A Chat with Dawn DeVries Sokol with CBTV Live

Chapter 1 - Chapter 1
Holiday Art Journaling
- Hey everybody, it's Courtney at Creativebug coming at you live like we always do on Tuesdays and Thursdays, and I'm here with... - Dawn Sokol. - Dawn DeVries Sokol. You may know her from the many classes on art journaling she's had on our site. You're a longtime Creativebug artist. - Yea, it's a good thing. I love working with you guys. - It's been so awesome. - It's great. - And right now we're like knee deep in your holiday journaling class, which is so cool. - Thanks. - It's been really fun to see that, it's... Art journaling is not something I really knew that much before you guys, you came to film with us. And the holiday art journaling is really specific, but how did you start that? - Well I had gotten to a point where I loved to art journal and I just felt like I wanted to kinda get back that sense of holiday... The holiday spirit, and so I started... I started holiday art journal and then I started teaching the class on my blog, and it went over really well. - It really resonated, right? - Yeah, and I just wanted to make it stress free because everybody seems to think that keeping an art journal can be stressful. And at the holidays, why do you wanna even create... Why do you even wanna try to do anything like that? And it just kind of... That's kind of the take I took on it and it just worked out. - And I feel like people are really hungry for a way to still maintain creativity during a stressful time, but like you said there's no pressure. - And you kinda wanna... It's a way to create for yourself, too. That's the great thing about art journaling anyway. And so at the holidays, then you gotta take care of you. So it's a great way to just kinda relieve stress and just kinda sit down and relax, and do some creating and journaling. - How long have you been doing the holiday journal? - I think the first one I did was in 2008. - Wow, it's a really long time ago. - This might be my eight holiday art journaling. - That's awesome. - Yeah, I love it. - And do you work on it everyday? - No, I don't, and that's how I art journal anyway. Rarely do I have a whole week where I'm just, I art journal everyday. And I like to jump around in my art journals too. So the way I do it, it's a very flexible process for me. - Which is so cool. If you've followed any of Dawn's classes, whether it be her regular art journaling class or the holiday one, you'll see that she does backgrounds, she prepares pages so that when you're ready to get in there and actually start writing something, the page is all ready for you. - Yeah and you can take it with you. That way, you can just take some pens and make some little embellishments. So take it with you, go to a coffee shop, and just have a peppermint mocha and journal. - I love it. And then save your sleeve because Dawn shows you how to take that and put it into your journal. - I love doing that too. - It's pretty awesome. If you guys saw our Creativebug email or maybe you're coming from Jo-Ann right now, then check out Dawn's classes on Creativebug. Ally is gonna be posting a link, we have this really cool offer right now. If you're new to Creativebug, then you can get 30 days of Creativebug for free, one class to keep forever, so it can be one of Dawn's classes or one of the other classes you find on Creativebug. Plus a 30% off coupon, which is awesome because you can really use almost anything for art journaling, right? - Oh my gosh, yes. - Do you have some favorite supplies and materials? - I do use some scrapbook embellishments, the kinds of things that I know I can't make myself. But I like ribbons and different strings, sometimes I'll use a stapler to fasten things in, and you know, tapes. - Decorative tapes. - Just really anything. I like to use maybe shopping bags to just cut different things that shapes out of those, and use those as clash bits. - That's so cool. And we have daily prompts, that's something that you've kinda offered up for this holiday journal, and I have today's prompt, if you wanna follow along with today's prompt. And I'm

