

Visual Journaling: Exploring Our Personal Narratives Through Art & Writing

Instructor: Amanda Davis

Wednesdays, Time: 1:00-4:00 PM

9/30, 10/7, 10/14, 10/28

No class 10/21

Visual Journaling Supplies List

Check out the Spare Studio in Rockland for Secondhand Supplies and supporting a small woman/mama-owned business. :

<https://www.thesparestudio.com/>

Recommended Journals

- Strathmore 460-19 500 Series Visual Mixed Media Journal, Vellum, 9"x12", White, 34 Sheets
https://www.amazon.com/dp/B003YIZ0HI/?ref=idea_lv_dp_vv_d
- Strathmore Mixed Media Vellum Paper Pad 9"x12"-15 Sheets (for single page use): <https://a.co/d/09JoX9GV>

Recommended Supplies

- SAKURA Pigma Micron Black Ink Multi-tip Set, 6 Pac
<https://a.co/d/081TFkfR>
- Watercolor Paint Set
<https://a.co/d/0185pfyV>
- Watercolor Pencils can also work instead of the paints: <https://a.co/d/05ILyVH7>
- Glue Sticks (bulk/30 count?)
<https://a.co/d/0cxyh6wQ>
- BOSOBO Paint Brush Set
<https://a.co/d/05aOMi9I>
- Tempera Paint Sticks
<https://a.co/d/029llw1w>
- MOD PODGE Matte Sealer, Glue & Finish: All-in-One Craft Solution- Quick Dry, Easy Clean, 4 oz. <https://a.co/d/0gsWRwSc>
- Aenir Sketch Pencils for Drawing, Set of 12 Drawing Pencils for Sketching Medium (6B - 4H) <https://a.co/d/0aWMnCPq>
- Wax Paper: <https://a.co/d/0hQg0RTG>
- Tissue Paper: <https://a.co/d/035Y2TN0>
- Gel Crayons: <https://a.co/d/0c2yFlf1>

- Liquitex Professional Gesso Surface Prep Medium, White, 4 oz
https://www.amazon.com/dp/B000KNLGB0/?ref=idea_lv_dp_vv_d&th=1
- Foam Paint Brushes, 1.6 Inch, 8 Count, Sponge Paint Brush, Foam Brushes for Painting & Staining, Craft & Art Paint Sponges
<https://a.co/d/01Mzo4Vf>
- Magazines-A variety of subjects matters but more visually dense versus text