

**The first session is a gentle introduction, to allow you to get a feel for how I work.**

**I found that sharing my process in this way whilst filming the course really made me think about what I was doing along the way.**

**Much of what I do in my journal is instinctive, and figuring out all the things that go through my mind and inform my work and then finding a way to explain it was both challenging and insightful. I hope that it will make you consider your own decisions and WHY you make them on the page too as we go forwards, it can make for some interesting thought!**

**However, for this first session I created the whole thing as a sample and then returned to my page to film the process . It features my most favourite thing to create - a face! Rather than use a prompt or a specific theme or experience for this first piece, I simply approached it with the idea that I wanted her to appear gentle and maybe softly sympathetic....but for the most part this was also a way to bring in a technique during the first session which you can explore and use in many different ways.**

**Maybe you do not wish to create a face, or maybe your face will be angry or happy or sad....how do you feel and how will you express this on your page?**

**If this is new to you and seems daunting the please feel free to use a reference to draw from, or even collage a face onto the page and then try the pattern techniques.**

**If none of that works for you, or feels intimidating, create a sample using the techniques shown-you can also create it on a separate sheet and then add to your journal if or when you feel like it.**

**There is NO 'wrong' way. Be free to explore!**

## **Materials -**

**I will also talk you through the materials in the first few minutes of this video lesson.**

**Mindful that I didn't want to cause overwhelm in the first session, I started small and simple for this and worked in my small journal which is about 7" square. Please use whatever paper or journal substrate is comfortable for you!**

**white gesso primer**

**Water and palette or plate for mixing paints.**

**Old/cheap gesso brush plus a couple of other smallish brushes, round or flat.**

**graphite pencil (your choice)**

**water based pencil or crayon ( I used a Derwent soluble pencil in Aubergine)**

**Acrylic paints-2 colours of your choice. I used permanent magenta and raw sienna.**

**Old or cheap foam or rubber stamp ( nothing too fine, a bold pattern works best) . This will be used in gesso and paint, so don't use a brand new expensive finely carved rubber stamp-it will never be the same!**