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gonna read it out from the PDF. It says, "looking back over 2016" "I ..." And Dawn says, "have you thought about this year?" "What were some of the highlights and lowlights?" I love that, so like the positives and the potentially problematic. "What would you most likely to remember and/or forget?" "Did you accomplish all that you set out to do this year?" "Or did some of your goals get overlooked?" So really you could take this in any way. You could focus on the good, the bad, the ugly, all of it. - And I like to approach it that way too with every prompt I do. Because I've had feedback from students who have said well, in the past when I first started the class, "Well it seems like you just really..." "Focus on the positives and the Christmas time," "Holidays can be so difficult for me." "How can I do this with..." "Without having to focus on the positive stuff?" That's when I started to kinda really rewriting stuff and kind of thinking in that way. Just take it any way you want to. - Sometimes I think for some people their journal is a place to just get out the things that are kind of brewing over... The holidays are hard times, it's... I mean, we're in California but even today, it's super grey outside. - And super wet. - I know, Dawn is visiting from Arizona, so she got a rainy day weather which is kind of unfortunate. But yeah, it's a hard time for a lot of people. It's cold, it's dark early. - And maybe family issues, things like that brings up the past, and it's just a way to... The journal is just a way to kinda get some of that out and maybe try to enjoy yourself just a little bit more, or see it differently. - And the freedom and flexibility to just dive into journal whenever you're ready. So I made a little one, Dawn's got the one that she's been working on for this season. And then because we're live, remember that you can write in and ask Dawn questions about any of her favorite materials, or anything about how she responds to the prompts, so do you wanna take a stab at today's prompt? - At that prompt, well I would say for me 2016, it's been... I think it's been difficult and I think a lot of people, it seems like online the general consencus it's been a difficult year, but there have been some highlights. You gotta think about that too. Just kinda look and see what are the highlights. Maybe if there wasn't anything that you felt personally was a great spectacular event, you think about, well... The Cubs won the world series, which was awesome, especially for my family. My husband loves the Cubs. The Olympics for this year, and we had some awesome women power kinda come to the surface through Simone Biles, the gymnast, and just a lot of different things going on, and it just really kind of brought some issues up that were very positive. - That's awesome. So if you take this in a kind of global spin or a very personal spin, or a combo. - Yeah. - So how do you normally start? I have this pen that you let me borrow, a fude ball. - [Dawn] Yes, I love the fude ball. - [Courtney] But we have some jelly rolls, decorative tapes. We've got tags. - You can use anything that you have, anything on hand. If you have jelly roll pens, or even if you just have pencils. Colored pencils would work too. Anything in your arsenal, don't worry about having to go out and buying new stuff, I used to do that. I'd think, oh I have to buy a bunch of new stuff just to do this kinda thing, and I have so many supplies, it's crazy. And you know what, that wasn't really motivation even to get me going, I just had to get in the journal. You can journal with a ball point pen, and rocket. - I love that. I think that's really true that people get really addicted to purchasing all the fun stuff, but they never make time for the actual creation. - Well when you go into a place like Jo-Ann, even it's like, you know, it's just, it's such a... Like a candy store for us creatives, and you just kinda go crazy and your mind starts to spin and it's great, but then you get it all home... I just kinda like to put it out on the table and go, "That's really cool," and then... Then what? - And then you go back to your class. - You gotta use it. - Yeah, exactly. So how are you gonna start? - Well, I wanna use this little... It's like this really cool little tencel that I found. It kinda comes with like ribbon bundles and stuff like that in craft stores. Anything, really, that has like a wire in it. - You could use a pipe cleaner. - Pipe cleaner will work totally fine. I've shaped it into this little

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star, and I kinda criss-crossed it into the shape so that it's a little bit more... Structurally, it's sound. So I'm gonna put that on my page. And what I wanna do is... If you have a label maker, this is great. If you don't, don't worry, if you have like washi tapes, you can put it down that way. You can do it any way you want, you can even staple it to your page. And I've got this little baker's twine that I'm gonna tie to the top of it as like a little string. And don't mind my shaking, it's just me. I always shake. So I'm just gonna go ahead and tie that just, you know... - Loosely. - Yeah. - [Courtney] I love that you can probably use yarn too or ribbon. - [Dawn] Oh yeah, you can use anything. Hem twine, you know, anything that's... That's festive, adds color, that kinda thing. So, then I'm gonna cut that. I'm gonna make it look like it's kinda coming down from the top of the page. - Hanging star. - Right. - [Dawn] Maybe like an ornament. I'm really big into the ornament thing, on my pages anyway. - [Courtney] I love that it adds an extra layer of dimension and texture. - Yeah. So then, I'm gonna just punch out a little phrase on my tape. (clicking sounds) There's so many cool label makers out there now that you can get... So you can get uppercase, lowercase, you can get label makers that give you just different shapes and stuff. They have all kinds of options. - [Courtney] Awesome, I haven't used one of these in a long long time. And it's so much more compact than the one that I remember, I love that. - Yeah. I have one of the older ones, and it's huge compared to this. So these you can find in the scrapbook section. And I hope I spelled this right, I just realized. - [Courtney] I know I'm talking to you while... - [Dawn] I know, and it's like I'm... Let's see. So then I'm gonna cut that off. Oh yay, it works. - Find your star, how cute. - So find your star. Or, you know... You can kind of, any phrase that you wanna put on here. - I love that. - It's totally up to you. If I can get this off of here. Sometimes it's really... - There you go. - Difficult. And then, you're just gonna tape that on there. And it just attaches your little star. - [Courtney] Cute, I love that. - [Dawn] It hangs like a little ornament. - [Courtney] I love that you have another way to add text, it's not like you're handwriting... - [Dawn] I mean, you could use rubber stamps if you don't have one of these. You could even rubber stamp your little phrase onto the washi tape, and then tape that down. There's so many different ways that you could do this. It's all really what you wanna do. - [Courtney] What other kinds of things do you like to doodle in your journal? - [Dawn] We had a prompt, I think it was last week about finding your icons, finding your shapes, and so I hope you have kind of maybe... Some of you have been able to experience that. - [Courtney] So kind of your go to shapes, right? - Right, your go to shapes. The great thing about the holidays is there are so many different really simple iconic shapes that you can do. The circle is an ornament. The star, there's hearts, you can use... I mean, you can use all kinds of stuff. Little houses, candy canes, that kinda thing. - Show me some. - Okay, well let's see here. I'm gonna try to find a... Oh, you can do trees, you can do triangles for trees. - [Courtney] I love that, I love that they can be like more realistic or very abstract, or kind of doodly. - [Dawn] The great thing about trees is that... There's so many different kinds that you can do. You know like the Scandinavian kind of shapes. You can do the traditional. - Oh, cute. - [Dawn] And I'm not ever very good at those, so I don't do too many of them, but... The more you doodle though, the easier... - It gets, right? 'Cause you just practice. - Right, exactly. - [Courtney] I like your little trees And then you have some here that have been like... - [Dawn] Yeah, I've scratched them into the paint. So like if you put down a little bit of a layer of a paint first and then you take another color after that stride, put it on top and while it's wet, you take like a sharp... I use just like a little nail, and just scratch it into the paint and just doodle that way. That's another way to doodle. - [Courtney] That's awesome, I love that. - [Dawn] There's all kinds of stuff you can do. You can get really intricate even, and this can be such a great meditation. Just doodling down different shapes and then starting to kind of doodle in between them, and connect them in different ways, and maybe I'll write... Partly, part of

