

12 Things You Gotta Have For Art Journaling

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.

When I became intrigued with art journaling, 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.

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

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.

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

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.

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 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.

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

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

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

- Masking Tapes
- Washi Tapes
- Tissue Tapes

Quotes: are a nice addition to pages.

- Books
- Online Sources

Paper:

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

Images:

- Magazines
- Photos
- Old images - “imaginary ancestors”
- Catalogues
- Books

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.