Art Journal Pages with CBTV Live

Chapter 1 - Chapter 1
Art Journal
(light music) - Hey, everybody. Welcome to Creativebug Live. I'm Courtney, and I'm here with... - Mou Saha. - Mou is our Creativebug winner. How did you win the contest, Mou? - Oh, I entered the Draw-A-Day Challenge, and at the end of 30 days, I was one of the finalists, and then 10 days later, I was a winner. - And we're so happy to have her here this week. - I'm so excited to be here. - It's been so awesome. Mou's been making some incredible art journal pages. In fact, why don't you tell people a little bit about what you were drawing on the Creativebug Draw-A-Day, and then what you do in your real life. - For the Draw-A-Day Challenge, I followed the prompts for a month from Dawn DeVries Sokol, and just followed those prompts. Made pages based on those prompts, and on a regular basis, I just draw anything in sight. - That's so awesome. And where are you visiting us from? - New Jersey. - She came all the way from New Jersey to film a week of awesome classes for you guys. We're super excited. She's actually gonna give you a little taste of art journaling. That's what your kind of passion is at the moment, right? - Yes, yes. - And so, tell us a little bit about your life. You have three kids. - I have three kids. - Are they artistic? - Mmm, somewhat. - Somewhat creative. - Yep, yep. - In a range of ages, and then you're on a design team, right? - I am on design team for Faber-Castell Design Memory Craft, Sizzix, and Anna Griffin. - Oh, awesome. - Yes. - What does that entail? What kind of stuff are you designing? - It depends on creating projects for shows like Create-A-Vision, and then TV shows such as HSN, and in general, promoting the products through blog posts and tutorials. - She came with an amazing array of some really delicious and scrumptious things like gelatos, which she's gonna show us how to use. In addition to designing for other brands, you also have a blog where you post a lot of projects too, right? - Yes, I do. It's connected to my website, mousaha.com. - Cool. And she's an incredible drawer. I feel like we need to come up with a better word for this. Is there a better word for that? - Sketcher? I don't know. - Sketcher? - That sounds sketchy. - That sounds sketchy. (both laughing) So you have a coloring book, too. - I do. - You're about to come out with your second one. - Yes. - This is the first one. It's called No Place Like Home, and what I love about it is that you can actually download it, so you don't have to wait. - Yes, it's printable. You can print it as many times as you want. You can cut it up. You can give them to your children. You know how children feel so special when they get to do the same stuff you are doing? They feel like they have grown up without doing all the work. - I love this. So, if Devlin's gonna show on our C-cam here, I've got a couple of printed pages. This one is called No Place Like Home, so these are little scenes from your house. - Yes, not just from my house. House that I have visited. Houses in magazines and showrooms. Just things that have left an impression on me. - I love this. I love that you can download it so you can just need some inspiration at midnight, and then you have to go to a bookstore. - [Mou] Yeah, and you can print them on different types of papers, too. - Which I love, and what Mou's gonna show us is how to transform one of these coloring book pages into an art journal page so you can still be painterly. You can still find some inspiration, but you don't know how to draw as well as Mou does, 'cause she's actually really super talented at drawing. And it's a little intimidating if I saw this. But you can cut it up and paint on top of it. - Yeah. - I wanted to look at some of our finished ones, 'cause you're coming out with a new coloring book, and so this is the theme of the new one. What is the new coloring book? - Yes, it's the Farm Fresh. It's coming out May 5th, and it's all about... We have a great farmers market in Chester, New Jersey,

