

Distress Paints Without Stress

Art Journaling is great for self-expression as well as exploring art supplies - This class is about paint. You'll need:



Art journal. This is the Strathmore 300 Series Mixed-media journal. Because we're applying wet stuff, you need paper that can take wet media.

Glue



- **Scotch Quick-Dry Adhesive**
- **USArt Quest Perfect Paper Adhesive**

Texture Material



Wood Icing - I buy it in a quart and transfer to a smaller container. I like Wood Icing because it dries very, very quickly on the page.

OR

Light Molding Paste - available from various companies.

Palette Knife



Plastic palette knife is readily available and inexpensive to purchase.

Gesso and Brush



Gesso is a primer and adds body to the paper. Any brand is fine.

Brush - large flat

Distress Paint



These are not your average acrylic paints and that's why we're taking the stress out of using them. The colors demonstrated include:

1. Black Soot
2. Picket Fence
3. Peeled Paint
4. Bundled Sage

Class Notes

5. Rusty Hinge
6. Mustard Seed
7. Broken China

Pens



- Sakura Gelly Roll Pen - Black**
Faber-Castell Pitt Pen - Black, size S

Paper Napkin



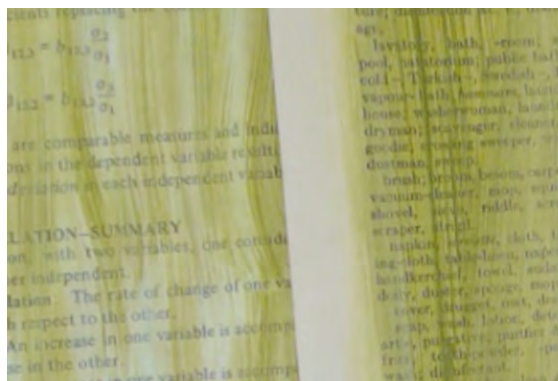
Paper napkin with several of same or similar images.

Scissors



Paper scissors

Text Paper



Old book paper will work well.

Craft Scrubbie and Water



A **Ranger Craft Scrubbie** is the best thing I know of for removing stubborn acrylic paint and inks from your hands.

Also, have some **water** available to clean your brushes.

Nonstick Craft Mat, Paper Towels, and Baby Wipes



My **craft mat** is mounted onto a smooth board with black duct tape. This keeps the mat from curling and it's portable.

Paper Towels are handy for clean up.

Baby Wipes are great for clean up, but also make for easy blending.

Heat Tool



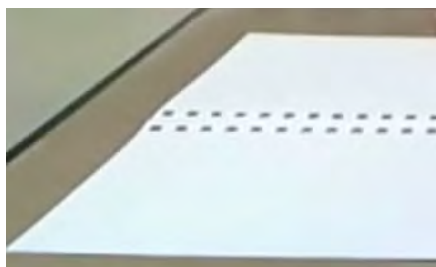
Heat Tool - there are several different styles of heat tools available. Be sure that you use one intended for craft use and **not** one you find in a home improvement center.

Date Stamp



I love to look back at completed pages and remember when I created them. Stamping the date with an **office supply date stamp** makes it easy.

Let's Get Started



This is a two-page spread. It's easiest if you have only 2 pages on your surface. I've temporarily removed the wire spiral, allowing me to access individual pages.

Wood Icing Texture



With a palette knife, spread Wood Icing or light molding paste in a very thin, random layer. Let serendipity be your muse.

Be sure to clean your knife immediately and close the container, too. Wood Icing dries really quickly.

Dry



Dry the Wood Icing with your heat tool.

When dry, rub the surface with your finger to remove any crumbly bits.

Gesso



Brush a coat of gesso over the entire surface. When the surface is no longer shiny or cool to the touch, it's dry enough to continue. Use the heat tool, if necessary.

Shake Your Paints



You need to remember to shake Distress Paint!

Mustard Seed Distress Paint



Randomly dab over the 2 pages, but leave white space, too.

Bundled Sage Distress Paint



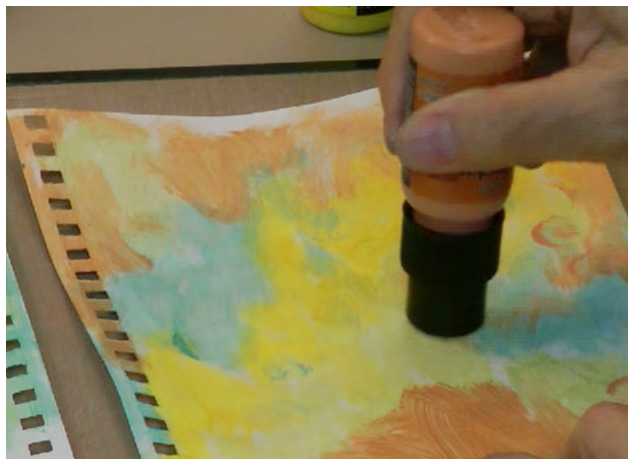
Continue dabbing on paint, filling more of the white space.

