IN THE FLOW
COLORING BOOK

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Why You Should Color

Think you bought an ordinary coloring book? Think again! In the pages ahead, you will find awesome art to make you smile and brighten your day! Coloring and patterning are relaxing, meditative activities that encourage self-expression, and this book is filled with art that will allow you to experiment with both.

The act of coloring lights up different areas of your brain, requiring you to use the motor skills of your hands, your senses of sight and touch, and your creativity as you select colors. Furthermore, the act of coloring focuses the mind on one simple activity, which leads to relaxation and reduced stress.

Coloring is a wonderful channel for creativity and self-expression. Not everyone’s daily routine provides a creative outlet. Coloring is a perfect way to let your imagination run wild and flex those creative muscles that might have fallen dormant during a day in front of the computer. And when you’re finished, you’ll have a beautiful piece of art that you can be proud of!

We hope this book is a launching pad to spark your creativity and unleash your inner artist as you fill in the drawings with shapes, patterns, and all the vibrant tones of the rainbow! Using whatever medium you like—from markers to watercolors to colored pencils to gel pens to crayons—you can take these delightful drawings into a new world of color.

Each of these illustrations contains layers and layers of shapes for you to fill in as you choose, or not fill in at all. There are also blank spaces where you can add your own doodles and patterns as you’d like. Leave some spaces white, color entire areas with one color, or carefully color each and every shape. Whatever you decide to do, the result will be unique and beautiful. For some artsy inspiration, check out the full-color samples that appear in the front of the book. Then go ahead and enjoy your own coloring adventure!

Happy coloring!

For more great information, news from your favorite designers, and coloring page samplers, please visit these websites, run by our fellow editors.

www.DOnmagazines.com
www.worldofpatterns.com
www.TangleEasy.com

Visit Valentina and see more of her work at www.valentinadesign.com.
Visit Lora and see more of her work at www.worldofpatterns.com.
Visit Thaneeya and see more of her work at www.thaneeya.com.
Visit Jess and see more of her work at www.jessv.com.
**Personalize Your Art**

Add your own personal touch to these coloring pages. Doodle more details and patterns into each design and color them any way you want. You can embellish images like the ones below in many different ways, creating a totally unique piece depending on the patterns you add, the color scheme you choose, and the coloring techniques you use. Have fun experimenting and creating!

Colored with markers and patterned with white gel pen. Parts of the coloring were left white; you don’t have to fill in every single space!

Colored with water colors. Water colors can be used to create beautiful color washes and are perfect for blending and layering.
Coloring Mediums

There are so many ways you can color the designs in this book. Use your favorite medium—colored pencils, markers, pens, or gel pens—or combine different mediums to create unique effects. Remember, there is no right or wrong way to add color. If you’re feeling a little unsure, take a look at the color wheel. Some very light research into color theory can give you loads of ideas for creating color palettes. Also, be sure to check out the color examples on the pages that follow for inspiration.

When purchasing coloring supplies, try to get the highest quality you can afford. You’ll be much happier with the results. Test your purchases in a scrapbook to see how you like the color and quality. Make notes so you know what you liked and what you didn’t for your next shopping trip. Have fun experimenting!

Gel Pens

Gel pens are a versatile medium that come in tons of colors! Whether you are just getting started or are a serious colorist, you can find a product to suit your needs. Gel pens come in standard colors but also come in other fun varieties such as neon colors, 3-D, glitter, and more!

Tips:

• Use slow steady lines to avoid line skipping
• Allow time for the gel to dry to avoid smears
• Apply over already colored areas for bold impact
• Apply as a fine detail to finish off your work
• White gel pens can be used on black or dark paper
• Layer a darker color over a lighter one or vice versa

Colored Pencils

Colored pencils are easy to layer over one another, creating unique colors and shading. Apply colored pencil using light pressure at first. Then go back and use more pressure in desired areas to create shading or more saturated colors.

Tips:

• Build up many layers of color to make your art more complex and realistic
• Add gel pens to a colored pencil piece for additional vibrancy
• Look for higher-quality colored pencils with wax content for smooth, easy coloring and more intensity

Explore WATERCOLOR Pencils for a softer look and feel!
Standard Markers

Beginners can purchase an inexpensive starter set of markers at most retailers. The examples to the left are great multi-purpose tools, perfect for outlining or coloring large areas.

Tips:
- When outlining, color slightly inside the line to allow for bleed
- Great for coloring large sections in a design

Water-Based Markers

Once you start coloring, it’s fun to explore some of the higher-quality materials available. Water-based markers, typically found in the art section of craft retailers, are wonderful for blending. This type of marker may cost a bit more than a standard set, but will create a smooth and beautiful effect.

Tips:
- Use multiple thin layers to build color
- Use a blending pen (described below) to create dimension

Alcohol-Based Markers

Like water-based markers, alcohol-based markers can be found in the art section of your local craft store. They may cost a bit more than other markers, but the finished result is worth it! With alcohol-based markers, you can produce a heavier watercolor effect through layering.

