The Free Beginner's

7-Day

Painting Challenge

Welcome

to the start of your next painting journey.

Get ready to finesse your painting skills over the next full week with this ultimate beginner's painting challenge workbook, brought to you by Kari Lynn M. of the Canvas Academy!

Included in this workbook are 7 total painting tutorials that you may complete with any type of paint you choose—though we recommend using acrylic, crafter's paint, and/or tempera. You may also try some challenges with watercolor for an **added challenge** (watercolor is more difficult to work with, so heads-up!)

You may complete your paintings on virtually any painting surface, whether it's simple cardstock, a canvas board or canvas paper, high-grade watercolor paper, or classic stretched canvas. It's also totally possible to practice the challenges on thin copy/printer paper because, remember, **it's just practice**—no need to buy special paper just for practice.

For more free painting resources, premium acrylic and watercolor classes, and more, **visit the Canvas Academy on [KariLynnM.com.](KariLynnM.com)**

Happy painting!

Contents

Click any picture to jump to its instructions.
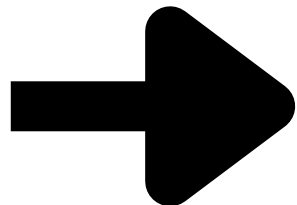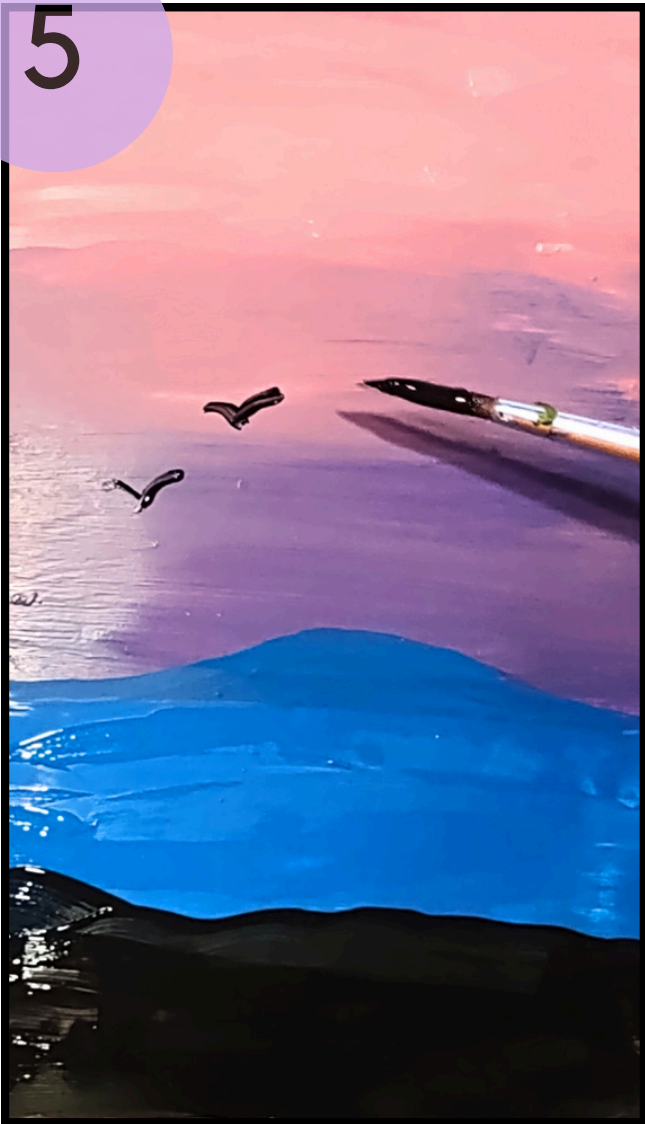
See More ➡

Contents

Click any picture to jump to its instructions.

What's Next?

Day 1:
The "Coneflower"

Paint Colors:

- Pink (Hint: You can mix red and white!)
- White
- Yellow
- Burnt Umber or Brown
- Green

Step 1:

Create a simple streak of pink that curves from the center of the paper toward the lower left

Step 2:

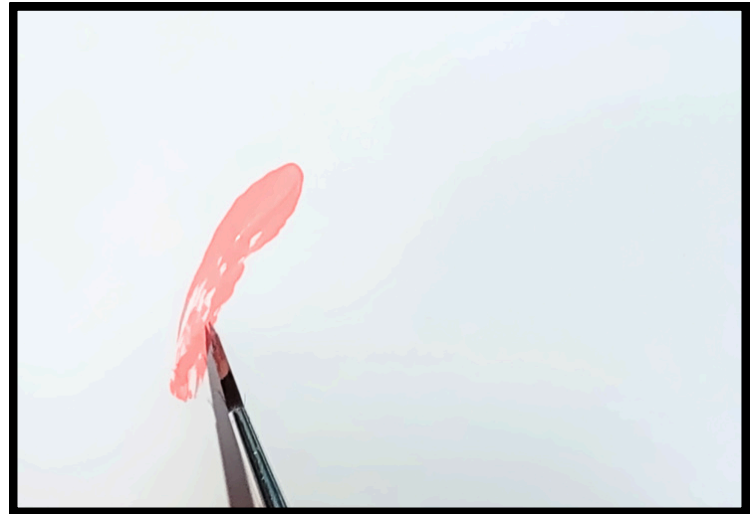Repeat with a second streak to the right of the first one, making it slightly longer than the first

Step 3:

Repeat until you get a line of streaks pointing downward; keep the two outermost streaks shorter than the ones in the middle

Step 4:

Add streaks of white to each of your created petals

Step 5:

Add a yellow circle above the petals

Step 6:

Dabbing your brush, add many dots of burnt umber/brown to the yellow circle

Step 7:

Add a stem and a small leaf that extends to the end of the page in green
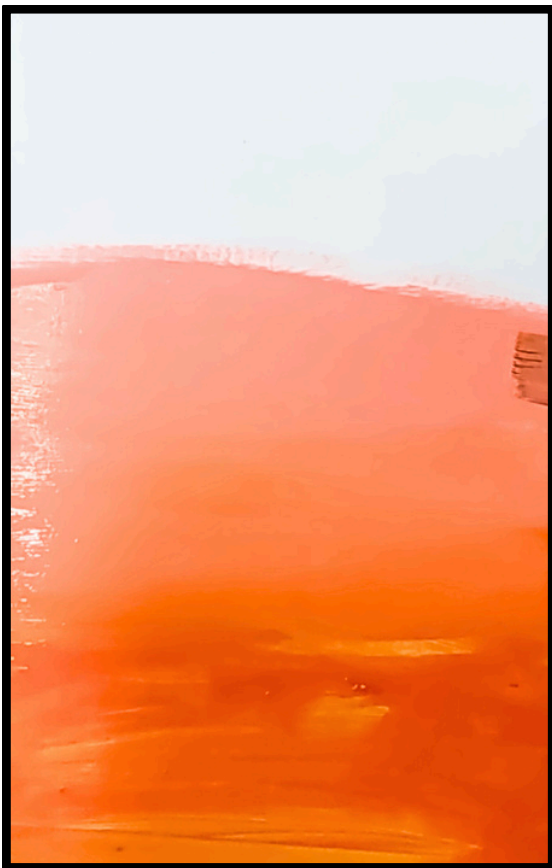

Finish!

