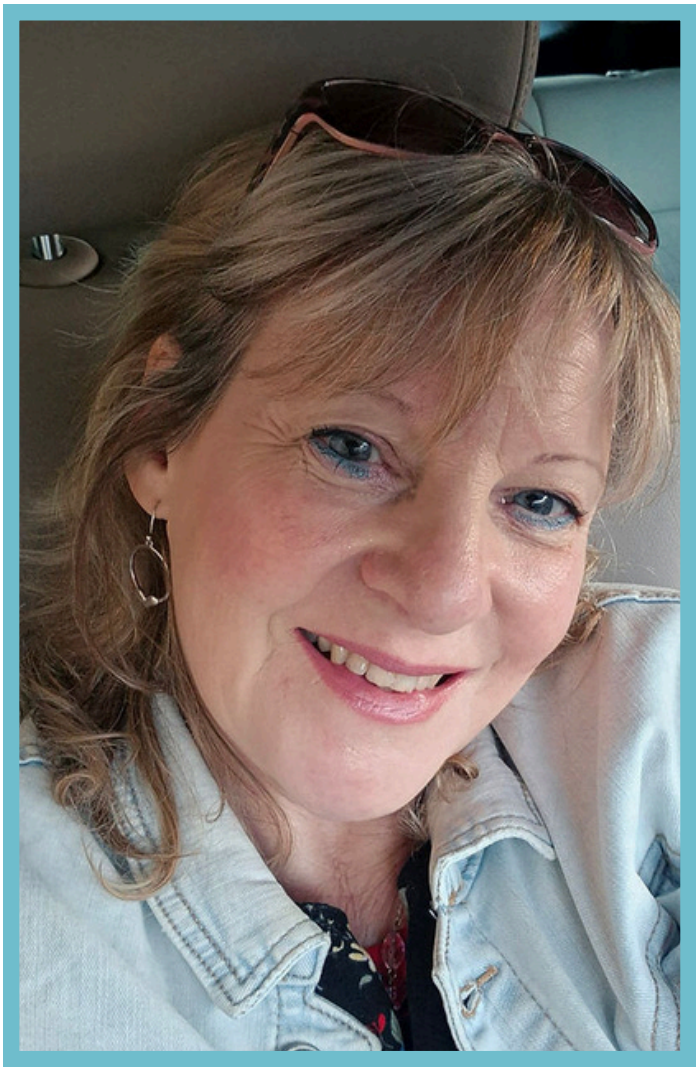
Paint 5 week

28th September to 2nd October 2026

Paint along with me & colour your world



Hello! I'm Ali Greer



You have just started a wonderful, colourful journey of fun and discovery! I am going to give you all the instructions you need to get your creative juices flowing and help your inner artist blossom.

If you have been wanting to paint beautiful, vibrant colours and bold brush marks, You are in the right place. I will teach you a simple acrylic process that you can easily adapt to you own unique artist voice and style.

Art should be fun - a perfect way to switch off, unwind, and enjoy some well-deserved time out for yourself.

In this guide:

- A recommended materials list.
- How to preprare your painting surface.
- Reference images & tracable templates.
- Colour mixing charts.
- A warm welcome to our continued friendship and a community of lovely art friends.

Recommended Materials For My Acrylic Process

- **Paint:** I recommend using **Golden Fluid Acrylics:**
  - Titanium white
  - Paynes Gray
  - Burnt Sienna
  - Quinacridone Magenta
  - Naphthol Red Light
  - Hansa Yellow Opaque
  - Phthalo Green (Blue Shade)
  - Phthalo Blue (Green Shade)
  - Alizarin Crimson (optional as you can darken red by adding a touch of Phthalo Green)
- **Flat synthetic brushes:**
  - I use Royal Langnickel Flat brushes. But any synthetic brush is fine. For this I will be using sizes 9 and 5.
- **Surface of your choice.** 8 x 8 inches (20 cm x 20 cm) canvas, wooden panel or watercolour paper.
- **White Gesso** for surface preparation.
- **Transfer/Carbon paper** or a 6b graphite pencil for tracing the outlines.
- **Water pot** for adding water & washing brushes.
- **Rag** or paper towels for cleaning/wiping brushes.
- **Palette** or paper plates for mixing paints.

How to Prepare your Paint surface

Apply Gesso to your Surface:

- Using a large flat brush apply a thin even coat of white gesso to your surface.
- To thin it you can add a little water if it is very thick.
- Let it dry or user a hair dyer to dry it completely. Once it is dry, sand the surafce with fine sand paper 150 to 220 grit. This makes your surface smoother and easier to paint on.
- Repeat two more times (apply 3 coats in total)
- You can use whatever you have available to paint on but I love to use cradled wooden panels. You can also buy these panels ready primed. But they are a little more expensive. Which is why I buy unprimed panels and gesso it myself.