Tips:
- Lay down an alcohol marker base and layer on top with colored pencil
- Experiment first—alcohol-based materials are not as forgiving as water-based ones

Blending Pens

Blending pens are a must when you are using water-based and alcohol-based markers. Blending pens have a transparent liquid tip that adds moisture to ink you’ve already laid down on your coloring surface, allowing two (or more) colors to blend together.
Patterning Techniques

A pattern is a repetition of shapes and lines that can be simple or complex depending on your preference and the space you want to fill. Even complicated patterns start out very simple with either a line or a shape.

Repeating shapes (floating)
Shapes and lines are the basic building blocks of patterns. Here are some example shapes that we can easily turn into patterns:

Before we turn these shapes into patterns, let's spruce them up a bit by outlining, double-stroking (going over a line more than once to make it thicker), and adding shapes to the inside and outside.

To create a pattern from these embellished shapes, all you have to do is repeat them, as shown below. You can also add small shapes in between the embellished shapes, as shown.

These are called “floating” patterns because they are not attached to a line (like the ones described in the next example). These floating patterns can be used to fill space anywhere and can be made big or small, short or long, to suit your needs.

Tip
If you add shapes and patterns to these coloring pages using pens or markers, make sure the ink is completely dry before you color on top of them; otherwise, the ink may smear.

Repeating shapes (attached to a line)
Start with a line, and then draw simple repeating shapes along the line. Next, embellish each shape by outlining, double-stroking, and adding shapes to the inside and outside. Check out the example below.

You can also draw shapes in between a pair of lines, like this:

Tip
Draw your patterns in pencil first, and then go over them with black or color. Or draw them with black ink and color them afterward. Or draw them in color right from the start. Experiment with all three ways and see which works best for you!
Embellishing a decorative line
You can also create patterns by starting off with a simple decorative line, such as a loopy line or a wavy line, and then adding more details. Here are some examples of decorative lines:

Next, embellish the line by outlining, double-stroking, and adding shapes above and below the line as shown here:

Color repetition
Patterns can also be made by repeating sets of colors. Create dynamic effects by alternating the colors of the shapes in a pattern so that the colors themselves form a pattern.

Tip
Patterns don't have to follow a straight line—they can curve, zigzag, loop, or go in any direction you want! You can draw patterns on curved lines, with the shapes following the flow of the line above or below. These types of patterns look great when attached to the inner or outer edge of a drawing, such as the inside of a flower petal or butterfly wing.
Coloring Techniques & Media

My favorite way to color is to combine a variety of media so I can benefit from the best that each has to offer. When experimenting with new combinations of media, I strongly recommend testing first by layering the colors and media on scrap paper to find out what works and what doesn’t. It’s a good idea to do all your testing in a sketchbook and label the colors/brands you used for future reference.

**Markers & colored pencils**
Smooth out areas colored with marker by going over them with colored pencils. Start by coloring lightly, and then apply more pressure if needed.

Test your colors on scrap paper first to make sure they match. You don’t have to match the colors if you don’t want to, though. See the cool effects you can achieve by layering a different color on top of the marker below.

Markers (horizontal) overlapped with colored pencils (vertical).

Purple marker overlapped with white and light blue colored pencils. Yellow marker overlapped with orange and red colored pencils.

**Markers & gel pens**
Markers and gel pens go hand in hand, because markers can fill large spaces quickly, while gel pens have fine points for adding fun details.

White gel pens are especially fun for drawing over dark colors, while glittery gel pens are great for adding sparkly accents.

**Coloring Methods**
You can choose to color the illustrations in this book many different ways, but here are some options to consider. The most important thing to keep in mind is that there is no wrong way—or right way—to add or use color.
Color Theory

Check out this nifty color wheel. Each color is labeled with a P (primary), S (secondary), or T (tertiary). The **primary colors** are red, yellow, and blue. They are “primary” because they can’t be created by mixing other colors. Mixing primary colors creates the **secondary colors** orange, green, and purple (violet). Mixing a primary and a secondary color creates the **tertiary colors** yellow-orange, yellow-green, blue-green, blue-purple, red-purple, and red-orange.

Working toward the center of the six large petals, you’ll see three rows of lighter colors, called tints. A **tint** is a color plus white. Moving in from the tints, you’ll see three rows of darker colors, called shades. A **shade** is a color plus black.

The colors on the top half of the color wheel are considered **warm** colors (red, yellow, orange), and the colors on the bottom half are called **cool** (green, blue, purple).

Colors opposite one another on the color wheel are called **complementary**, and colors that are next to each other are called **analogous**.

Look at the examples and note how each color combo affects the overall appearance and “feel” of the butterfly. For more inspiration, check out the colored examples on the following pages.