Day 2:
The "Palm Tree Breeze"

Paint Colors:

- Orange (Hint: You can mix yellow and red!)
- Pink (Hint: You can mix red and white!)
- Red
- Black or Raw Umber

Step 1:

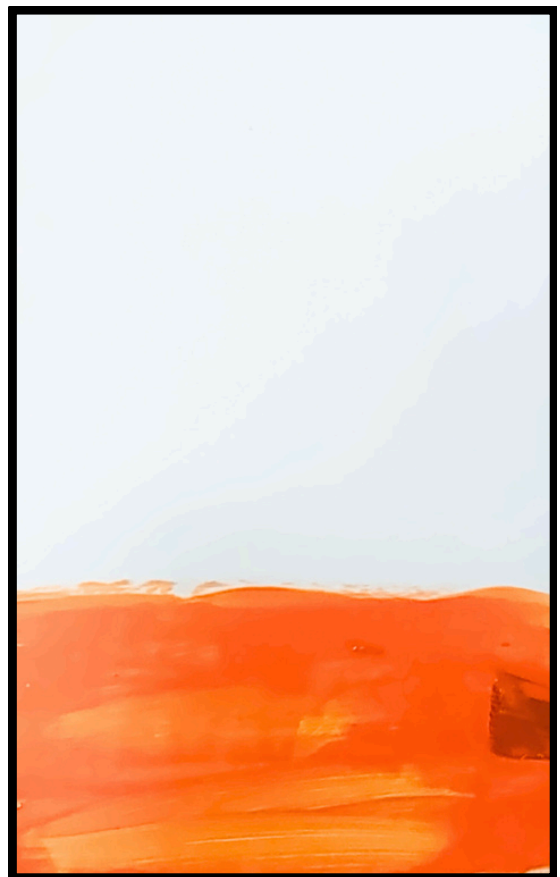Fill your page about 1/3 of the way upward with orange paint

Step 2:

From there, bring in pink paint and blend it along the edge of the orange. Then, bring the pink up to about 2/3 of the height of the page
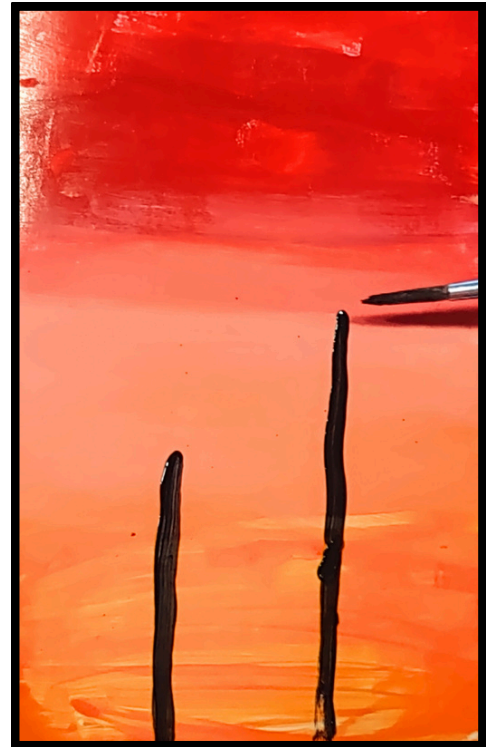
Step 3:

Add red paint, blending it at the 2/3 line with the pink. From there, fill the rest of the page upward with the red

Step 4:

Create two lines from the bottom up, both of varying heights, using either black or raw umber
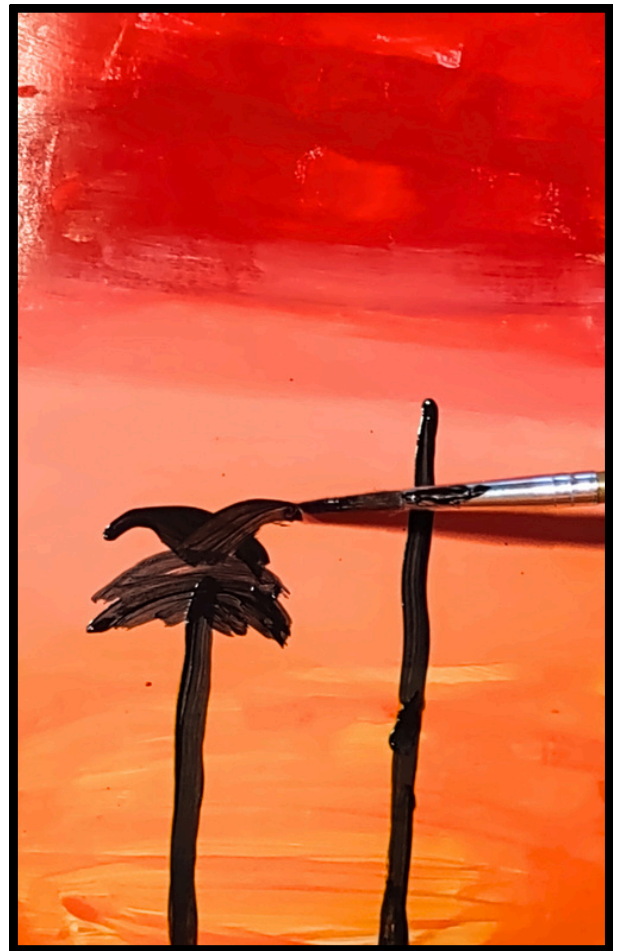

Step 5:

Begin to create palm tree silhouettes, starting with a downward-facing curve on the top of one of the black lines

Step 6:

Add more curve-shaped black lines that seemingly "sprout" out from the center of the tree

Step 7:

Repeat the same silhouette-creation process with the other tree

Finish!

Day 3:
The "Beachy Paws"

Paint Colors:

- Tan (Hint: While it is tricky, you can mix yellow with trace amounts of brown or burnt umber!)
- White
- Brown or Burnt Umber
- Blue

Step 1:

Begin by making a diagonal line from one corner of your page to the other with tan paint. From there, fill in the page with tan from the line down to the bottom-right corner

Step 2:

Add multiple streaks of white paint to the tan area, swiping over them a few times to blend your paint in

Step 3:

Begin to create your first paw by dabbing a small circle of brown/burnt umber somewhere near the bottom-right corner
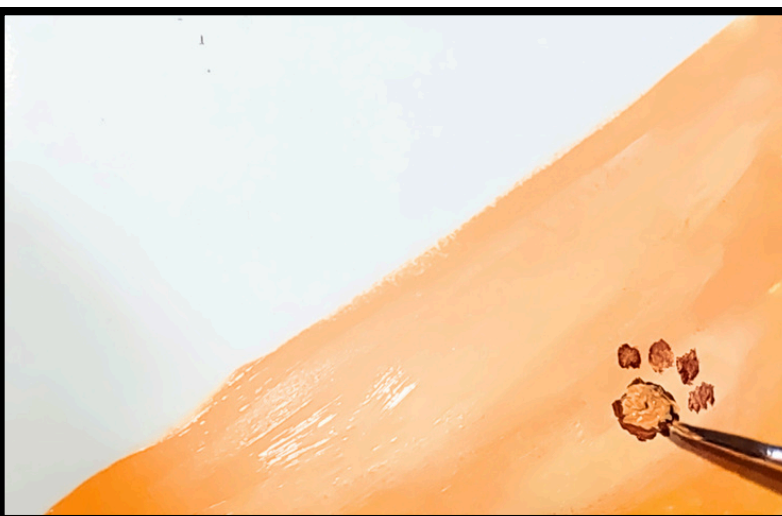
Step 4:

