



Art Journaling for the Non-Expert Course Description and Supply List

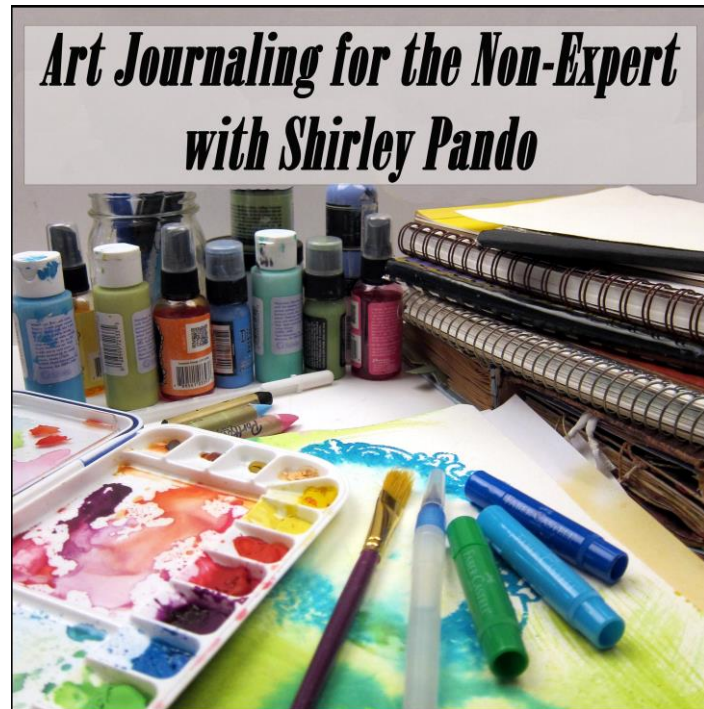
Course Description

Have you always wanted to start an art journal but feel intimidated by all the gorgeous pages you see on Pinterest and Flickr? Do you think to yourself, "I can't draw, I can't paint, I don't make art as well as (fill in the blank)"? UGH! I sometimes feel the same way. But don't let that stop you from beginning your journey into art journaling. Come find that safe place to learn techniques, experiment with supplies, and be wild and adventurous with your creativity. In an art journal, sometimes called a visual journal, anything goes...there are no rules! Let's hear it for creative freedom! ☺

Join me for this 3 Week/6 Lesson workshop to (finally!) begin the art journal you've always wanted to start. You'll learn about different types of journals and papers, the pros and cons of using gesso, create backgrounds, and work with patterns and collage. You'll also learn fun ways to jump-start your creativity. If you've taken any other workshops with me you know there will be TONS of videos and techniques to keep your creative streak going. Now you, too, can express yourself in your own unique way. There's no pressure to compete with others or share your work. Just be encouraged to create!

Lessons include:

- Lesson 1: Having a Good Art Journal Attitude; Journals, Papers, and Supplies
- Lesson 2: Creativity Starters and Stash Busters - Moving Past a Creative Funk
- Lesson 3: Color Play – Overview of Color Theory, The Pros and Cons of Using Gesso, Coloring Mediums, Creating Backgrounds
- Lesson 4: Pattern and Collage – Adding Life to Your Pages
- Lesson 5: Getting Transparent - Creating Transparent Layers with Papers, Transfers, and More!
- Lesson 6: Soul Statements, Use Your Words, Journal Prompts



Supply List

I literally don't want you to run out and purchase anything, except for maybe a journal or paper to journal on if you don't already have it at home. That's it. Use whatever you have at home. ANYTHING will work. If you see a technique that you absolutely have to try that requires something you don't have, then by all means, go shopping. BUT you can successfully art journal with very minimal supplies.

General Tools and Supplies:

- Journal – any kind or size that you prefer. You can use one that is specifically for art journaling or use a composition notebook. There's always a way to make things work with the supplies you have at home. If you will be purchasing a journal or watercolor paper I would suggest a heavy-weight cold press watercolor paper of about 140 pounds. In Lesson 1 we will go over papers and journals and the pros and cons of each type. Again, there is a way to make most anything work, so don't invest a lot of money at this point. As you move onto becoming more experienced and comfortable with art journaling you can purchase better quality supplies if you wish.

