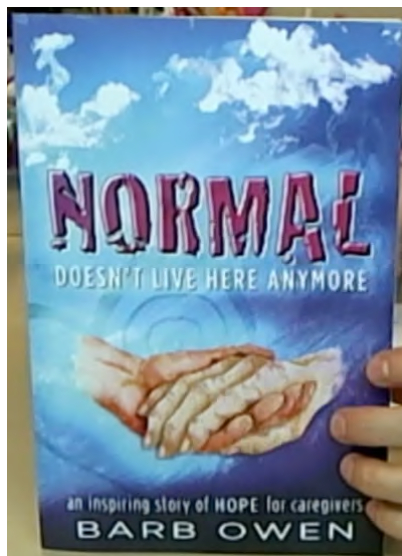


## 12 Things You Gotta Have for Art Journaling

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### Art Journaling - Where do You Begin?

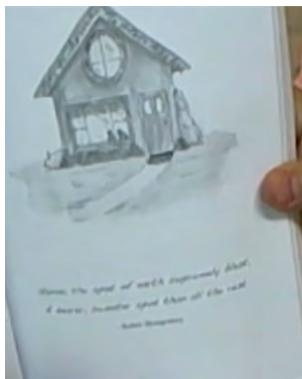


**Art Journal:** a journal in which you combine color and words (if you like) to express yourself, chronicle your life or experiences, for self-expression, to let off steam or just for the fun of creating.

An art journal can take many forms. I wrote ***NORMAL Doesn't Live Here Anymore*** and realized well after it was finished that it was not only a book, but also an art journal.

When I became intrigued with art journaling, just for the fun of doing it, I had no idea where to begin. This class is all about choosing some basic art supplies so you can get involved with this wonderful, freeing art form.

## Inside NORMAL Doesn't Live Here Anymore. . .



This is one of many images I drew to tell a story in more than just words.

## Watercolor Sketches

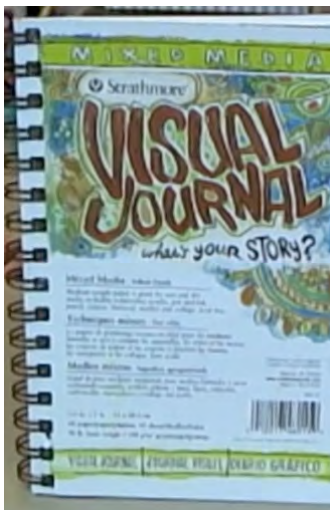


The images in the book began as watercolors sketched in an art journal. That's where I started my journey into art journaling without even realizing what it was called and it's one of the best things I've ever done. It's my place to play with ideas, supplies, and experiences.

If you're ready to play along, you need some stuff.

Let's get started.

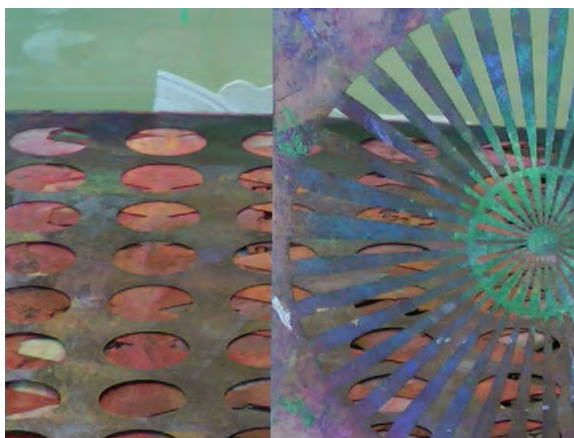
## 1 - To art journal, you need. . .



**A Journal:** Check out the class **Pick the Perfect Art Journal** for even more suggestions.

- Strathmore Visual Journal - available in a variety of sizes and types of paper.
- Strathmore Mixed Media Journal
- Canson Mixed Media Journal
- Dyan Reaveley's Dylusions Creative Journal
- Composition Notebook

## 2 - Stencils



**Stencils:** Cardboard, plastic, and metal are common stencil materials which allow the design to show on the surface below.

- Commercially designed stencils

- Letter stencils
- Die Cuts
- Doilies - fabric, plastic, paper
- Lace
- Plastic Canvas
- Found Objects - plastic fencing, rug hooking canvas, sequin waste (punchinella), drywall tape, produce bags, etc. (anything with holes or a pattern in it)
- Don't forget to check children's art supplies - source of great stencil shapes and letters.