Add four dots (even tinier) above the larger dot, creating your paw shape

Step 5:

Now, dab your tan paint gently overtop each of your brown/burnt umber dotsl this will slightly blend the two colors together while creating a nice texture

Step 6:

Repeat the entire process to create a second paw print right above the other

Step 7:

Fill in the rest of the white space on the page with blue, from the diagonal line of tan up to the upper-left corner

Step 8:

Add in streaks of white, just like you did in the tan section previously; it helps here, though, to swipe your brush quickly back and forth, leaving the streaks and not completely blending them in
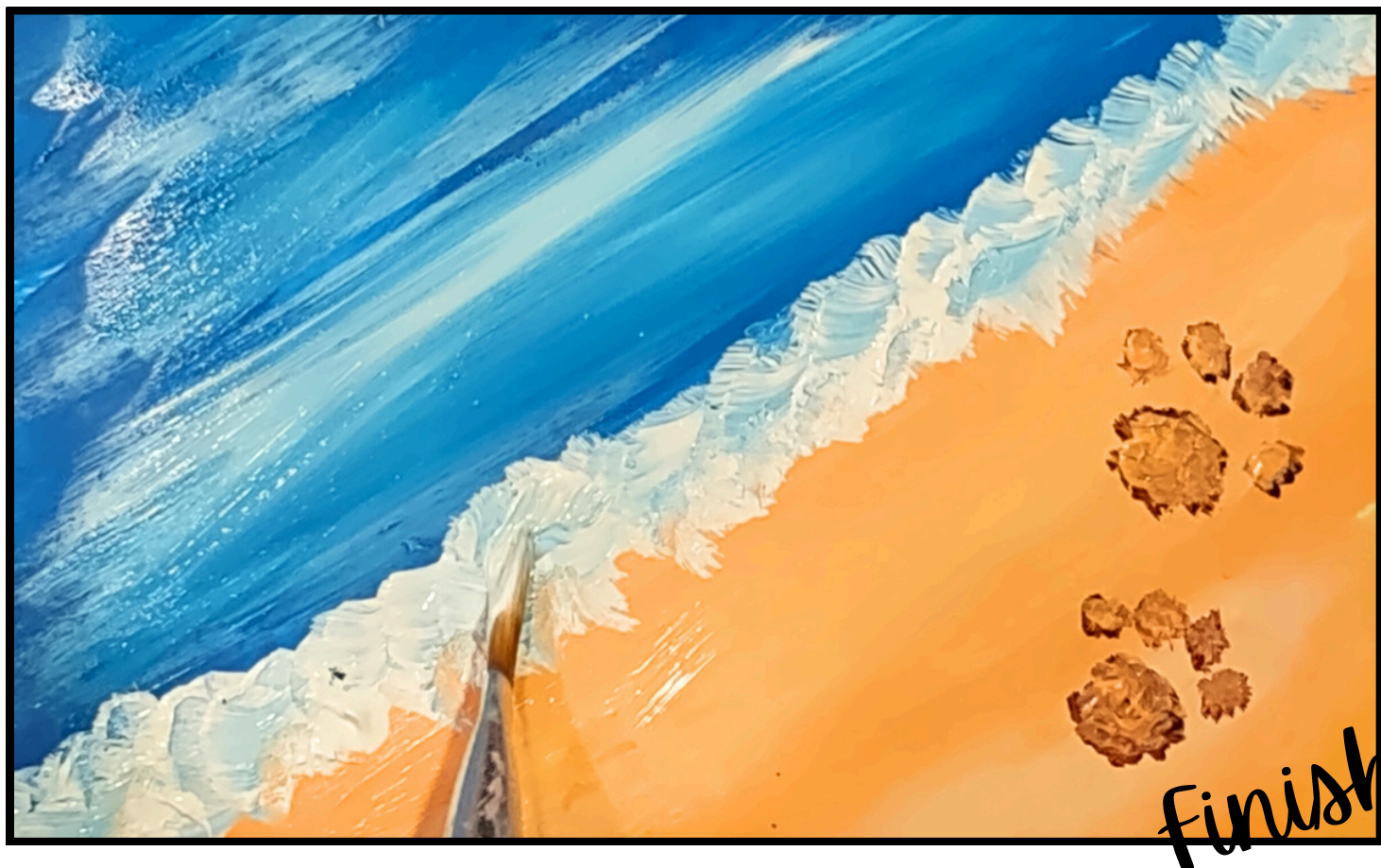
Step 9:

Create waves along the "shoreline" by dabbing your brush, with a lot of white paint on it, all along the diagonal line that separates the blue and tan sections. Allow the paint to "glob up" in circles on the page, creating a texture that will really show up as it dries
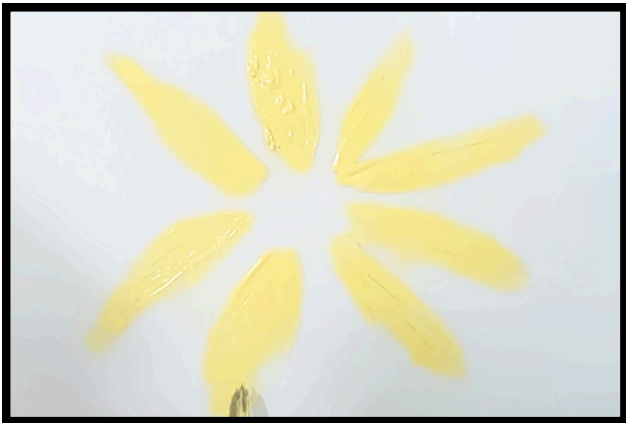

finish!

Day 4:
The "Sunny Flower"

Paint Colors:

- Medium Yellow
- Light Yellow (Hint: You can mix regular yellow with white!)
- Burnt Umber or Brown
- Green

Step 1:

Create one light yellow streak in a petal shape, moving from the center of the page outwards, and repeat

Step 2:

Repeat again with more petals until you create a circular ring of them

Step 3:

Repeat the same process now with the regular yellow hue, overlapping with the petals you already created (try making your new petals in between the other ones)

Step 4:

Finish your ring of medium yellow-hued petals

Step 5:

Fill in the white space in the center of all of the petals with burnt umber/brown

Step 6:

Dabbing your brush, bring in many tiny dots of medium yellow in the dark center (this adds texture and works best while your paint is still wet in that center)

