

Going Inward: Sketchbook Journaling as a Nourishing Practice

Suggested Supplies

Most essential:

- a journal that has 140lb watercolor paper, such as this one: <https://www.dickblick.com/items/strathmore-visual-journal-12-x-9-140-lb-watercolor/>
- printer paper or drawing paper for drawing exercises
- watercolor pan set or watercolor in tubes
Student grade is ok, but if you can purchase artist grade watercolors, the color lasts much longer and tends to be more saturated. If you are purchasing tubes of paint I recommend the following colors for a basic palette for sketchbooking. Windsor & Newton and Daniel Smith are two of my favorite companies for tube colors.

Ultramarine Blue
Phthalo Blue
Cobalt Blue
Quinacridone Rose or Permanent Alizarin Crimson
Transparent Pyrrol Orange
Quinacridone Gold
Sap Green
Burnt Umber
Burnt Sienna

- at least three round watercolor brushes size 4, 6 and size 8
- 2B pencil
- kneaded eraser
- Micron pens in size 2, 5, 8 (these are waterproof pens which are wonderful for drawing with watercolor and for lettering)
- a few manilla folders for our stencil making
- old credit card for spreading paint/matte medium (which we will use as a glue for collage)
- matte medium (any brand)

For added fun:

white uniball pen and/or white Posca paint marker
stencils and stamps, stamp ink pads
foam roller for spreading paint and matte medium
white acrylic paint or any other acrylics you might want to use
chip brush to spread glue or paint
magazines