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and every weekend, all through summer, we get to shop for fresh vegetables. There is a live band. It's an experience. So that's what inspired me to draw these vegetables, and they are from A to Z. Following the letters of the alphabet, starting with asparagus, going all the way to zucchini. Well, there are some letters of the alphabet for which it's hard to find vegetables and fruits-- - [Courtney] What was the hardest letter? - I think Q was the one. - Do you remember what you did for Q? - Quince. (both laughing) - I don't even know what color a quince fruit is. I know what the inside looks like, but not the outside. - If you look at it and if you are not familiar with it, just do a Google search. You will see the images, and you will know how to color it. And I'll have some fun bonus pages ready. We'll get some inspiration. - So that comes out May 5th, but your No Place Like Home is already available on your website. - It's already available right now. - That's awesome. And when Mou's classes come out, we're gonna do a giveaway for those coloring books, so stay tuned for that, and remember, we are live. I didn't say this earlier, which means you can write in and ask Mou some questions while she's here with us. This is so beautiful, and I really couldn't tell that these were cut out and glued onto the page. - [Mou] Yes. - [Courtney] So instead of drawing them on the page, you cut out the coloring book pages and then is this all a gelato? - [Mou] This is gelatos and there are some watercolor pencils, and this is brush lettered with black watercolor paint. - [Courtney] So beautiful. I love your lettering. This is gorgeous. And then you have a little page here, which is the size that we're gonna be working on. - [Mou] Yeah, this is a nine by six, and it's the same idea. This is actually the cover art for my new book, and this one is just a page that I did because we had our previous owners, and they loved tomatoes. - [Courtney] In your house? - Yes, in the yard and the garden. And when we moved there, I found different kinds of tomatoes sprouting here and there, so it was like a... - Like a treasure hunt in your yard? - Yeah, you see them everywhere. - I love that. - And that's what inspired this page for me. - It's so pretty. I love these beautiful, luminescent colors. It's so incredible. Honestly, looking at that, I could not tell. It looks like it's just completely drawn and painted. So you're gonna show us the secret, right? - [Mou] Yes. - [Courtney] You've done a little bit of the hard work for us, which is awesome. You cut out our pages. - Yes, I have cut it out. And another great thing about a printable coloring page is that you can print it small, print is big. You choose the size. - You could print like five of them. - Yes. - I could do a whole series of these and give them as cards or something. Okay, cool. So we've got-- - Alright, so I have cut the vegetables, and in your case, the brush. - [Courtney] Oh, yeah. I'm working from a page that looked like this. So you can see that she's reduced the size a little bit and cut out my brushes, which is awesome. And then we're working on what kind of paper? - [Mou] This is watercolor paper. - [Courtney] Okay. - [Mou] They come in nine by 12 packs, and I just cut them in half, so I have a nine by six. - [Courtney] Cool. - [Mou] And I am just going to attach these to the page with some gel medium. - [Courtney] Okay, so gel medium, for people who haven't heard of that, what is that? - [Mou] Gel medium? It's intended to be a blender and extender for paints, but it can also be used as an adhesive, as I am doing here, and a sealer. - [Courtney] That's awesome. I love it. - [Mou] Because the printer paper is rather thin, and if you want to add with layers on top, it really helps to have that sealed with gel medium. - [Courtney] I love it. Actually, in Mou's classes, you'll see that having that gel medium on top also allows you to wipe away mistakes when you get to the painting layers, which is really cool. Now, I know people are gonna ask if they can use Mod Podge instead. And I have an answer for that, but do you have an opinion about Mod Podge versus gel medium? - I prefer the gel medium because Mod Podge, in my experience, they tend to remain sticky, so if I'm working in a journal, I do not want two of my pages to stick to each other. - [Courtney] Ah, gotcha. Right, that's an excellent thing to know. I know for me, I feel like it's just too watery and it makes too many ripples. It doesn't