Step 7:
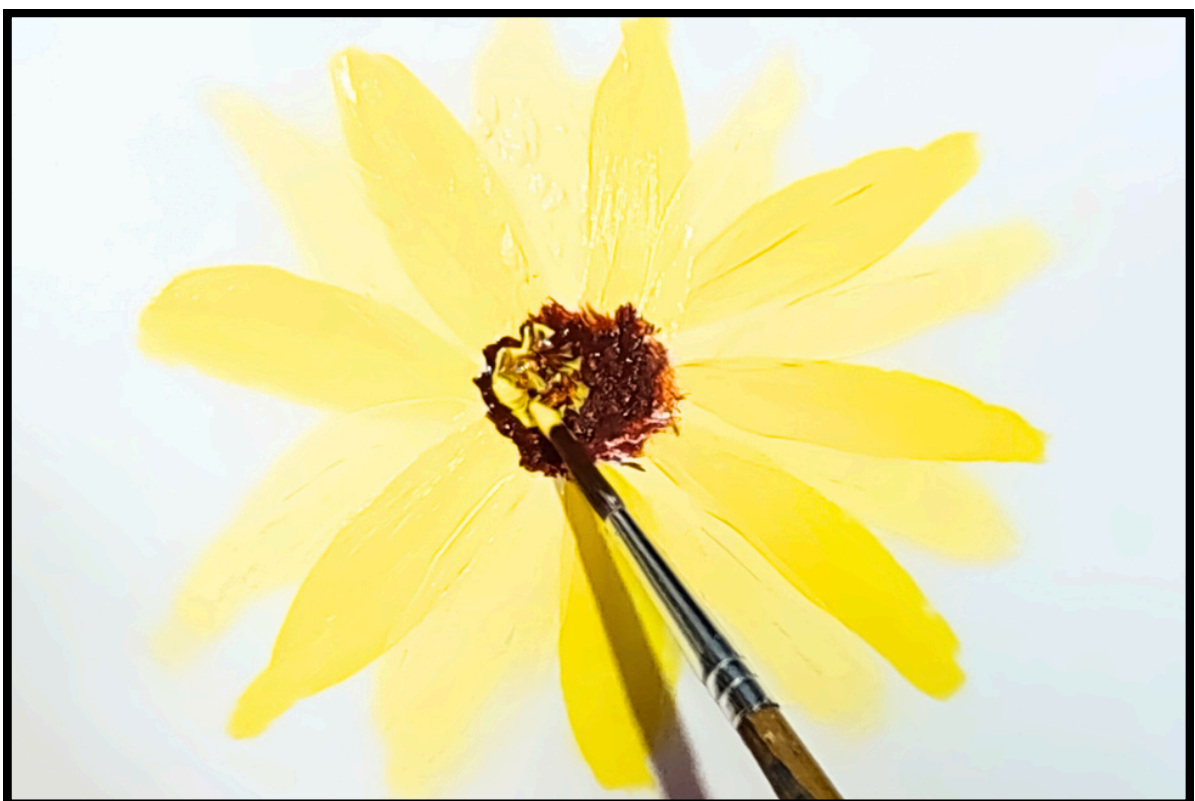
Add a couple of green leaves on the outsides of the petals

Step 8:

Add some streaks of white to each of your leaves

Finish!

Day 5:
The "Mountainous View"

Paint Colors:

- Purple (You can mix red, white, and blue!)
- Pink (You can mix red and white!)
- Blue
- Black or Raw Umber

Step 1:

Create a line, about 1/3 up your page, using purple paint

Step 2:

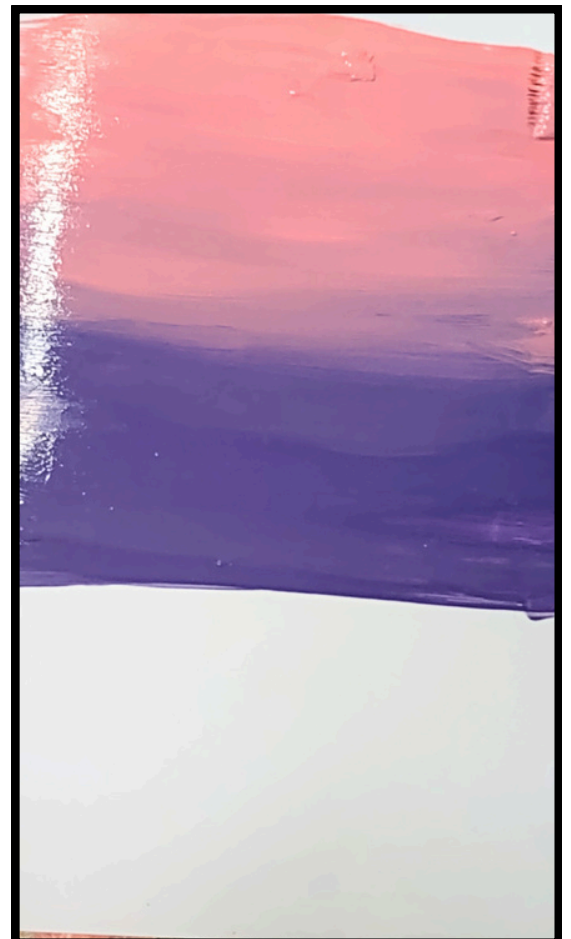Continue to fill the page upward with the purple, until you are about 1/3 from the top
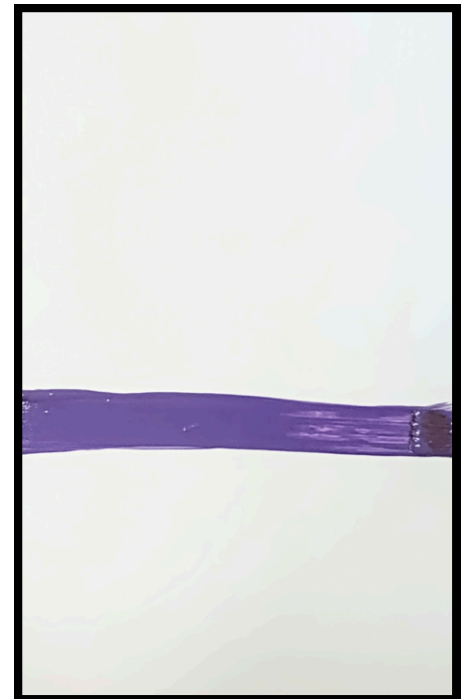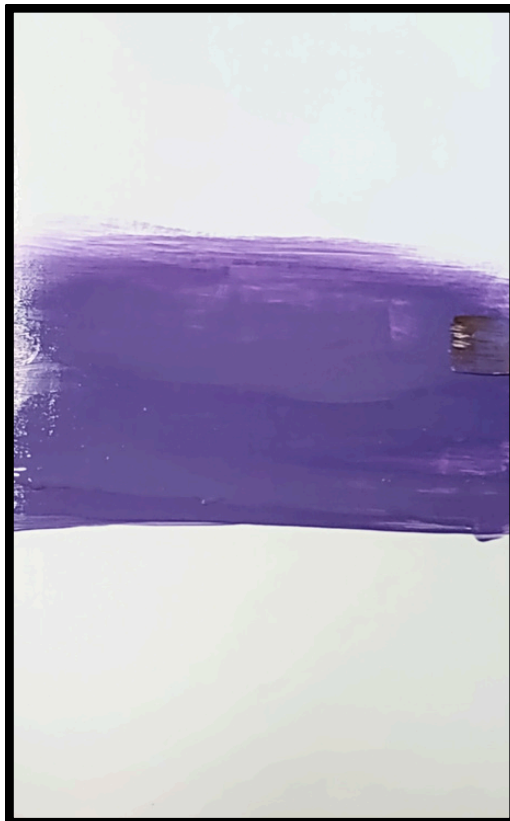
Step 3:

Add a thick line of pink paint across the top of where you stopped with the purple

Step 4:

Swiping your brush right and left, blend the pink and purple colors together

Step 5:

