

2021 Materials List for “From Art Journal to Canvas: The Courage To Create”

With Jessica Kovan

Welcome! I am looking forward to our time together! We will be making art journals, working inside them, and creating paintings from them. Below are my suggestions for materials and supplies for both. If you have any questions, feel free to email me: jtkovan@gmail.com.

Supplies for Journal Making:

- Lots & Lots of Paper (heavier papers are better: watercolor paper, scrapbook paper, book pages, cardstock, papers you've painted, old calendars, etc.) *Larger papers are preferred.
- Scissors
- Tape: masking tape and washi tape
- Paint palette
- Container for Water
- Credit card/hotel room key
- Wide cheap paintbrush for glue
- Paper Towels
- Permanent Black Marker-
- 3 yards of Waxed Linen Thread & a Tapestry Needle
- Awl or Paper Piercer
- Small Binder Clips (4-6)
- Heavy Gel Medium
- Matte Medium
- Ruler

Supplies to play inside our journals and to create paintings

Acrylic paints. Bring your favorite colors. I will be working with both heavy body and fluid acrylics.

Brushes: Your standard brushes plus old/cheap brushes (include wide, at least 2" & 1") (Brushes, brayers, whatever tools you use)

Mark Making: Anything you might want to bring to make marks (pencils, markers, crayons, stencils, stamps, etc.)

Collage material if you work in collage

Substrate - paper, canvas, or wood panels (whatever you like best)

Works in process to cut up or drastically change

Spray bottle for water

Optional: Book Binding Tape, Bone Folder

DON'T FORGET – your sense of adventure and enthusiasm

LEAVE AT HOME – preconceptions, self-doubt and fear