



## Art Journaling *with* Dawn DeVries Sokol - **Week 1**



In this first week, Dawn explains what an art journal is, and provides fun and fearless exercises for getting started on that first blank page. Dawn demonstrates the full arsenal of art supplies you might want to have on hand, and shares lots of beginner techniques, such as simple ways to draw faces, incorporate color, and play with lettering, as well as tips for identifying your favorite doodle shapes. These warm-ups are intended to get you nice and comfy within the pages of your new journal.

### **Week 1 - Getting Started**

- What tools and materials to have on hand
- Exercises for discovering your go-to doodles
- Tips for incorporating words
- Easy ways to draw faces
- Exercises for combining collage and doodles



---

## Art Journaling *with* Dawn DeVries Sokol - **Week 1**

---

### **Art Journaling Tool Kit:**

- Blank Journals: Dawn recommends Strathmore mixed media journal for painting, Moleskine or Canson spiral-bound books for sketching, and Dylusions Journal for collage and mixed media
- Pens, Pencils and Markers: Sakura Pigma Brush Pen, Sakura Micron 03 and 05, Fude Ball, Marvy Calligraphy, Elmer's Painters Pens (also in Fine Tip, Medium Tip, and Super), Sharpie Magnum, Tombow Markers with brush tip and fine tip, Crayola Pipsqueaks, Sakura Souffle Gel Pens, Uniball Signo UM153, Molotow Paint Pens, Liquitex Paint Marker, Montana Markers, Sharpie Poster Paint Pens, Stabilo All Pencil, Water Brush, Derwent InkTense Colored Pencils, Derwent Colorsoft Pencils, Prisma Color Pencils
- Tombow Mono Adhesive
- Small, sharp scissors



Art Journaling *with* Dawn DeVries Sokol - **Week 1**