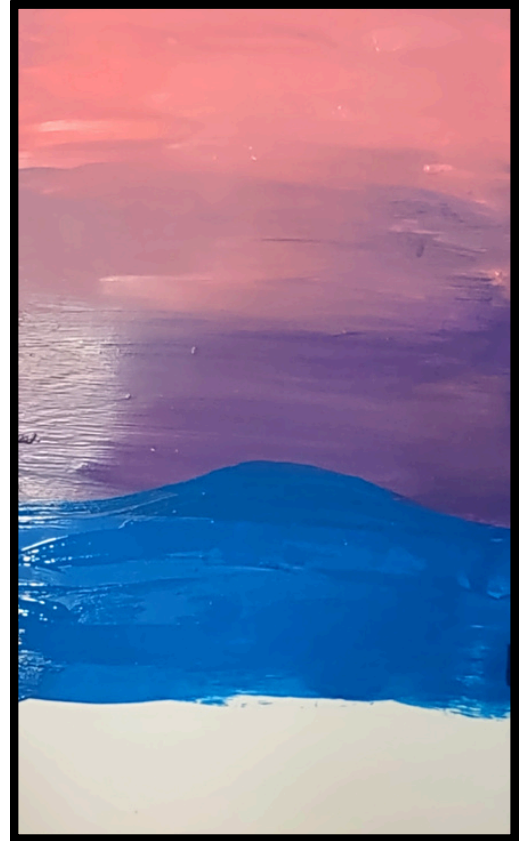Continue to fill the rest of the upper half of the page with pink paint

Step 6:

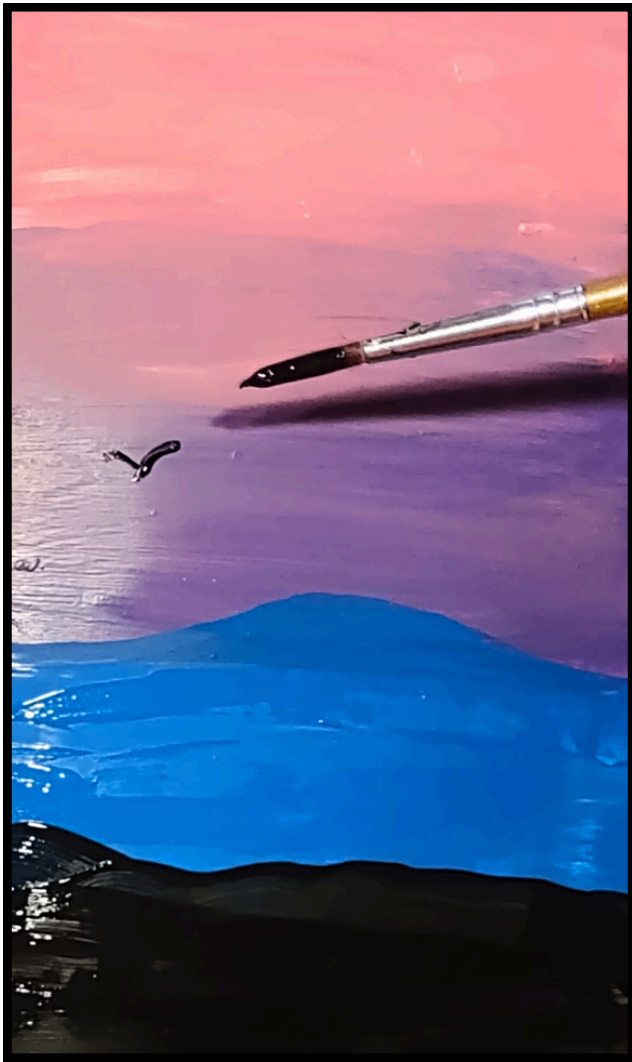Create a "wave-shaped" line of blue along the bottom edge of where you left your purple area

Step 7:

Continue to fill the bottom portion of the page with your blue paint, stopping when there is just about 1/5 of white space left

Step 8:

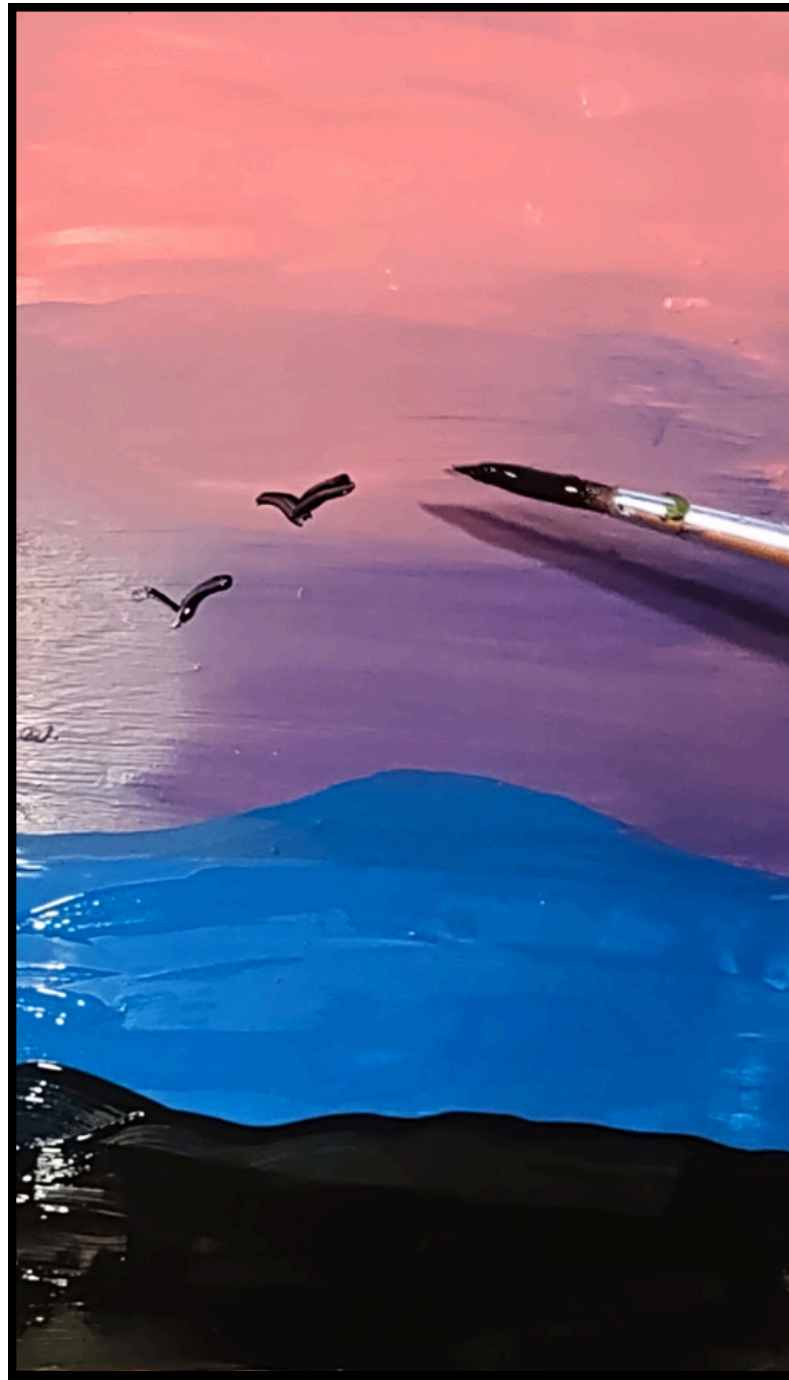Create another "wave" along where you stopped with the blue paint, now using black/raw umber

Step 9.

