

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!