Broken China Distress Paint



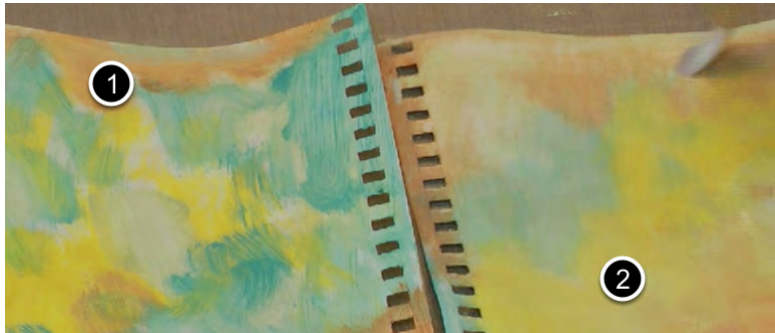
And more paint. If they blend a bit, no problem.

Rusty Hinge



Fill in all remaining blank spots.

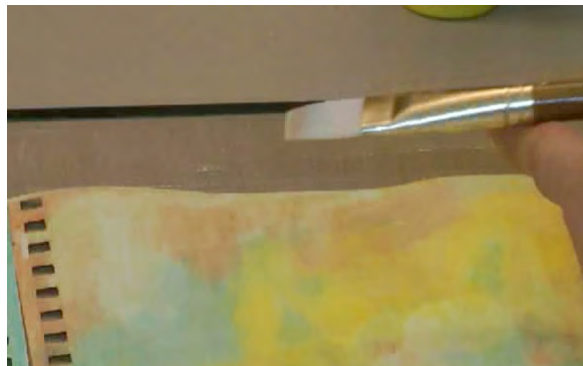
Blend



With a damp brush, blend the edges of the colors. Pull the paint all the way to the edges of the pages.

1. Unblended
2. Blended

Flick Water



Pick up water with a clean brush. Tap the brush against your finger to flick droplets onto the semi-dry paint.

Blot



Wait 30-60 seconds and then blot the surface. The water droplets remove paint while it's still wet. Once dry, Distress Paint is permanent.

Spots



Visual texture added with water spots and blotting. Let dry.

Napkin Images



Cut out images. Separate the layers of the napkin. Use only the top layer.

Decisions



Where do you want your images? Play with arrangement before gluing. Let some images hang off the edges. Odd numbers are more pleasing than even numbers.

Time to Glue



Brush **Perfect Paper Adhesive** onto the page. Lay the napkin into the wet adhesive. Smooth and apply a layer of adhesive on top of the image. Repeat for all images.

Paint Text Paper



Paint random text paper with Peeled Paint and Bundled Sage with a streaky pattern. Do not blend the colors together. Don't forget to shake the bottles before applying the paint.

Cut Stems and Leaves



With paper scissors, cut leaves and stems from the painted text paper. Try to cut a variety of shapes and colors.

Clouds



Pick up some Picket Fence Distress Paint with finger and dab to create clouds across the pages.

Shade the clouds.



Picket Fence plus a little Broken China and a tiny bit of Black Soot mixed with your finger makes a pretty light blue-gray.

Mix and Paint



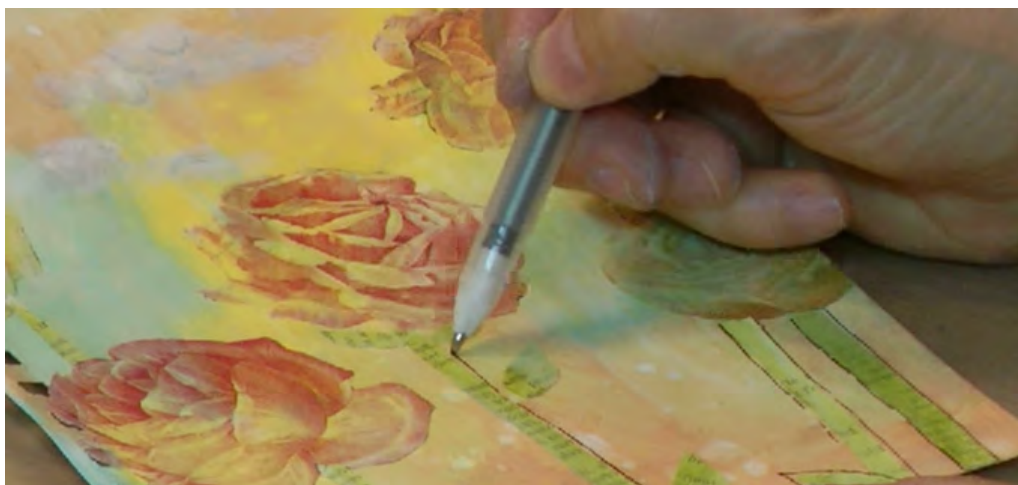
Pick up the shading color with one finger and dab into the cloud to shade a bit. Use white on another finger to blend over the gray if the color is too strong.

Play!



Play and use your imagination to place the leaves and stems. Add as many leaves as you like. Glue in place with **Scotch Quick-Dry** glue.

Pen Details



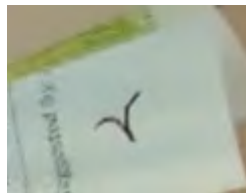
Be sure that everything is completely dry and then loosely outline stems and leaves with black Gelly Roll pen. Also add veins to leaves and . . .

More Details



outline flower images, too, if you like.

Birds



Use the Gelly Roll pen to draw simple birds. Groups of 3 birds in the sky add a fun detail, too. Vary the size and angles.

Completed Pages



Add a quote with black Pitt Pen, if you like.

Edge the pages with Black Soot Distress Paint.

Date the page.

NOTE: The featured sample shown here is in my composition notebook journal.