Fill the rest of the white space in with black/raw umber. Then, create a "bird shape" with the black/raw umber by making a wide "V" in the purple-colored area

Step 10:

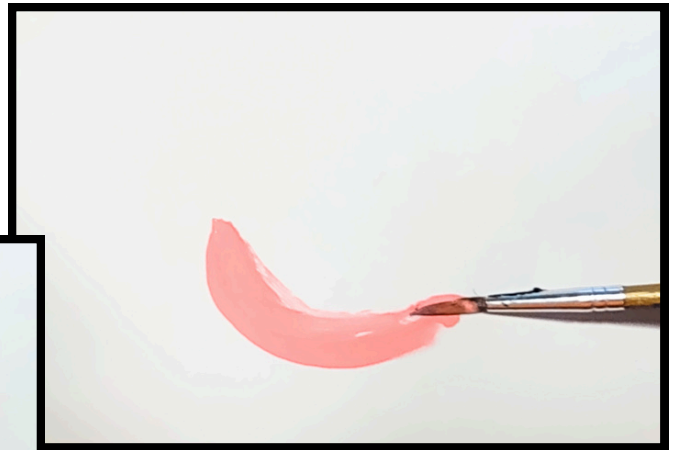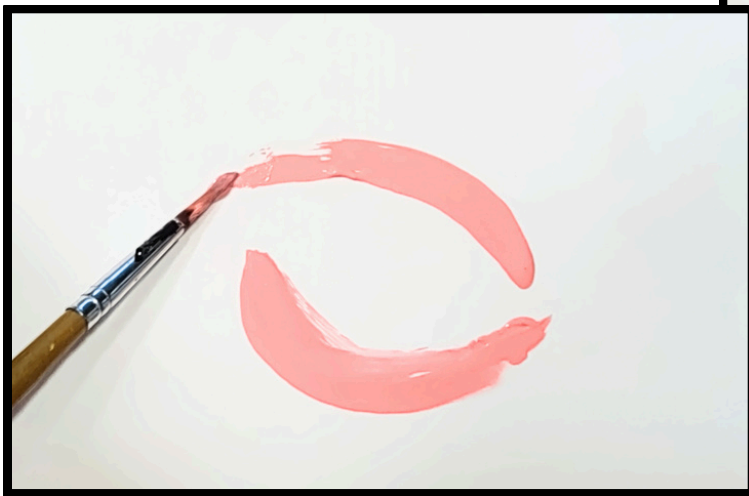Create a second bird with the same wide "V" shape

Finish!

Day 6:
The "Vibrant Rose"

Paint Colors:

- Pink (You can mix red and white!)
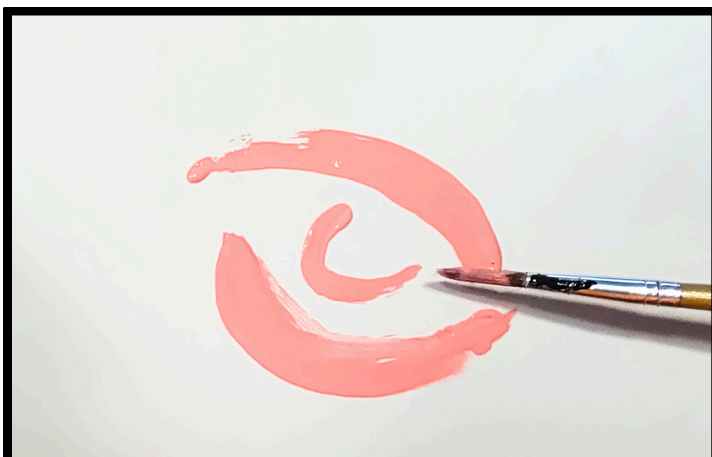- Red
- Green

Step 1:

Draw one upward-facing curve near the lower-center area of your page with pink paint

Step 2:

Create a second curve, now downward-facing, above the first one, letting them overlap slightly along the righthand side

Step 3:

Add a "C" shape in the center of your two curves

Step 4:

Create three more curves that overlap around the edges of the inner three you just created

Step 5:

Add an inner curve of red paint overtop your original pink curve

Step 6:

Add more streaks of red "highlights" to some of your other curves

Step 7:

Add leaf shapes on the outsides of the rose with green paint, leaving some white space as "streaks" in the center of each leaf
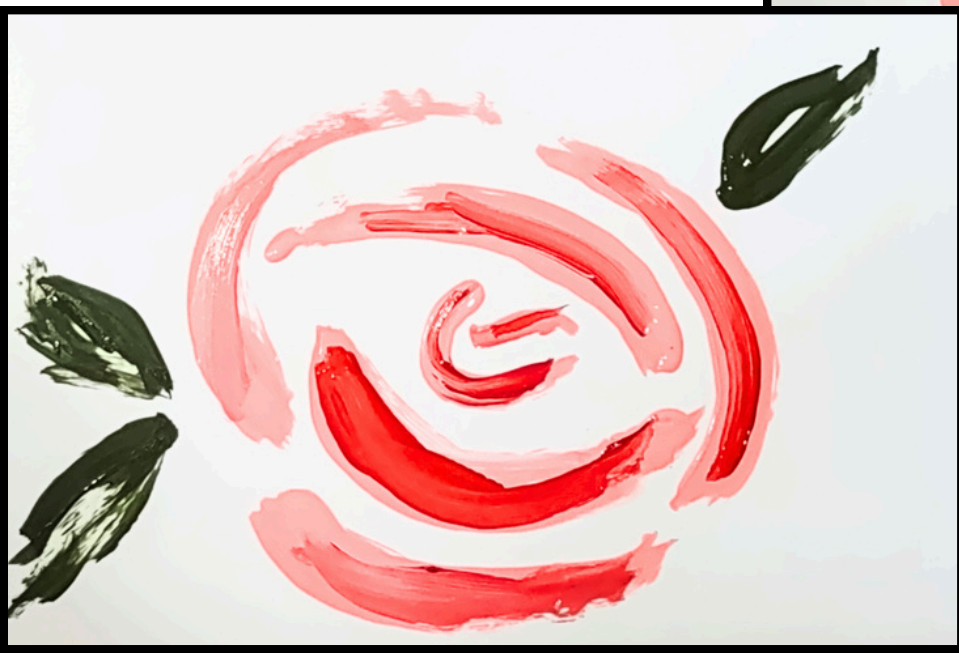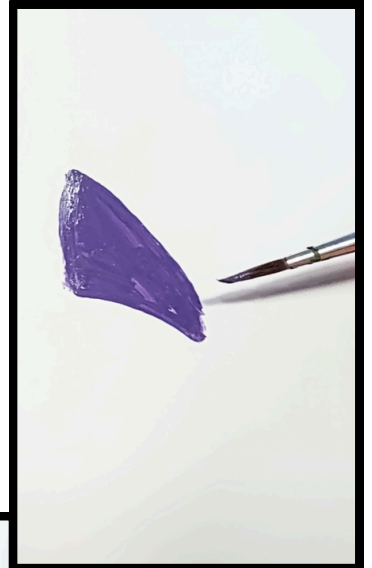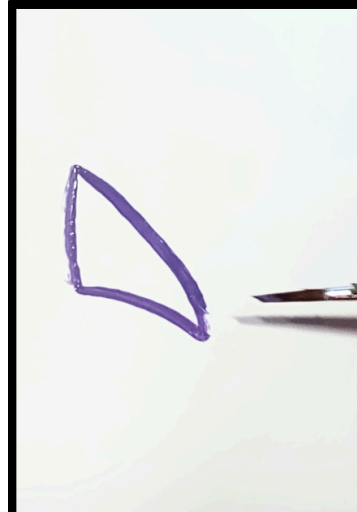

Finish!

