



Visual Art Journaling

Instructor: Arlene Westen

Required Supplies

- Your choice of 8.5 x 11 journal and a couple books and magazines to reinvent, recycle or use for collage material
- Writing tools of your choice including calligraphy or nib pens, bamboo brush, pencil crayons or any other tool you may want to use
- Decorative stencils or stamps you already have on hand
- Set of acrylic medium body paints in tubes with basic colours including titanium white, burnt umber, ultramarine blue, and possible additional colours such as Phthalo Blue (Red Shade or Green Shade), Hansa Yellow Opaque or Cadmium Yellow Med Hue or Benzimidazole Yellow Medium or Arylide Yellow Medium, Quinacridone Magenta
- Synthetic brushes, variety of sizes, long or short handled, may include Round #2, Angle, Brights, 2 Flats or Filberts sizes in 4-8 range, 1" Flat
- Palette paper
- 8 oz Golden GAC 100 and jar of gel gloss medium
- Small bottle of white glue
- Small bottle of water-proof India ink
- Scissors, pencil, eraser, ruler, UHU glue stick, double-sided tape
- A small assortment of papers which might include; rice paper, bristol board, watercolor pad, Canson XL Mixed media paper, deli paper, decorative napkins, old letters and ephemera, and any Ink jet or toner-based photocopies of images or photos you may want to use
- 12-inch metal ruler, self-healing cutting mat and utility knife or X-acto knife with extra blades