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hold up as well. I think the gel medium is worth the investment, and it's not terribly expensive at all. So we do a little gel medium to glue it down and then we're doing a layer of gel medium on top of everything, right? - [Mou] Yes. - [Courtney] Okay, great. - [Ellie] We have our first question. - [Courtney] We have a question. - [Ellie] Megan says that she has gelatos but found them hard to get started with. Mou, do you have any tips on how to get started with gelatos? - Gelatos... I will first say, don't be afraid of them. They are just like little watercolor in chapsticks. You twist them open, you rub them on, and they way you blend them, you could blend them dry, you could blend them with water, you could blend them with mediums, and they just take on different looks based on how you blend them and what surface they go on, so please, please, please. Play with it and don't be so afraid. It's just gelatos. - [Courtney] You use them a lot, right, in your work? - [Mou] I do, and I love them. - [Courtney] Yeah, she uses them in her classes that she's been filming, and we're gonna use them today, so you'll get the chance to see them in just a minute. Alright, so do we have to let this dry? Mine's a little bit ripply, but that's okay, right? Do you have some-- - [Mou] Yeah, it's okay. I mean, when you add color layers, really individual mistakes don't stand out anymore. - [Courtney] Alright. Should we put our brushes in water for the gel? - [Mou] Yes. - [Courtney] So let that dry before our next layer. - [Mou] It dries really fast. - Great. Now, you could heat it up with a heat tool if you're following along with us, but probably you'll be doing this a little bit later, which means you can just let it air dry, and it does take just a few minutes. You do want to put on a really thin coat and seal with a really thin coat, right? - [Mou] Yes. - [Courtney] But be thorough. Be thorough. - Just make sure that the corners don't lift up. So when you are coloring, it's really annoying if the paper starts to lift. - Yeah, it was really interesting seeing Mou this week. She really is aggressive with gelatos. There's no fear in jumping in. - No. - So those edges really need to be sealed down. - Yes. - Otherwise they would lift up in that friction. While that's drying, I thought maybe we could share some of the things we've worked on this week. How's that sound? - [Mou] Sure. - [Courtney] Maybe you can talk us through. These three are coming up in a class, and these are art journal pages. So you work singly instead of in a journal, right? - [Mou] Yes. - [Courtney] Why is that? - [Mou] I use loose sheets of paper, because is gives me a lot more freedom and flexibility. I can choose my sizes. I can combine sizes. I can choose watercolor paper, mixed media paper, fabric canvas, whatever. - [Courtney] And can you tell us kind of what's on here? Just like walk us through? - I colored these. These came like they were white watercolor paper. I used the tea stain dyes to dye to the color that you see on the base there. Tea stain dyes, and then once the dye colors dried, I did some drawings, and after that, I added some texture to them. The fun part with the texture is these are all recycled materials. This is like paper towel, baby wipes that I use to clean the spill. So I let them dry. I don't throw anything away. I don't want you to throw anything away, either. I just cut them up, layer them, stitch them, and they just are so organic. - They're really cool. They're such beautiful embellishments, and she'll walk you through that process in her first art journaling class. And then these ones. Let's just talk about these guys. I know we didn't do that one, but that's okay, because it's similar style. - [Mou] Yeah, that is also a coloring page. - [Courtney] I love that. So then, these guys... Oh, we'll show that later. Then these ones, also super layered. So you're working with a different set of materials for this, though, right? - Yes. The main coloring medium here is the gelatos, and I use the gelatos in various techniques, like especially Megan, if you are afraid of gelatos, you should watch this. You are not gonna be afraid after this. What I did was, I did some dripping. I did some stenciling, reverse stenciling, and added texture with found papers. Just built up a page from scratch in layers. - It's amazing, because they started out just plain white, and then you totally see the transformation throughout the class, which is super exciting to watch.