Day 1:
The "Whimsical Butterfly"

Paint Colors:

- Blue
- Purple (You can mix red, white, and blue!)
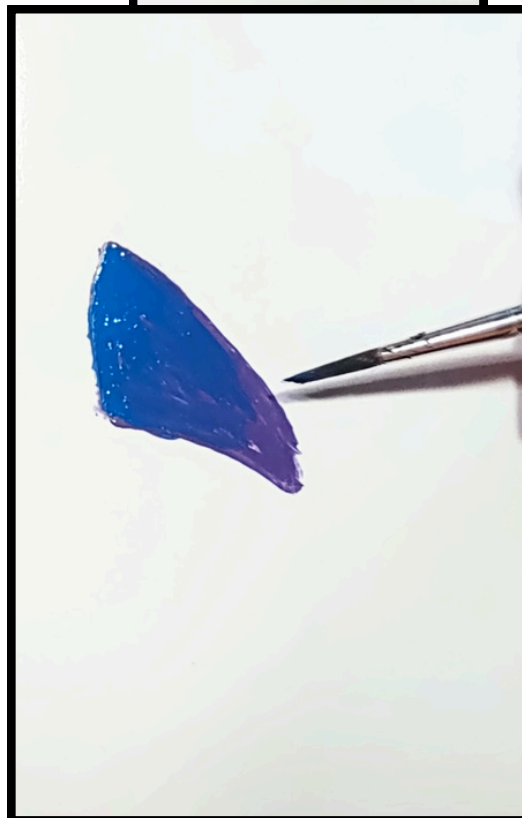- Black or Raw Umber
- Green

Step 1:

Create a "shark fin" shape with purple paint in the center-left area of your page. Then, fill in the shape with purple

Step 2:

Add a streak of blue paint along the upper-left curve of your shape. From there, blend the blue gently downward and to the right, letting it mix in with the purple

Step 3:

Create another "shark fin" that sits slightly tilted above the other one. Again, fill in this shape with purple paint. Then, place a streak of blue paint along the upper-right curve of the shape and blend, again, downward
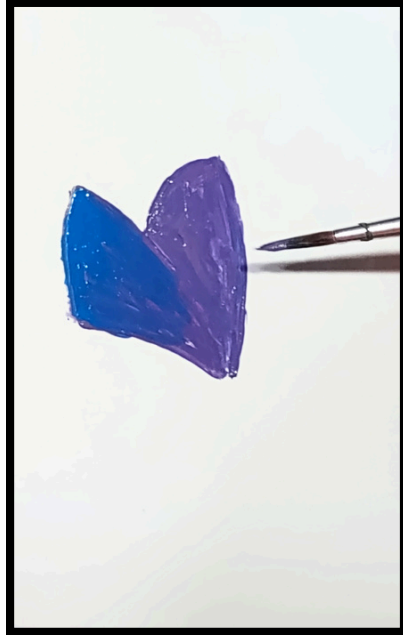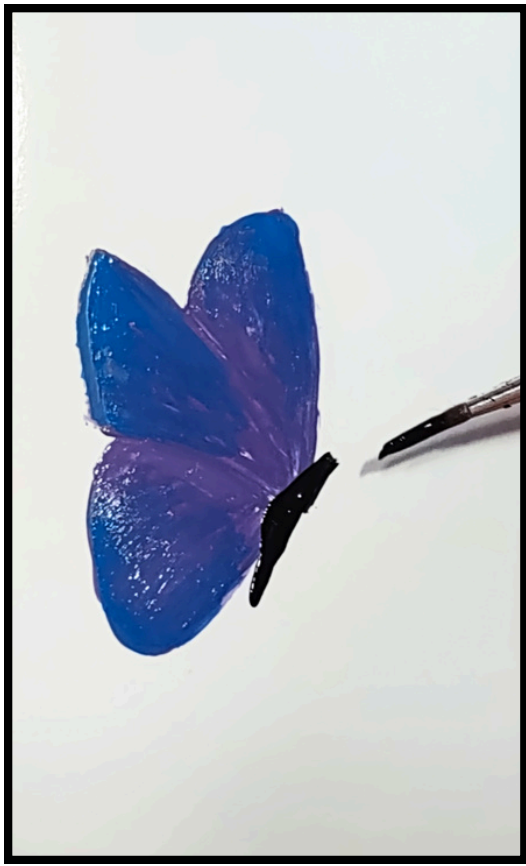

Step 4:

