

## **Creative art Journaling – Summer Edition! – Adults**

Instructor: Maya Hum

Tuesdays and Thursdays, 3:30 – 6 pm (with break in the middle)  
July 5 -July 28, 2022 (8 sessions)

### **Course description:**

Looking for a relaxing summer activity? Try art journaling! Your journal a place where you can combine reflection with creativity. It is where you learn and practice your art, but also a place to meditate, plan, and dream! Explore different artistic approaches through a variety of instructor directed projects and exercises. Drawing, painting and mixed media techniques are taught in this course. All levels are welcome. Note: The instructor can provide password protected recordings of lessons to those who miss a class.

### **Materials:**

- Art journal: You have options!
  - Mixed media (for painting) or watercolour journal. Any size, it can be big or small, this is up to you! OR
  - Make your own from different art papers. Such as a few sheets of watercolour paper, craft, paper, scrap papers, and more. If you have a collection of drawing and painting paper, you most likely can easily put together your own book. (Will show in class)
- Few pieces loose white paper and watercolour/mixed media paper.
- Pencil, Eraser, Sharpener
- Thin and thick Black sharpie or waterproof artist pens of your choice
- Set of watercolours that has a mixing palette or a separate mixing palette
- Container to hold water for painting
- Paper towel or rags
- White acrylic or gouache or craft paint. Other colours are optional.
- Watercolour brushes, any size or shape. But have at least a Round watercolour brush, size +/- 12
- Scissors, Glue stick, Painter's tape
- Dish soap
- Scrap paper
- Collage materials: Such as magazines, paper/packaging from your recycling bin, cards, memorabilia, ephemera (If not sure, I will discuss on the first day)
- Hair dryer or fan to help speed paint drying time
- Optional: Access to printer to print out digital handouts of your choice. Any assortment of colour sheets/scrapbooking/journaling type supplies such as stickers and pretty tapes. Other types of pens/markers, crayons, paints etc.