

Lesson Plan: 2-hour Paintstik Class

Susan Stein, Colorful Quilts & Textiles

Paintstiks are great for embellishing quilts, garments, and home dec – and for generating great sales for your store! For those who are timid about trying new things, offer a two hour class where students will learn all they need to know to use paintstiks successfully. Stress that paintstiks are versatile tools to keep in the toolbox at all times, not just something to try and then stick in a drawer.

Supply list

- One yard of white fabric, cut into 9" strips and then divided into four pieces each
- 1/2 yard of black fabric, cut into the same size pieces
- One roll of paper towels
- Stencil brushes, 1/4" and 1/2"
- Paintstiks, as many colors as you want, both matte and iridescent colors

Handout for students

People are more apt to use their paintstiks at home if they have a short handout to refer to. Of course, encourage them to buy the Paintstiks on Fabric book or the Paintstik Inspirations DVD for more information and wonderful photos. A short, general handout suitable for a beginning class is on the back side of this page.

Class Outline

1. Introduction, talk about various products and cover fabric information.
 - what are paintstiks?
 - what kind of fabrics can they paint on?
 - best to prewash fabric, no bleach or fabric softener
2. Peel the skin off the paintstiks, talk about keeping the cardboard intact and clean work habits
 - wear old clothes or apron
 - cover work surface if necessary
 - paint skin goes in garbage, not on the floor!
 - wipe the paintstiks as you work to remove excess bits of skin that form as you paint
3. Draw lines or write your name on the fabric to get a feel for the product
 - paintstiks are softer than crayons, many people press too hard and apply too much paint

4. Make rubbings using rubbing plates that you have in stock so they can buy the ones they like after class. To make rubbings easier, use Cedar Canyon's Top Three Tips for beautiful rubbings:
 - show how a Grip-n-Grip mat will prevent a rubbing plate from sliding around as you work
 - show how spraying the top of rubbing plates with repositionable adhesive keeps the fabric from sliding over the top of the plate. (Use 404 from Spray and Fix or KK2000 from Sulky)
 - show how using the *side* of the paintstik makes better images than using the end of the stick
 - these tips will help your students get much better results while making rubbings – and help your bottom line with add-on sales
5. Hand out stencils that you sell and practice doing shading and blending of colors with stencil brushes
 - stencil an image with one color
 - stencil an image blending from color to color
6. Use a masking tape resist with stencil brushes to make straight lines or grids
7. Tear pieces of card stock (or paper) and brush paint from the card stock onto the fabric to make soft, uneven lines
 - show how this type of soft line can give the feeling of waves, hills, mountains, trees, etc.
8. Talk about clean up and heat setting the paint
9. Talk about further uses for paintstiks and show samples, especially patterns

All of the information you need for the class is covered in the Paintstiks on Fabric book, published by Cedar Canyon Textiles. You should also read through the how-to articles on the blog at www.CedarCanyonTextiles.com/blog for up-to-date information and new ideas on using paintstiks.

Susan Stein is the recently retired owner of Colorful Quilts and Textiles in St. Paul, MN. She was a quilt shop owner for more than 14 years. Susan is a fiber art instructor and the author of four books, including Fabric Art Workshop and Fabric Art Projects from Creative Press.