

Workshop 8: Tim Shaw's Trainer Painting

For this workshop, consider using a pair of trainers you were thinking of throwing away. Who knows, they might become your favourite pair again! You can also experiment with painting techniques like flicking paint (as seen in the example on the left), but making sure your surface and any valuables are protected first!

Method:

Acrylic paint is a good paint to use - it is flexible and water resistant. You can mix paint in a 1:1 ratio with something called Fabric Medium to give the paint more flow and make it more adhesive and flexible, but if you can't get hold of any don't worry - acrylic paint on it's own is absolutely fine.



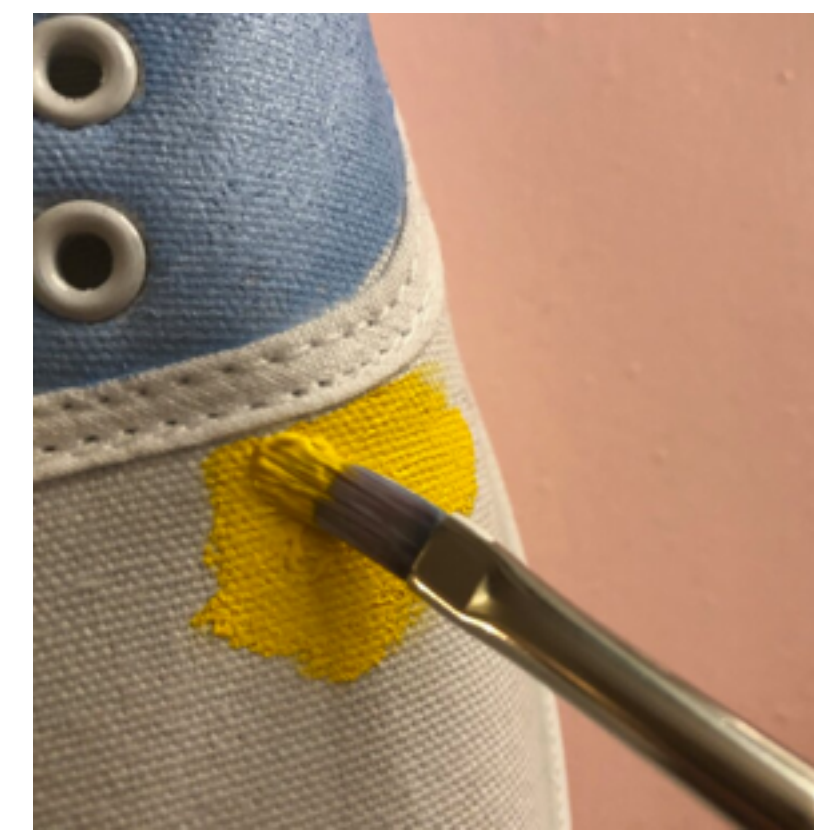
First, remove the laces to keep them clean.



You might want to use masking tape to cover the soles and the trim of the trainers to protect them from paint - but you don't need to and may just want to paint them freehand!

You will need:

1. A pair of trainers that you want to make into an artwork. Maybe an old pair that you may have thought of throwing away!
2. Acrylic paint and paint brushes



Start by using a brush to fill areas of your trainer with colour. The trainers here are canvas trainers, so it's the same as making a painting on canvas.



When your base colours are dry (which should take about 30 minutes), try painting shapes in different colours on top.



When you have finished painting, remove the masking tape (if you used any) and replace the trainers. Enjoy being the envy of everybody!