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And then because these are all loose sheets, you show us how to make a box, right? - [Mou] Yes. - [Courtney] So this is what you can contain your pages in. - Just because it says art journaling doesn't mean it has to happen in a journal. - I love that. - You can make your pages first and build storage around that. Or you can start like I did with the paper mache box here. This was plain, and I just cut my papers to fit inside this box and then I just altered the box. - [Courtney] Yeah, it's completely transformed, even the inside, and I love that you said you can fit up to 20 pages, usually. - [Mou] Minimum, 20 pages. - Really, really beautiful. Stay tuned for those classes. They'll be coming out later in the year. Alright, so are we dry, do you think? - I think so. - Okay. - We are dry enough. - [Courtney] What is (laughing) dry enough. I love that. Oh, we have a question before we dive into our gelatos. - [Ellie] Exactly. Marion is asking, what are gelatos? - Great. Do you want to show? - Yes. Gelatos are water soluble pigments. They come in chapstick-like sticks that are twistable. You can retract it. You can push it out. And all you do is just rub really well and I'll show you. You'll see that I'm not even following any lines, because coloring within lines is not for me. - [Courtney] So it can be over our coloring book page onto the regular page. - [Mou] Yes, absolutely. - [Courtney] Okay, so you're kind of scribbling, yeah? - [Mou] Yeah, I'm just getting some color on it. Doesn't have to be perfect. There is no right or wrong way to this. - [Courtney] Okay. I'm doubting that mine's gonna look as good as yours, but we'll see. - [Mou] You cannot be afraid so. - [Courtney] So these gelatos are really awesome. They do really feel like a lipstick. - [Mou] They're really creamy in texture when they go on. And as you can see, I'm just rubbing them on without-- - [Courtney] And they're all different colors, right? There's like-- - [Mou] Yeah, there are at least 52 colors. I think there are more now. I don't remember exact number. - [Courtney] And some are shimmery. Some are solid. - [Mou] Some are metallic, some opaque, some shimmery. And they're all ribbed. So now that I have rubbed on some of the gelatos, I am going to add water. - [Courtney] So you're using a lot of water. - [Mou] I'm using a lot of water. I'm gonna just move that brush out. - [Courtney] Ooh, fun. So it's like a water soluble crayon. - [Mou] Yeah, you can say that. But it has... Depends on how you blend it and what surface it's going on, it takes on very, very different looks. It's very versatile, very forgiving. You cannot really go wrong with gelatos. - [Courtney] It's really fun to play with. They are really creamy. - [Ellie] We have our next question. Are gelatos oil based? - No, they are water soluble and I don't think they are oil based. - Yeah, so the gelatos are water soluble. That's why when we add water with our paintbrush, we're getting these really beautiful water color effects, because they're bleeding and smearing and pooling and doing all the things that water color does, which is really fun. - At this point, I'm gonna add some more colors with my watercolor pencils. - [Courtney] Oh, I forgot about those. I shouldn't have made my brushes purple. (laughing softly) - [Mou] That's okay. - [Courtney] I love how freeform yours is. It's so pretty. Maybe I'll try a bigger brush. I can hear Ursula behind us. (Ursula laughing) Hi, Ursula. We have a very enthusiastic staff here, so can usually hear them on the other side of the studio. In case you thought we weren't live, we really are. I heard her shriek. (Ursula laughing) I think they're all on a sugar high, 'cause we had doughnuts today. These are so fun. I really love how adding these gelatos is making this feel not like a page cut out and glued on, but really like a piece of art on its own. It's really pretty. So can you, when you put down water, I can go back in with my gelatos, right? - [Mou] Oh, yes, yes. - [Courtney] So you can go back in and get a different effect? - [Mou] You can totally do that. - [Courtney] That's really cool. And Mou was showing us, too, how you can blend them with your fingers. You can also use a blending stick. I love that. Do you have to fill up the whole page, or...? - [Mou] No, I'm not going to. Because this is plenty of colors at this point. - [Courtney] Beautiful. - And as you can see, some of my colors are running into each other and that's how I like them,

