

No More Blank White Pages!

Suggestions for getting started in your art journal pages- not an exhaustive list, just some ideas to get you moving!

Paper Ideas:

- scrapbooking papers: save those random pieces to use
- old sewing pattern paper- find at thrift stores
- have kids in school? Use pages from their notebooks they would throw out at the end of the year..it is nice to have handwriting in a piece.
- ephemera such as old tickets, menus, brochures, etc
- pages from catalogs like farmer's almanac, seed catalogs, etc with thin papery pages
- wrapping paper
- tissue paper, napkins
- wallpaper
- old paper lunch bags
- papers from memo pads
- papers from rent receipt books and old bookkeeping ledgers
- pages from those 365 day desktop daily calendars
- printed pages from old books
- old cards you don't want to throw away
- save envelopes with handwritten address to use

Coloring the Page:

Apply a thin layer of gesso to your paper before starting- this helps provide tooth when applying other materials, keeps mediums from bleeding through, and stiffens your paper.

Make a mix of water and white glue- apply a thin coating of this glue mix between colored layers, it will keep things from getting muddy looking.

Make a color wash: don't throw out the almost empty acrylic paint bottle- add water to make a color wash.

Lay down a piece of scrapbook paper, cover with a thin layer of color to fade out the background.

Randomly drop small amounts of acrylic to your page- select 3 colors that go together,

a light, medium and dark tone. Use an old credit card to disperse paint, drag the credit card in long, sweeping motions in all directions. Overlap some of your color.

Spray 2-3 color washes on your page- spread the color with a paint brush or hold the page up and allow the paint to drip- turn the page- drip in another direction.

Apply masking tape in a pattern or randomly to page- paint over it

Tear up random scraps of paper- apply to page- paint over with a wash.

Randomly paint 2 colors of wash onto your page, the dab with plastic wrap- it leaves a design in the paint.

Apply a few random, tiny drops of ink to your page, mist with water, let it drip in all directions

Apply a few drops of alcohol ink, spray with rubbing alcohol, allow to drip or blend.

Creating Texture:

Apply spackle using stencils. Use ready made or make your own. An easy method to make your own –get cardstock and use punches like Friskers and punch out the design. In class we used a circle punch.

Put down a layer of spackle- then stamp into it with a rubber stamp or some textured object. Or use a wooden skewer and doodle, draw or write into the spackle.

Bubble wrap- ink it up or apply paint- then stamp

Upholstery tape creates nice texture

Use embossing powder

Old toothbrush: Apply paint- then splatter

Use puffy paint- draw, outline, create patterns

Apply a design in hot glue

Glue sand or spices to the page

Glue down punch outs- paint over them

Cardboard- I like to use the coffee warmers from Wawa- open them up and use the ridged edges

Stamping/Decorating Ideas

Of course, use any rubber or cling stamps you might have

Paper tubes- dipped in paint- created cool circles

Make your own stamps from cut out pieces of Styrofoam plates glued to a piece of cardboard

Doodle with various permanent markers

White correction fluid- makes a good design pen for writing or drawing

Take a small block of wood, wrap several rubber bands around it- leaving spaces- use as a stamp.

Lettering Ideas

Use your own handwriting

Stamp your words with letter stamps- I like to stamp onto pattern paper then glue to my project, this way if I make a mistake I re-stamp and don't ruin my page

Use stickers on letters – paint over them or use as is

Cut letters/words from magazines in various sizes

Print your own sayings or words