Materials:

* Acrylic paints
* Brushes (various sizes and shapes)
* Palette
* Water
* Canvas (primed is recommended)
* Reference photos (optional)

Steps:

1. Prepare your canvas. If you are using an unprimed canvas, you should prime it first. This will help to prevent the paint from soaking into the canvas and will give your painting a smooth surface to work on.
2. Choose your subject. You can paint anything that you like, but some popular subjects for abstract painting include shapes, colors, and textures.
3. Start by sketching your abstract painting lightly on the canvas. This will help you to get the proportions right. However, you don't have to follow your sketch exactly. Abstract painting is all about experimenting and letting your creativity flow.
4. Once you are happy with your sketch, start to add colors using the acrylic paints. You can use different types of brushes to create different textures and effects.
5. If you make a mistake, you can usually cover it up with another color. However, be careful not to overwork the canvas, as this can damage it.
6. Let your painting dry completely before displaying it.

Tips:

* Acrylic paints are opaque, so you can layer them to create different shades and effects.
* Use a light touch when painting with acrylics. You can always add more paint, but it is difficult to take it away.
* Don't be afraid to experiment with different techniques. There are no rules when it comes to abstract painting, so have fun and see what you can create.
* Let your creativity flow! Abstract painting is a great way to express yourself and your unique artistic vision.

Here are some additional tips for abstract painting on canvas:

* Use a high-quality canvas that will not warp or crack.
* Choose acrylic paints that are the right consistency for your project. Thicker acrylic paints are better for creating bold strokes, while thinner acrylic paints are better for creating smooth blends.
* Experiment with different brushes to create different textures and effects. A round brush is good for creating smooth, rounded shapes, while a flat brush is good for creating flat, even strokes. A filbert brush is a good all-purpose brush that can be used for both smooth and textured strokes.
* Don't be afraid to use white space. White space can be just as important as the acrylics themselves.
* Take your time and enjoy the process! Abstract painting is a great way to relax and de-stress.