Create an upside-down "shark fin" below the very first one you created. Repeat the same process as before by filling the shape in with purple, adding a blue streak now to the bottom curve, and blending the blue upward.
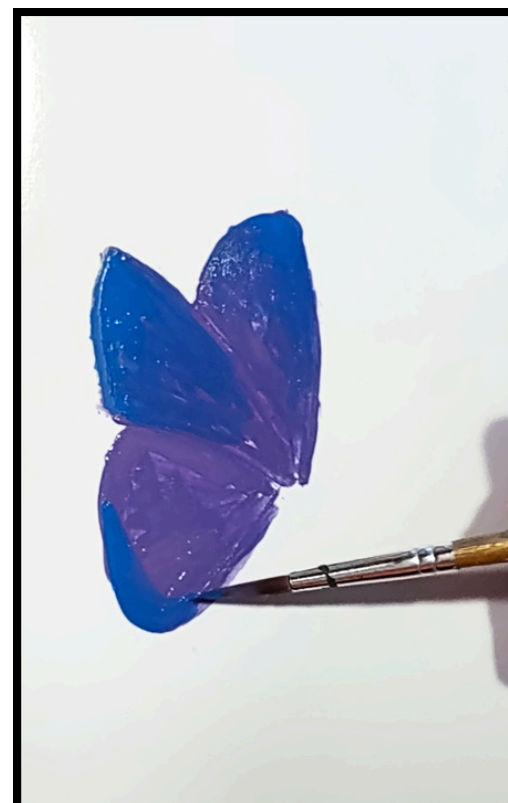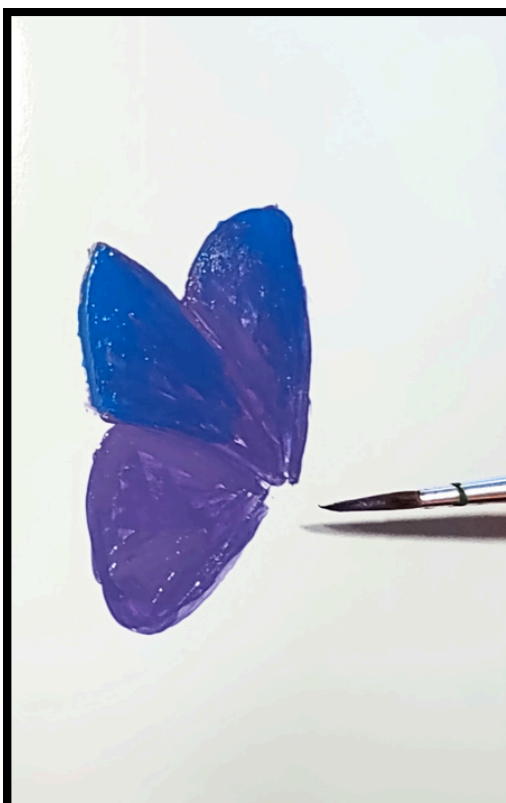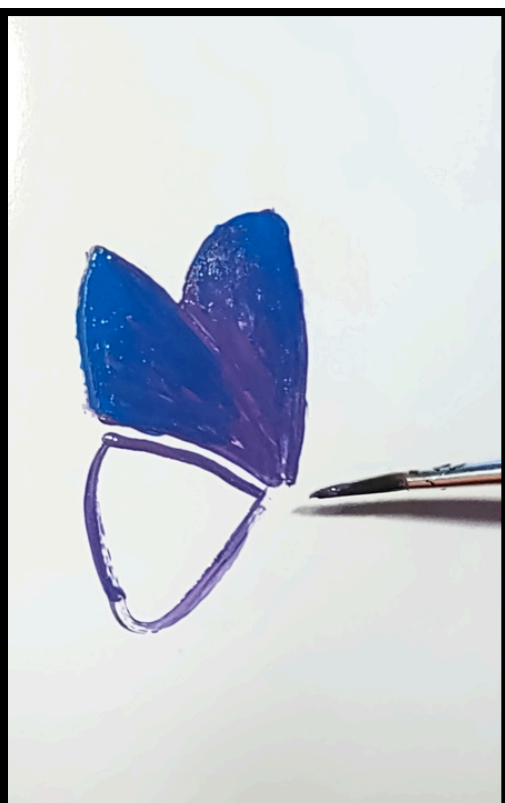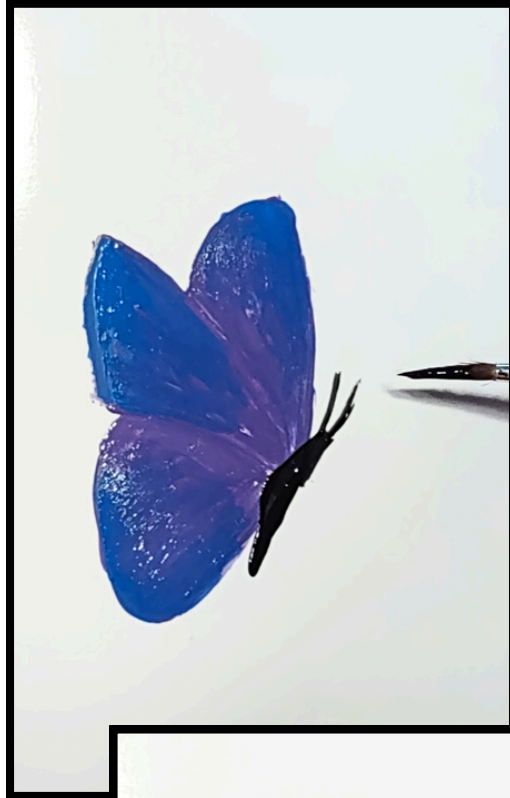
Step 5:

Create a body for the butterfly with two antennae, using black/raw umber

Step 6:

Outline the upper edges of each wing, tappering off around the upper curves by gently lifting your brush off

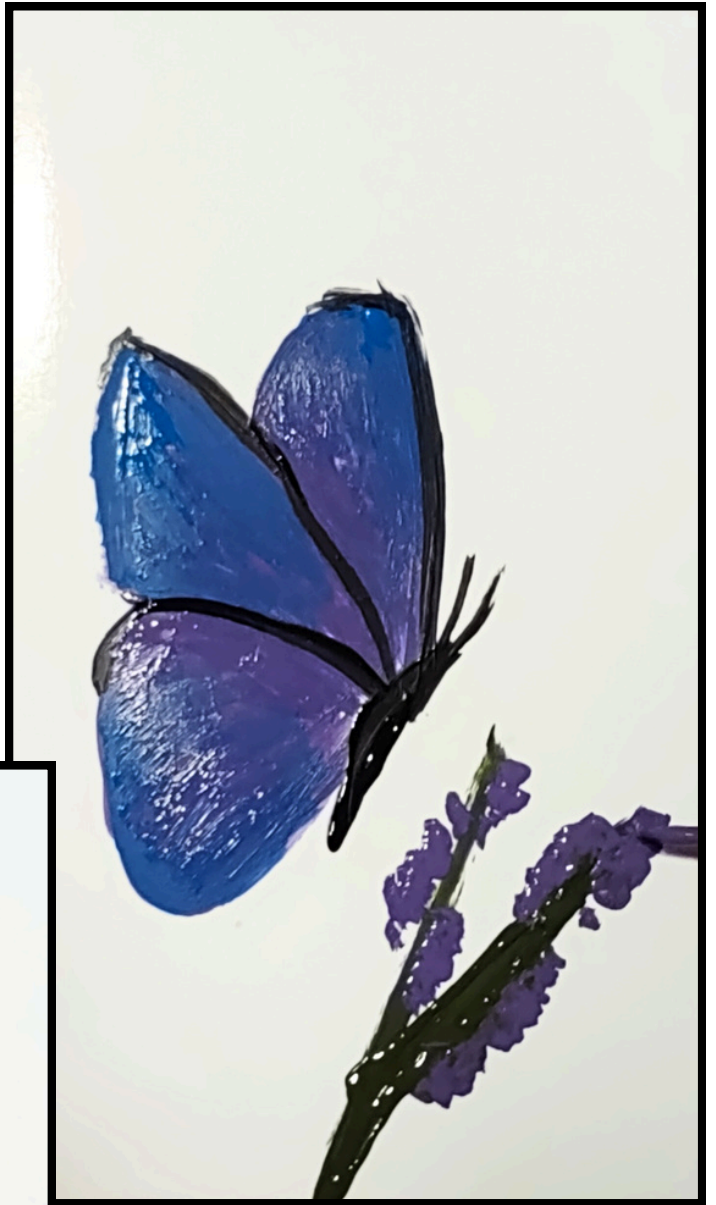Add a branch that is shaped like a "Y" from the bottom edge of your paper upward, using green paint

Begin to dab small purple dots along the tips of your branch

Step 9:

Continue to dabble purple dots along the "Y" area of your branch

Step 10:

Using blue paint, add more dots on top of the purple ones you just created to make small flowers

Finish!

What's Next?

Don't let this be the end of your painting journey!

Enjoyed this 7-day painting challenge? Continue to learn and make even more paintings with us over at Canvas Academy!

Some related **video courses** you may enjoy:

The "Disney-Inspired" Painting Course

The "Flowers & Petals" Painting Course

The "Fruits & More" Painting Course

The "Greeting Cards" Painting/Craft Course

Click any course to view available classes, or click here to see a complete list of courses.