



## Full Body Painting Set-Up

### Instructions for Facilitator:

1. Prepare creative space, paper and paint materials prior to the *Full Body Painting Activity*.
2. Music is set up: music player is ready; playlists are created and organized.

### Materials:

#### **For Full Body Painting**

- Poster, Gouache or Tempura paints (They are the same thing.)
- Brushes of various sizes
- Cut-up sponges (Take dishwashing sponges and cut them into small squares or rectangles for easier handling.)
- Water bowls
- Cotton rags or paper towels (Cotton rags are the best for texture and absorbency. Best to use old cotton dish towels, sheets, pillowcases or clothing and cut into manageable pieces.)
- Extra masking tape to secure the paper during the process, if it were to become loose on the surface it is taped to.
- Painter's plastic sheets or roll (to protect wall or surfaces).
- Pencil
- Scissors
- At least two A1 papers — as much needed to fit the participant's body (if using A2 papers, connect them vertically)
- Masking tape (to taping the paper for the surface to be painted upon, i.e. wall, floor, or long-table.)
- Little pots (to make new colors in).
- For *Compassionate Whispers*, Post-It Notes (Preferably pink and heart shaped. Other shapes work, too.)

#### **For Writing:**

- Paper, pencils or pens
- Hard surface to support writing paper (cardboard sheets, magazines, etc.)
- A4 sheets of paper, and pens

#### **For Music:**

- Music is set up: music player is ready & playlists are created and organized (see *Music for Full Body Painting*).

### Procedure:

1. With clear packing tape, tape the number of A1 papers needed to cover the participant's body on one side. Also add masking tape on this side. Then turn it over, so that the tape is not seen and the papers are stuck to the floor.
2. Assure good lighting – halogen lamps are great or spot lights.
3. Place a 'Do Not Disturb' sign on door in settings where there are potential interruptions, so to secure a distraction-free space.
4. Assure proper heating/AC/ventilation depending upon the climate.
5. Music is prepared.
6. Prepare and protect painting surface with painter's plastic, secured with masking tape.



7. Prepare rolls of masking tape to place on back of paper (so the paper does not move during the Painting Activity).
8. In the middle of the Creative Space Floor:
  - a. Place the organized paints.
  - b. Place the organized brushes that have been cleaned.
  - c. Place the organized sponges that have been cut.
  - d. Have water in bowls or tubs ready (If there is no nearby sink for new water, have a large bucket on hand with clean water; if there is no nearby toilet or drain to get rid of dirty water, have a large empty bucket at hand and dispose of it later.)
  - e. Have clean rags or paper towels ready.
9. Have a box of tissues on hand for any tears.
10. Have paper, pencils or pens ready in the event of the post-activity writing.
11. Have a hard surface available to support writing paper (clipboard, cardboard sheets, magazines, etc.).
12. Have rolls of clear packaging tape ready to tape the writing sheets on the back of the painting.

**Video References:**

*Of Set-Up* — <https://youtu.be/LST6Q3BuKho>

*Full Body Painting Overview* — <https://youtu.be/vA2OXnPueos>

**Things to Watch Out For:** Easels are not highly recommended for this Spontaneous Activity, given their instability. If there is no alternative, best to place a hard board on the easel and then tape the paper upon it, or paint on a canvas.

**Target for Facilitator:** Set-up is complete — The creative space is prepared for the activity, with all materials ready.

**Program Tags:** Full Body Painting, Set-up, Creative Space, Paints, Brushes, Sponges, Paper, Masking Tape, Clear Packaging Tape, Painting, Music