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my doodling process is I like to also write words. And so you can do that too, just kind of... And a lot of my words start out as just my crummy kind of print, and then I start to kind of doodle over them and make them better. - I like that flexibility. You like grove the letters and change them into shapes and finesse them. - [Dawn] That's a form of doodling. And that's what it is, it's very repetitive, it's very... Meditative. - [Courtney] It's so cool. Do you make cards too? Or do you just mostly do journaling? - [Dawn] Mostly journaling. I do tape some of my favorite Christmas cards into my journal. - Oh, nice. - My sister sent me this great card. - Oh my god, that's so cute. - And it was so cute that I just... I just had to... - You just taped it in there with washi tape. - Yup, and just tape it in the one side and then just flip it over, tape it along the back, and that way it's really in there. - [Courtney] I love that. How fun. - All kinds of stuff you can do. - And do you normally listen a lot of music, do you listen to Christmas music while you journal? - Yes, I love Charlie Brown Christmas, that's my favorite. That's my favorite to journal to. If you feel like you need something to get you in the mood, turn that on, I can guarantee you. If you wanna go to Pandora, I think they have like a Charlie Brown... You can find a Charlie Brown station on there. It's great music to really get you in the holiday spirit. - Oh I love that. And you're still doing dogs? Do you ever do any dogs in your journals? - I haven't done any dogs in my holiday journal this year. No, I haven't. But I'm still doing them. Actually, I'm painting them on ornaments, and I'm doing custom ornaments probably until... Probably taking orders for those until this weekend. - That's awesome. - So on my blog. - Tell people also like on Instagram, well how can they find you on Instagram? - I'm Dawndsokol on Instagram and I show a lot of my stuff that I paint on there. My dogs, mainly, 'cause that's really what I'm focusing on. - That's so great, and then I think we have a question. Remember you guys can write in and ask questions 'cause we're live. - [Director] We have a question and a comment. So Kathy says, "I'm always so hesitant to start" "And love how free you are with your journals." - That's nice, thank you Kathy. That's really nice. - [Director] Cheryl asks, "what kind of pens are you using?" - This is the fude ball. This will write pretty much over anything. In fact, when I came in, Courtney said, "Do you have one of those pens that you used" "Last time when you were here because..." "It writes over anything," and it does. Those are really great. I like to use Microns. I have all different kinds of Microns in my arsenal. Jelly roll pens. There's like sparkly gel pens too that you can get that are just awesome, they add a lot of sparkle and shine to your pages as well. - And then you have stickles roll... - Yes, I love stickles. You can doodle with this too. I mean, seriously, they basically work... They can work like a pen, almost, 'cause they have this really fine tip and you just kinda... Doodle it out on your page. You have to wait for it to dry, of course. - You do have to wait for it to dry, it does take a minute. - In Phoenix, it doesn't take very long at all. But here, it takes a little bit of time. So just keep that in mind. - But that's not the same as like a glue, right? So you wouldn't attach with that, that's just more for decorations. - I have attached with this actually, because it does have a glue in it, yes. But it has the glitter too, so just kinda... Gotta figure, well if it's something that's you know, a little bit heavier, you might wanna use more like a gel medium or something to put, to adhere that to, but if it's maybe a paper, you could probably get away with using the stickles. - So do you have anything from today's prompt? - No. (laughing) - Are you thinking of... - What about for 2017, do you have any goals for 2017? Do you include that normally in your holiday journals? - Yes. One of my prompts is to look forward to 2017 and kinda maybe think about what you wanna achieve next year, what you wanna do in your life... Listing out things like that, it's a great way to kind of get those down. And really, I find that getting things down in my journal really kinda help me achieve them later. - The process of thinking through it, writing it down... - Exactly, exactly. It kinda sticks more with you. I wanna illustrate more children's books. - Write it down, I'm gonna write mine