During class I will be working in several different journals:

- [Ranger Dylusions Dyan Reaveley's Creative Journal, 11.375" x 8.25"](#)
 - Some 8" x 8" thick chipboard pieces from an album, to be bound with binder rings
 - Beinfang spiral bound sketch book, 50# paper
 - [Strathmore Visual Journal 9" x 12"](#) with 140# cold press watercolor paper
 - I also have loose [140# watercolor paper](#) that I may work on and then add to one of my journals
- Adhesive – I have a wide range of adhesives that I am trying to use up, so you may see several kinds. Most often you'll want a wet adhesive like an acrylic medium, Mod Podge, Tacky glue, etc.
 - Coloring mediums - Any type(s) of color tools you have at home, such as any type or brand of acrylic paint, Distress paints, watercolor paints, acrylic inks, misting sprays, water soluble crayons, gelatos, markers, ink pads or reinkers, etc.
 - Papers – See Lesson 4, below
 - Scissors
 - Paper trimmer
 - Craft knife
 - [Non-stick craft sheet](#) or table covering
 - Spray bottle with water
 - Wax paper or scrap paper – to protect other pages in journal while we work
 - Binder clips or clothespins – to hold back other pages in journal while we work
 - Gesso, any brand
 - Palette knife or plastic knife
 - Paint palette or similar - I like to use the plastic lid from a large oatmeal container
 - Paper towel, baby wipes, or rags
 - Jar or container with water

- Paint brushes, foam brush, makeup sponge, paint applicator, etc.
- Gloves - if you don't like messy hands ;-)
- Old credit card, hotel key, or paint scraper
- Pencil with eraser
- Brayer, optional
- Embellishments - anything else you want to add to your pages!! ☺

Lesson Supplies

These are specific supplies I will use in each lesson in addition to the general supplies listed above. You may want to view the lesson videos first before purchasing anything. There's oftentimes a way to do a similar technique with another supply.

Lesson 2: Creativity Starters/Stash Busters

- Chipboard like recycled snack boxes OR [Popsicle sticks](#) OR smooth cardstock OR printer paper

Lesson 3: Color Play/Backgrounds

- Table salt
- Rubbing alcohol
- Petroleum jelly (Vaseline)
- Mark making tools – such as: plastic wrap, corrugated cardboard, bubble wrap, sponge, old credit card or hotel key, plastic bottle lid, empty tape roll, cardboard toilet tissue roll or paper towel roll
- Wax crayon OR liquid frisket OR embossing ink, stamp, clear embossing powder and heat gun
- Rubbing plate ([like this](#)) OR embossing folders ([like this](#)) – any style or pattern AND regular crayons

Lesson 4: Pattern and Collage

- Papers in a wide range of colors and types - such as handmade, hand-stamped, hand-painted papers; junk mail; scrapbooking paper; paper bags; magazines; catalogs; book paper; music paper; gift wrap; printed tissue; graph paper; an old phone book; newspaper; recycle cards; ephemera; maps; copies of your personal photos; clip art, etc.
- Stencils or masks, any kind – purchased or handmade
- Stamps - rubber, acrylic, or foam, solvent stamping ink
- Magazine(s) with large images of people, faces, etc.
- Thin chipboard (recycled snack or cereal boxes are perfect) to make “stencil”, craft knife, metal ruler, self-healing cutting mat.

Lesson 5: Getting Transparent - Creating Transparent Layers with Papers, Transfers, and More!

- Transparency or overlay like the type for scrapbooking or paper arts. Clear acrylic with a pattern or image. (If you don't already have one or two at home, don't worry about it!)
- [Printable transparency](#) (Purchase the type specifically for your printer – these can be expensive, so don't worry about it if you don't already have some.)

- Printed beverage napkins, [like this](#)
- White regular gift tissue paper + stamp + [solvent ink](#)
- [Dry Wax deli paper](#)
- Gel medium
- [Clear Packing Tape](#)
- Stapler, brads, or other fastener
- Regular clear tape, like Scotch Tape and old book

Lesson 6: Soul Statements, Use Your Words, Journal Prompts

- Magazine text
- Old book with text
- Permanent pens or markers