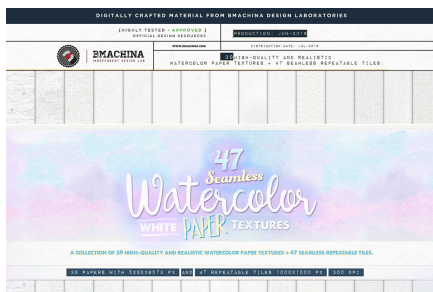# BMC-S2-L1-ps-Background-manual

A Beautiful Mess Simplicity Challenge
Section 2, Lesson 1 - Building a Breathable Background
Manual for Adobe Photoshop

Build a breathable background using a scrubby shortcut and a solid textured paper.

- For this lesson, you will need:
    - A solid textured background paper (white or cream)
- Find your [Perfect Print Proportion Zoom Percentage](#)

For this tutorial I'm using texture 58 from [Seamless Watercolor Paper Textures by BMachina](#).

Suitable Substitutes

- Solid white or cream paper with some texture

Why Use White Paper?

- White paper is simple.
- White paper is design proof.
- White paper is fast.

Set Up Your Workspace

- Begin in Adobe Photoshop.
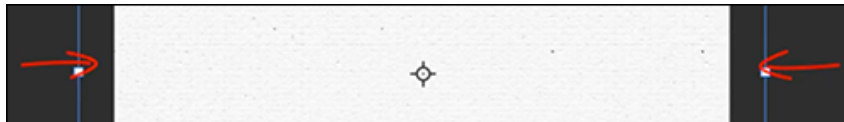- Create a new 12x12 inch document (File > New) at 300 ppi with a white background.

Note: Any size document will work for this class.

Add a White Background Paper

- Open a white or cream colored textured background paper (File > Open).
- Get the Move tool.
- On the document, hold down the Shift key and click and drag the paper onto the new document.
- Let go of the mouse, then let go of the Shift key.

Fit the Paper to the Document

- Press Ctrl T (Mac: Cmd T) to get the Transform options.
- In the Tool Options, click and scrub (see How to Scrub below) to the left or the right on the W or H until the paper's bounding box is only slightly larger than the boundaries of the document.
- Click on the Preview's Zoom Percentage and enter your [Perfect Print Proportion Zoom Percentage](#).
- (Optional) Increase the width or height of the paper to make the pattern larger.
- Click the checkmark to commit the change.

How to Scrub

- Hover your cursor over an icon that contains high and low settings, like the word Opacity in the Layers panel.
- If/when you see a pointer with a double-headed horizontal arrow, click down and drag left or right to change the settings.
- Let go of the mouse.

Layers

Kind

Normal　　　　Opacity: 96%

Lock: 🖾 🖌 ✛ 🔲 🔒　Fill: 100%