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because in real life, nothing is really that static that it's just one color. If you look closely, there's a play on various colors, and there is reflection from other things. So if there are two things next to each other, they are affecting each other. - I love that. So pretty. - So keep that in mind, and don't worry about staying within lines. - Okay, I need to... So you also can use your watercolor pencils on top here. - [Mou] Oh, yes, you can. Yes. - Okay, great. - [Mou] I don't recommend dipping your watercolor pencil in the water, because I have seen people do that. It kind of over time tends to rot the barrel. - Oh, yeah, that makes sense. - And weakens leading, so maybe down the line, it is not gonna function, as well. - [Courtney] So then, we have to let these dry, don't we? - You can work around it. That's what I'm going to do, because I'm gonna add my title here, and for that, I'm going to use a round brush, and I just have squeezed out some black watercolor paint. You could use any color. I'm using a number four brush. You can use a smaller or bigger brush, and you can also use the stampers big brush pen. - [Courtney] Oh, yeah. I have one of those, too. This is a permanent pen. - [Mou] Yeah, it's a permanent pen. It's India ink, so once it's dry, it's permanent. You can write with it, draw with it, and then you can add wet layers on top and it's gonna stay put. - [Courtney] Okay, let me add this and then I'll do that. - [Mou] But be sure it's dry before you go there. - [Courtney] Gotcha. Now, you weren't always a letterer, right? Like you started-- - [Mou] My dad has good handwriting. His dad had great handwriting. - Yeah? - So I kind of inherited that and my dad pushed my to write better, and over time, I kind of started enjoying that, and then I started making my own fonts, and such, and once you start doing it and you get better at it, it becomes a habit. - [Courtney] I love that. - [Mou] Okay, I am going to write my word right here. Let's go with Fresh. Sorry. - [Courtney] No, you're fine. I'm gonna go with messy. (Mou laughing) We just had a 30-day lettering challenge with Michaela from Sakura of America, so I'm trying to remember what she told me to do. And it's light on lay-up strokes and thick on lay-down strokes. - [Mou] See, that's the greatest thing about art journaling. Whatever you learn in anything else, in any other craft, you can use in your art journals. You don't have to learn specific techniques, per se. You can pull in whatever you know. So that's gonna be my title. - [Courtney] That's beautiful. I love that. - [Mou] I can't write my journal in yet, because it's too wet. - [Courtney] Too wet. Mine, too. Mine is messy. Once this dries, though, I could paint on top of it if I want? - [Mou] Oh yes, yes. - [Courtney] I love that. Maybe I'll come back in here and fix these. They're looking kind of crazy. I need to go back and watch our 30-day. - [Mou] But they're supposed to look messy, right? - [Courtney] Right, exactly. This is so beautiful. - Thank you. - [Courtney] I love how painterly everything is. You think when you're putting it down, it's gonna look really messy, but it comes together and it's just so natural and beautiful looking. - You just follow those steps. Make sure, like my asparagus is lifting because I did it in a hurry, but I'm gonna go back in and put some more gel medium and stick it down so it doesn't lift off. - Yeah, I feel like one of the things that you said about art journaling is that it's really freeform, right? - No mistakes. - I love that. - No mistakes. No right, no wrong. We are doing it. - We all need more things in our life that are freeform like that. - Oh, yes. - And you mentioned that it's great, because you're collaging layers. You're painting over things. You can cover things up. Pull things up. - And you can use all your scraps. Stuff that you would otherwise throw away and make it into something beautiful. - I love it. Do we have any more questions, Ellie? - [Ellie] We have one more. - One more question. - [Ellie] Nadia wants to know where you got the box as a book. Where you keep your pages in. Where'd you get that? - I bought this at JoAnn Fabrics, and you can find them online, too. - [Ellie] Okay. - I know Amazon.com has them. - I love it. - And they also come in various sizes. That's the biggest one I could find, but I know it has a medium and a smaller one. - Cool. Great. Thanks, everyone, for joining us. Thanks, Mou, for being here this week. - Thank you. - Thank you. It's

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been awesome to have you. If you stay tuned for her classes, which are coming out later this year, you'll get a chance to look at some of her incredible journals. The ones that you drew in for the CB Draw-A-Day that made you the Creativebug contest winner, which is so awesome. - It was a good day for me. - Oh, my god, it was amazing. We actually had all of our contest winners send in videos of themselves, so everyone was kind of judging, like, oh my god, what do you think about her work? Every finalist was so fantastic and amazing, so it was hard to choose, but you were the clear winner. - Thank you. - You've done such an amazing job. We're so excited for your classes. - Thank you. - Thanks, everyone, for joining us, and we'll see you at our next live shoot. - Bye. (light music)

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