## 3 - Stamps



**Stamps:** Motif stamps or those with personal significance are great to include.

- Rubber stamps - mounted or unmounted (if you want complete impressions, use the wood mounted stamps or a stamp block to hold your unmounted stamps) in a variety of shapes, sizes and patterns. You can often find bins of inexpensive stamps at craft stores that work really well for art journaling.
- Hand-carved stamps - created from plastic eraser material or stamp-carving material. Inspiration for patterns is everywhere. Just look around.
- Foam Stamps - bold images that are especially good to use with paint.
- Bubble Wrap - great with paint for adding texture on a journal page.
- Letters, Numbers and Date Stamps

## 4 - Inks



**Inks:** available in pads, sprays, or bottles of intense color.

- Permanent Ink Pads - those which do not reactivate when water or other wet media is applied over them. These include Archival Inks, Staz-on Inks, Memento and Versafine.
- Dye Inks that DO reactivate with water - Ranger Distress Inks which should be used as a last layer on your page if you are going to use additional wet media.
- Spray Inks - some are permanent and some are not.
- Permanent inks include SEI Tumble Dyes which may be used full strength or diluted with water.
- Non-permanent inks include Dylusions Ink Sprays as well as many others.
- Acrylic Bottled Inks like Liquitex Professional Acrylic Inks are permanent when dry. These can be used straight from the bottle or diluted in water and sprayed, too.

## 5 - Pens



**Pens:** People who like to art journal are always looking for pens that write as they wish. Try your pens on different colors and paper surfaces to see what you like.

- The Gelly Roll Company has quite a variety of pens - Metallic, Gold, Clear Star, Glaze, and



# Class Notes

Soufflé.

- Faber Castell Pitt Pens - good pens in an assortment of nibs.
- Sharpie Paint Pens - available in water-based and oil-based versions. I personally prefer the water-based pens.
- Sharpie Pens - available in a variety of nib sizes and colors.
- Ballpoint Pens - Bic is a good brand and writes over most anything.

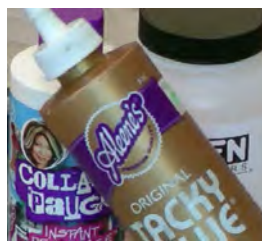
## 6 - Paint



**Paint:** (and a couple of inexpensive brushes)

- Craft acrylic paints
- Artist grade fluid acrylic paints
- Heavy body acrylic paints (in tubes)
- Distress Paints
- Crackle Paints

## 7 - Glue



**Glue:** for collage and adding ephemera (and an old brush)

- Collage Pauge
- Golden Matte Medium

- Golden Gel Medium
- Aleene's Tacky Glue
- Scotch Quick-Dry Adhesive
- Perfect Paper Adhesive

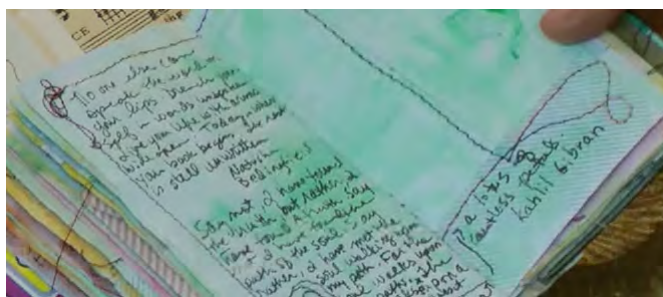
## 8 - Tape



**Tape:** adding items to a page or as texture or color

- Masking Tapes
- Washi Tapes
- Tissue Tapes

## 9 - Quotes



**Quotes:** are a nice addition to pages. (I like to collect them in one of my handmade journals to use on art journal pages.)

- Books
- Online Sources

## 10 - Paper



### Paper:

- Text paper
- Dictionary pages
- Music paper
- Tissue Paper
- Decorative Paper Napkins

## 11 - Images (and scissors to cut them out)



### Images:

- Magazines
- Photos
- Old images - "imaginary ancestors"
- Catalogues
- Books



## 12 - Baby Wipes (They're not just for babies!)



**Baby Wipes:** Use plain, unscented, disposable wipes for clean up, to blend paint and when they are beautifully painty, add them into your art journal.