



Smithsonian Associates

ART JOURNALING FOR SELF-EXPRESSION

with Carter Umhau

One of the goals of this workshop is to connect you to the mark-making and materials that feel most interesting and inspiring to you. As noted below, the supplies for this class are a guideline, and you are encouraged to bring any additional materials you feel curious or drawn to. There will be plenty of space to play and experiment throughout the exercises offered each class.

SUPPLY LIST

- Sketchbook with mixed media paper, of a size about 8.5in X 11in
- Scissors
- Glue stick or Modge Podge (4oz)
- Basic watercolor set (my suggestion: <https://www.plazaart.com/cotman-watercolor-pocket-plus-set>)
- Selection of watercolor brushes (something like this is great: <https://www.plazaart.com/winsor-newton-cotman-brush-set-of-7-assorted>, but feel free to bring a small selection of your choice)
- A few of your favorite pens (can be varying colors, styles)
- Set of markers (your choice!)
- I invite you to start collecting any magazine clippings, images, or ephemera from your own life as material for collage. A selection will be provided in class, but it'll be more inspiring to have some that feel personally resonant with you if you have the time to do some collecting.