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too. - Okay. I've got two picture books coming out in the spring, "Good Dog", and "Here, Kitty, Kitty!", and they're board books, and so I wanna do more of those. - [Courtney] So I had a list I was doing in 2016 and 2017, but I haven't started yet. - [Dawn] So you could even write... Like let's say you're... You're doing your list for next year, you could doodle that, the year out on your page. You could doodle this out in stickles, and then just make your list. I like to make like little bullet points, and I do different shapes for my bullet points. And I like to vary up my writing too. I like to do script writing and also just print. - [Courtney] Oh yeah, I like that, the variation in that. - [Dawn] It just kinda adds a little bit more to it. And just kinda keep changing up your shapes too for your little bullet points. - [Courtney] And you go back to a lot of these things and add to them, right? - [Dawn] Oh yeah. I mean, you can go back and you can add doodles, you can add collage, you can add... You could even add like a little trim to the top. This I got at Jo-Ann. It's like little tree lights. Little string of... You can find this in the scrapbook section, and they're really fun. If I can just get it off there, there we go. This is not an embellishment I can make myself, so that's just why I got it. You could just cut that off, and then even staple it to the top of the page, and then you have this really cute little string of lights at the top of your page. - I love that. That's so cute. - [Dawn] I mean, there's a whole ton of things you can do. - [Courtney] What other things do you wanna add for 2017? - [Dawn] Hmm, I don't know. Well, we're traveling a little bit next year, so maybe travel more, first. - I love that, that's at the top of my list. (laughing) - [Dawn] Travel more and... Just keep doing what I'm doing, I love what I'm doing. It's been great, so maybe do another workshop for Creativebug. - [Courtney] Write it down, it might come true. I love it. I'm trying to think, 2016 had its ups and downs, for sure. - [Dawn] Yes, it did. I keep hearing that, online, constantly. - [Director] Courtney, what was your best moment? - [Courtney] My best moment for 2016 is I opened a shop. - Long Weekend. - I just wrote it down. - I want to go there. It just sounds so awesome. - Yeah, it's pretty fun. We have a lot of creative supplies, it's a good place to be. It's definitely a happy place. - I have to go there now. I have to go. - Yeah, you do, it's true. Well thank you so much for coming in and spending your afternoon with us. We got a capture of Dawn on that little vacation trip to California, how has it been so far? - It's been good, but today's been wet. - I know, it's been a really gloomy day. - Yeah, we haven't really been able to go out and do much. - But hopefully you're gonna get like some delicious hot beverage this evening. - Yeah, we've been drinking. I have to say, we've been eating really good food. Tomorrow, we're going to Napa... - Fun. - Go to some wineries... - And everything's gonna be decorated for Christmas. It's such a great time to travel because everyone's like putting on their best, right? Their holiday best. - Yeah. And that was one of the reasons I wanted to go to Napa this weekend, it was because we hadn't been there in so long before... Just before Christmas time, and I just wanted to see the wineries all decorated and stuff. Really looking forward to it. - I hope you have an awesome day tomorrow and a great weekend. - Thank you for having me. - If you guys are joining us a little bit later, remember you can re-watch this tomorrow in HD on Creativebug, MCBTV, rather, and also on our video page. And if you're new to Creativebug and you haven't checked us out before, Ally is posting a link where you can get 30 free days of Creativebug, that's access to all of Dawn's classes, her holiday art journaling and her regular art journaling class, as well as... We have over a thousand classes on the site. - There are so many great classes on here. I mean, really, it's just amazing... All the different kinds, the range. - Something for everybody, I'd say. Plus you can get one class to keep forever, and in addition, Jo-Ann has partnered with us to give a 30% off coupon for one purchase, which is awesome because you could start your... - The whole purchase? - Yeah, which is pretty rare and amazing. - Wow. - You can start your art journal arsenal. - That sounds kinda good. - I know, it sounds really

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good. So thanks for joining us today, and we'll see you next week on Tuesday, coming at you live like we always do. - Bye. - Bye.

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