

# MilspoFAN Art Bites // 5.9.2020

## Art Journaling with EB Hawks Supply List

In the first of MilspoFAN's Art Bite series, try out art journaling with EB Hawks from Artful Pursuits. Learn what art journaling is, the benefits of art journaling, warm-up, and complete an art journal page. No experience needed!

### NOTES

*Any and all of the supplies can be substituted. Just bring what you have or what you can find in / around your house. We will make it work.*

### SKILL LEVEL

*ALL. I promise anyone can art journal and do this exercise even if you've never drawn a thing in your lifetime.*

### INSTRUCTIONS

*An illustrated handout will be provided to all participants in the workshop with instructions for reference.*

### QUESTIONS?

*If you have any questions, you can email:*

*EBHawks@ArtfulPursuits.com*

## Recommended Supply List

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### *Warm-up Exercise*

- Scratch paper
- Black marker

### *Art Journal Page*

- Art journal / sketchbook / cardstock / or piece of art paper that accepts wet media
- Waterproof black pen (small tip)
- Gray marker if you have one
- If you have them on hand: cup of water, smallish paint brush, & paper towel
- Coloring media of choice: markers, crayons, colored pencils, paint, etc... Opaque is better, but any will work.
  - \* I'll use mixed media in the demo including acrylic paints and whatever you're using.
- Detail pens: gel pens, paint pens, sharpies, pencil, ball point pens, whatever you have

### *Optional Supplies*

- Glue stick and magazine, patterned paper, or tissue paper for collage