

# Ugly Art Lesson Cheat Sheet

with Emma van den Akker

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[The Ugly Art Project Instagram](#)

## Resources

### How to draw the head

Pay attention to anatomy and structure of your subject

Watch youtube videos that break down the head into simple structures(linked below)

[planes of the face](#)

[loomis method](#)

### Cheap Art Supplies

Use an old sheet or newspaper to protect your table/floor from paint.

An old tee shirt to wipe off your brushes,

a plastic take out container that has a lid, use the lid as the palette and then seal and freeze it to save leftover paint

an old jar as your water cup

gesso cardboard to paint on

(only buy the paint and the paintbrushes)

<https://vm.tiktok.com/ZMJ4KUsHr/> (how to start making art cheaply)

<https://vm.tiktok.com/ZMJ4KKpXu/>

### Artists I Reference

Artists that are great examples of unique art styles and reasons you shouldn't trace

tiktok- (on tiktok) tahlia stanton, amber\_vittoria, lmtweets,

(on instagram) elly smallwood, jose\_luis\_cena, jenny saville, ania\_hobson

### Things to read

Examples of the importance of making ugly art, and why making ugly art is good for you to unwind, destress, and take the pressure off of yourself

Creativity, Inc.: Overcoming the Unseen Forces That Stand in the Way of True Inspiration Book by Amy Wallace and Edwin Catmull

Quartz- the psychological importance of wasting time <https://qz.com/970924/the-psychological-importance-of-wasting-time/>

## How to Promote Your Artwork and Enter Artist Competitions

you don't need to have an instagram to be a successful artist or make a living from your art.

There are so many different ways to sell your artwork other than directly through instagram to your followers.

You can show your work in galleries (they take a 50% cut, but they also wrap and ship your work and deal with the customer)

in a local coffee shop or restaurant, join a local artist collective, see if there is a local farmers market or fair in your area that you can set up a booth (*this costs a lot upfront and is better for artists that have been selling artwork for over a year and have fine tuned their style*)

You can also enter artist competitions to get your work noticed by people within the art world (jurors, galleries, and hosts of the competitions) and potentially win some money and have your art shown by the publication.

Before entering a competition, please remember that you may not win, and don't be discouraged if you don't win. It is better to enter 50 artist competitions and never win one, than win one and never enter again. Art competitions are a great way to get your name in the art world, and evaluate your own work and why you make it.

**Only enter free art competitions** until you feel really confident in your artist statement, your artistic style, and your art as a cohesive body of work.

### Below are some websites with art competitions

<https://www.callforentry.org/>

<http://www.artopportunitiesmonthly.com/>

<https://www.callforentries.com/>

<https://createmagazine.com/> (tend to not be free)

You can also just google art competitions and find a lot of them. If you are under 18, google art competitions for (your age group) and you can weed through the free ones