



INTERIOR PAINTING PROJECT GUIDE

Tools and Materials:

- ▶ Paint
- ▶ Paint T rays
- ▶ Paint Brushes
- ▶ Paint Rollers
- ▶ Masking Tape
- ▶ Rags
- ▶ Paint Buckets
- ▶ Drop Cloths

- ▶ Spackle
- ▶ Ladders
- ▶ Scrapers
- ▶ Putty Knife
- ▶ Caulk
- ▶ Masks
- ▶ Tool Box
- ▶ Carpet Cleaners

Prep:

1. Remove all objects from the wall, taking extra care if objects are screwed or nailed in. This includes curtains and curtain hangers.
2. Pull all furniture away from walls. Be sure to leave room for stepladders.
3. Cover all furniture, carpet and floor areas with plastic drop cloths. Drop cloths can be taped to the base of the wall to allow access to the wall all the way down while still protecting the carpet or floorboards. Make sure everything is well-covered.
4. Tape around all window frames, baseboards, crown molding (unless they are going to be painted the same color as the wall) and doorframes.
5. Remove (or tape around) all outlet and light switch covers.
6. You may consider covering windows by taping a plastic drop cloth over the window, placing the tape on the joint where the wall touches the window frame all the way around. This will have to be removed prior to doing any trim work on the window.
7. Caulk or Spackle any cracks or holes in the wall. Caulk windows if they will be trimmed.
8. If paint is flaking/chipping off, you will need to scrape the walls using flat blade (or flexible) scrapers.
9. Wipe down the walls with damp, clean cloths, being sure to rinse out the cloths regularly.

Process:

1. Paint edges and trim with brushes using the techniques used in orientation.
2. Paint walls and large surfaces with rollers, painting in "N" shapes. Make a stroke up, then back down and slightly to the right, then back up. Watch closely to be sure the brush is rolling and not sliding over the surface. (Having too much paint on the roller often causes sliding.) Also, watch to be sure you are getting a consistent thickness of paint on the wall. You may need to go over an area of the wall a few times to get solid coverage.
3. Repeat 2-3 times as needed, allowing 2+ hours of dry time in between coats.

*Clean any paint drips or spills immediately- this prevents tracking paint through the house.

Clean-Up:

1. Remove all tarps, taking care not to spill any paint chips or drips.
2. Check windows for any paint drips or smudges; clean if necessary.
3. Check carpets for drips, dirt and stains. Clean as needed. (Have carpet cleaner available.)
4. Re-attach all light switch and outlet covers.
5. If walls are sufficiently dry, replace all wall hangings and window curtains.
6. If walls are sufficiently dry, move furniture back to their original locations.
7. Remove all trash.
8. Leave the interior in a nicer state than when you arrived.

Team Tips and Strategies:

- **Start High and Low:** Some youth can start painting the corners and edges of the ceiling while others start at the bottom and work their way up. Just make sure all ladders are being held and youth aren't painting directly underneath a ladder!
- **Divide and Conquer the Room:** Start in different areas of the room.
- **Take a Relationship Break:** Ask your Work Projects Partner to tell a story or share a special picture.