

# Art Journaling 101

With Allison Dawrant

- Bring lunch/snacks, water bottle.

## Supply List

- ☐ pen to take notes (handouts will be provided)
  - ☐ tablecloth
  - ☐ paper towels
  - ☐ art journal (if you already have one) (ensure the pages can hold mixed media - ideally 98 lbs or heavier). OR any art journal/sketch book that has pages 98 lbs or heavier, to hold watercolour/acrylics/mixed media.  
If you need to purchase one: Canson XL Mixed Media/Watercolour paper in a COIL book is great, either 98 or ideally 140 lbs. (any size) OR any brand you can find that you like with heavier pages. Allison likes to work in journals that are 8x10" or larger.
  - ☐ some watercolours and acrylic paints if you have any (a red/blue/yellow/white and darker colour such as black/burnt umber/burnt sienna or payne's grey are suggestions - no need to purchase these colours - only if you have them)
  - ☐ paintbrushes - a few that you may have at home
  - ☐ a piece of palette paper/paper plate/parchment or baking paper to use as palette (or a palette if you have one)
  - ☐ any mixed media supplies you have at home and haven't tried or want to use, such as:
    - paint pens
    - pencil
    - crayons
    - Neocolour Caran 'd ache crayons
    - Stabilo Woody
    - Gelly Roll pens
  - ☐ any permanent black pen such as a Micron pen or something that doesn't smudge easily for black linework
- Most importantly - bring an open mind and your "inner child" to play!