Living Well – Today and Tomorrow

Course: Art Journaling for Relaxation and Self-Growth
Program # 3432-17-LAAS
6 Tuesdays, October 4-November 8, 2016, 6:00-8:00 pm
Humanities Building, Rm 6411, 455 N. Park St.

Instructor: Name: Kristen Vesbach
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A welcome note from your instructor:

This class is open to all levels of art making. There will be no right or wrong way to create your art journal.

In my experience, journaling with art can be a powerful tool for self-growth and reflection. Art making is a creative outlet that can honor ones inner world in a visual and tangible way. Get ready to empower yourself through process oriented art techniques that boost your mood and encourage creative wellness.

Tips for success:
In this process oriented class we will go at our own paces as we learn mixed-media techniques. We will also work independently on themes. Prior to coming to the first class, It may be helpful go to the library or a book store and browse the arts and crafts section. You should be able to find books and magazines on “Art Journaling.” There may also be some good examples on the internet (art blogs and websites). It can be helpful to brainstorm some ideas and see how others are journaling their art out.

Supply List (Bring your own)
Note: All supplies are suggestions. Mention of a brand or retailer should not be considered UW-Madison endorsements. Students may make substitutions.

Required supplies:

- A medium to large spiral bound Journal with quality paper. (8 x 10 or larger) (My favorites are Strathmore or Canson XL for mixed media, mix media, or multi medium art)
- 12-18 good quality watercolor pencils or ink based pencils ( I like Prisma color, Derwent, or Ink Tense)
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- 8-12 student grade oil pastels (I like Expressionist by Cray-Pas)
- 1 Large craft glue stick (found in the craft aisle for scrap booking)
- 1-2 non-bleeding ink or gel pen (Blue or Black)
- 1 pack of multi-colored tissue paper
- 1/2 inch flat paint brush for acrylic paint
- 1 inch foam brush (craft aisle)
- A few small tubes of basic acrylic paint (primary colors that can be mixed: red, yellow, blue, white, and black for filling large spaces with color.
- Small, 6-8 ounce tub of “matte medium.” (My favorites are Golden matte gel medium or Liquitex. (Look in the artist paint aisle under acrylic gel mediums.)
- 1 container for water (a clean recycled coffee can or yogurt tub)
- A recycled rag for your paintbrush or a few paper towels.
- 1 pair of scissors
- 1 plastic table cloth (This can be found at a Dollar store)
- A variety of pre-cut inspirational collage materials such as: magazine clippings, recycled greeting cards, quotes, or tissue/wrapping paper scraps. (in an envelope, folder, or pencil case)

Optional items:

- A smock or painting clothes
- ribbons
- stencils
- Rubber stamps with an ink pad
- A few small bottles of fun craft acrylic paint (metallic or glitter)
- Basic watercolor pan with watercolor brush (I like Prang)