How to transfer the Tracung Templates onto your painting surface

Transfer/carbon paper Method

- Place a sheet of transfer paper onto your surface. Make sure it is the ink/shiny side down.
- Put the printed template on top, facing the design upwards and tape it down (use masking tape) at the sides to hold it secure.
- Use a coloured pen to trace around the lines of the Poppy.
- Check the design is coming through correctly onto the surface before removing the template.

Graphite Pencil Method

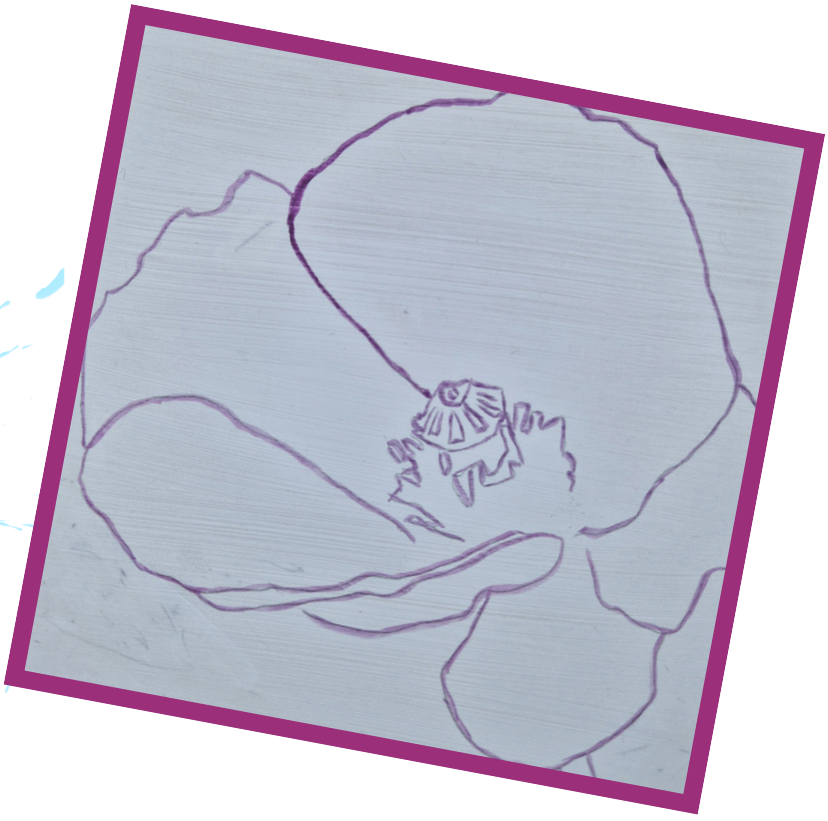
- Place the Poppy 'print-out' face down and shade over the the surface with a 6b graphite pencil.
- Place the template graphite side down on your canvas and tape into postion to hold it secure.
- Use a coloured pen to trace over the lines of the Poppy. Make sure it is has transferred onto the surface before removing it.

How to Paint over the outlines

It is always a good idea to first paint over the outlines. This will make a better start to your painting and stop any graphite smudging and showing through onto the next layer of paint.

Paint over the outlines

- Make a light purple colour using Quinacridone Magenta and Paynes Gray with some water to make it quite pale. (Tip adding water makes paint thinner and lighter in colour.)
- Using a fine brush such as a script-liner or a small round brush, paint over the lines to cover up the pencil lines.
- Now you are ready to watch the video lesson. Happy painting!
- Just relax and have fun! You can watch the video all the way through or you can paint along with me and pause the video as you need to.



Robin - The colour Mixes Chart

This is your guide to the colour mixes I used in this Robin painting. The printed copy will differ from the on screen colours. I recommend matching the colours on screen.



17. Burnt Sienna

18. Paynes Gray + Phthalo Blue (GS) + Quinacridone Magenta + White

19. Paynes Gray + Phthalo Blue (GS) + Quinacridone Magenta + More White

20. Burnt Sienna + Hansa Yellow Opaque + White

21. White + Paynes Gray

22. White + Paynes Gray + More White

23. Burnt Sienna + Hansa Yellow + Naphthol Red Light + White

24. Burnt Sienna + Paynes Gray

Day 5 - The highland Cow







Highland Cow -The colour Mixes Chart

This is your guide to the colour mixes I used in this Highland Cow. The printed copy will differ from the on screen colours. I recommend matching the colours on screen.



1. Quinacridone Magenta + Paynes Gray + Water



2. Quinacridone Magenta



3. Phthalo Blue + White



4. Paynes Gray



5. Naphthtolred Light + Quinacridone Magenta



6. Phthalo Blue (GS) + White



7. Hansa Yellow Opaque + White

Highland Cow -The colour Mixes Chart

This is your guide to the colour mixes I used in this Highland Cow painting. The printed copy will differ from the on screen colours. I recommend matching the colours on screen.



8. Burnt Sienna



9. Burnt Sienna + Hansa Yellow Opaque + White



10. Burnt Sienna + Hansa Yellow Opaque + (More White) + White



11. Paynes Gray + Burnt Sienna



12. White

Thank you For Joining Me today!



If you would Like to stay in touch.

www.aligreerartist.com

