

Sketchbook Journaling Explorations

Keeton's Office & Art Supply
Instructor: Leslie Fehling
February 19-20, 2019
9:00 am – 4:00 pm

Suggested supplies

The supplies for this workshop are flexible and depend on personal preference. I'll be sharing some new items with you that you may not have thought to try in your sketchbooks, but you don't need to buy all of them before the class. Keeton's will have many of them available to purchase if you decide you like them after seeing them in class.

Here are some general recommendations for what to bring:

- **Sketchbook** suitable for ink & watercolor. Choose spiral bound, hardbound, or softcover. Size is up to you, but I suggest at least 5-1/2" x 8-1/2". My preferred size is generally around 10" x 7". 140 lb. paper is best.

Sketchbooks I like and recommend include:

- Stillman and Birn Beta series (paper has a slight tooth)
- Stillman and Birn Zeta series (smooth hot-press style paper)
- Handbook Field Watercolor Journal
- Pentalic Aqua Journal (140 lb. watercolor paper)
- Strathmore Art Journal – Watercolor (140 lb. paper)

There are many other brands that will work as well.

- **Practice watercolor paper** (if you don't want to do practice exercises in your "good" sketchbook)
- **Pencil** (I prefer a mechanical pencil with HB lead)
- **Eraser** (Kneaded eraser, white retractable style, and/or "MOO" eraser)
- **Pen** with waterproof ink, such as...
 - Faber-Castell Pitt Artist's Pen, size S or F
 - Sakura Pigma Micron pen, sizes 005, 01, and/or larger
 - Optional: I often use a fountain pen for sketching. The Platinum Carbon Desk Pen with Platinum Carbon black ink and Extra-Fine nib is one of my favorites.
(Available from [Goulet Pens](#) or [Amazon.com](#))

- **Palette**

I prefer the Alvin (also labeled as Heritage or Mijello) 18-well watercolor palette for everyday use. For travel sketching, I use an old Winsor & Newton plastic palette that I've refilled with artist's quality tube paints, but there are lots of other options available for empty plastic palettes that you can fill with your own color selections.

If you're just starting out, you may want to buy a prefilled travel palette. Here are some good options:

- Winsor & Newton's Artists' Watercolor Compact Set (artist's grade paints)
- Winsor & Newton's Cotman Watercolor Compact Set (student grade paints)
- Winsor & Newton's Painting Plus Travel Set (24 colors)
- Winsor & Newton's Cotman Pocket Plus set (student grade paints)
- Koi Field Sketch Kit (student grade paints)
- Koi Pocket Watercolor Field Sketch Box
- Van Gogh travel watercolor sets

- **Watercolor paints**

I recommend artist's quality tube watercolor paints, squeezed into a palette and allowed to dry. Good brands are Winsor & Newton, Daniel Smith, Holbein, and American Journey. Color selection is up to you. I generally tend to use the following colors, but they are not a requirement for the class. This list is just for your information.

- Hansa Yellow Medium
- Cadmium Yellow Light
- Raw Sienna and/or Yellow Ochre
- Quinacridone Gold
- Permanent Alizarin Crimson
- Winsor Red or Daniel Smith Perylene Red
- Permanent Rose
- Quinacridone Violet
- Shadow (American Journey)
- Ultramarine Blue or French Ultramarine
- Cerulean Blue
- Cobalt Blue
- Cobalt Teal Blue
- Phthalo Blue or Marine Blue
- Sap Green
- Earthen Green (American Journey)
- Olive Green
- Burnt Umber
- Burnt Sienna
- Payne's Gray

- **Brushes**

Watercolor brushes, synthetic or sable. Bring whatever size and type you like to work with, such as these options:

- Rounds: #2, 4, 6, 8, 10
- Flats: ½"

- **Miscellaneous drawing and painting supplies**

- Toothbrush (for spattering) OR
- Spatter screen (or a piece of window screen)
- Painter's tape or artist's tape, 1" wide
- Scotch Artist Tape for Curves
- Mr. Clean Magic Eraser
- Ruler
- Compass
- Tracing paper
- Small spray bottle for water or paint
- White colored pencil or watercolor pencil (You may wish to bring a colored pencil set, if you already have one.)

- **Items I'll be demonstrating or talking about.**

If you have any of these items, please bring them along. If you don't already have them, you may want to wait until after the demo to decide whether to buy them. That way you can judge whether it's something you think you'll use.

- Washi decorative tape
- ClearSnap Magic Stamps
- Tombow Dual Brush Pens
- Elegant Writer Calligraphy Set
- Joseph Gillot Art Pen Drawing Set (fountain pen)
- Eberhard-Faber Ebony Pencil
- Fine-Tec Gold & Silver watercolors

White gouache & watercolor paint
Dr. Ph Martin's BleedProof White
Daler-Rowney Pro White opaque watercolor
Circle and ellipse templates
Lettering stencils
Plastic stencils
C-Thru ruler with inches, centimeters, and centering line
Grafix All-Purpose Frisket Film
Duralar Wet Media Film
Toned paper, such as Canson Mi-Teintes pastel paper or Stillman & Birn toned paper

- **Other items you may wish to bring:**

Water container
Tissues
Paper towels

- **Items to sketch**

Bring the following items to class to use as subjects for your sketch projects. We may not use them all, but this will give you some good possibilities for meaningful, personal sketchbook journal pages.

- 1. Something that makes you happy.**

Think about something you'd like to sketch that makes you happy. It could be your morning cup of coffee or a warm chocolate chip cookie. Or how about your pet or a favorite pair of jeans? The ideas are endless! Bring the item or a photo of it.

- 2. Travel photos.**

Pick a few of your favorite images from a vacation. You'll decide in class whether to feature just one on a page or do a composite of 3-5 images. It might be good to include a variety of subjects such as a landscape, a close-up of some detail you liked, a photo with people in it, etc.

- 3. Favorite room in your home**

Bring a picture of your favorite room in your house, or just a corner of it. You might want to take several photos, then choose one in class. Print out the photos or bring them on a cell phone or tablet.

- 4. Favorite quote**

Choose a favorite quote that inspires you, makes you laugh, or summarizes your philosophy of life. You'll be hand-lettering it on a sketchbook page with painted borders.

- 5. Something that tells a story**

This could be your childhood teddy bear or a picture of your first car, a family heirloom or a favorite book that's been read so often it's tattered and torn. Storytelling is what sketchbook journaling is all about, so for this project, you'll tell the story of your special item.

- 6. Anything you would like to paint and journal about.**

This one's up to you! I'd like you to bring the actual item, if possible, because drawing from life is a whole different experience than drawing from a photo. But if that's not possible, bring some photos to sketch from.

I'm looking forward to seeing all the wonderful sketches you'll create with these items. Come with an open mind, ready to play, explore, and grow!

See you soon -
Leslie

QUESTIONS? Contact Leslie Fehling at ljfehling@gmail.com

To see samples of my sketches and watercolors, stop by my blog at www.lesliefehling.com

724-627-8044 (home)

724-747-2955 (cell)

A final word...

Come a few minutes early on the first day of the workshop, so you'll have time to get settled in before class begins. I have so much I want to share with you, and I'd like to get started on time at 9:00.