JOY BREAK:
LETTERING & DOODLING!

MAY 4, 2022
12 – 1 PM MDT

Lorraine will guide you through some drawing warm-ups, lettering styles and doodling options. You may create one or both of the samples. Feel free to work with a word or phrase and doodle of your choice.

BASIC SUPPLIES

• One piece of paper and pencil/ pen for the drawing warm-ups
• Two pieces of paper – I will share some paper selection tips for this and future projects
• Pen – my pen of choice is a black .01 Micron pen
• Ruler
• Pencil
• Eraser – my eraser of choice is a soft white vinyl [plastic] eraser

OPTIONAL SUPPLIES

• Replace paper with a sketch journal
• Bring in some color - watercolor paints & brush, watercolor pencils, color pencils or color markers
• 1 piece of colored paper (solid color or a print) to cut as a mat
• Adhesive
• Paper cutter or scissors

NOTES – Do you want to scatter some joy?

• Have a blank card and envelope ready to send a joyful greeting featuring your design.
• Attach a flat self-adhesive magnet so your art can go on a fridge or file cabinet
JOY BREAK: 
ENVELOPE BOOK WITH TAGS!

JUNE 1, 2022
12 – 1 PM MDT

Lorraine will start with a “sketch the first thing you see” warm-up. Some may continue sketching while others join in the relaxing process of folding a unique 3” x 3” envelope book to hold message tags and/or gift cards.

**BASIC SUPPLIES**
- One or two pieces of paper and pen/pencil for the warm-up
- Paper cutter or scissors
- Pen – my pen of choice is a black .01 Micron pen
- Ruler
- Pencil
- Eraser – my eraser of choice is a soft white vinyl [plastic] eraser

**SPECIFIC SUPPLIES**
- Envelope Book – One 9”x 12” paper* (I cut mine from a 12”x 12” piece of printed paper)
- Tags – 4 pre-made tags or paper to cut your own
- Ribbon – 1/8” to ¼” wide, 7” long
- Closure – options include a rubber band, elastic cord and a button

**OPTIONAL SUPPLIES**
- Bone folder
- Color markers or watercolor paints
- Hole punch for tags you make
- Scunci stretch knotted ponytailers (flat) to use as the closure
- Adhesive

**NOTES**
- *A 6”x 8” piece of paper (cut from a standard size 8.5” x 11” paper) will make a 2”x 2” envelope book
- Thin paper folds better than thick
JOY BREAK: NEUROGRAPHIC ART!

JULY 6, 2022
12 – 1 PM MDT

Lorraine will coach you through the step-by-step process of neurographic drawing. This is a joyful, stress-relieving experience.

**BASIC SUPPLIES**

- Paper of your choice that is no larger than 8 ½” x 11”
- Pen – ultra-fine or fine Sharpie works well – my pens of choice are black Microns in .03 and .05

**OPTIONAL SUPPLIES**

- Bring in some color - watercolor paints & brush, watercolor pencils, color pencils or color markers
- 1 piece of colored paper (solid color or a print) to cut as a mat
- Paper cutter or scissors
- Adhesive

**NOTES – Do you want to scatter some joy?**

- Have a blank card and envelope ready to send a joyful greeting featuring your design.
- Turn your artwork into one or more bookmarks (yes, you cut it up!)
JOY BREAK:  
ENVELOPE BOOK WITH TAGS AND A SIGNATURE (EXTRA PAGES)!  
AUGUST 3, 2022  
12 – 1 PM MDT

Today’s warm-up starts with a page full of circles. Lorraine will guide you once again through the process of making a unique 3” x 3” envelope book – this time with added pages (signatures).

### BASIC SUPPLIES

- One or two pieces of paper and pen/pencil for the warm-up
- Paper cutter or scissors
- Pen – my pen of choice is a black .01 Micron pen
- Ruler
- Pencil
- Eraser – my eraser of choice is a soft white vinyl [plastic] eraser

### SPECIFIC SUPPLIES

- Envelope Book – One 9”x12” paper* (I cut mine from a 12”x 12” piece of printed paper)
- Tags – 4 pre-made tags or paper to cut your own
- Ribbon – 1/8” to ¼” wide, 7” long
- Two pieces of 9x12 paper
- Needle and thread or sewing machine
- Closure – options include a rubber band, elastic cord and a button

### OPTIONAL SUPPLIES

- Scoring tool or bone folder
- Color markers or watercolor paints
- Hole punch for tags you make
- Scunci stretch knotted ponytailers (flat) to use as the closure

### NOTES

- "A 6”x 8” piece of paper (cut from a standard size 8.5” x 11” paper) will make a 2”x 2” envelope book
- Thin paper folds better than thick

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JOY BREAK: MINDFUL DRAWING!

SEPTEMBER 7, 2022
12 – 1 PM MDT

Be ready to relax as Lorraine guides you through the mindful drawing practices of Zentangle and Slow Drawing.

**BASIC SUPPLIES**

- Four to eight pieces of 3” x 3” paper (may draw a square on regular paper or cut paper to size)
- Pen – my pens of choice are black Microns in .01 and .03

**OPTIONAL SUPPLIES**

- Replace paper with a sketch journal
- Bring in some color - watercolor paints, watercolor pencils, color pencils or color markers
- Paper cutter or scissors

**NOTES**

- A larger square (4x4, 5x5, 6x6) may be more comfortable if you have concerns about your vision or fine motor control
JOY BREAK: ACCORDION BOOK PART 1!

OCTOBER 5, 2022
12 – 1 PM MDT

Lorraine will lead you through making both covers and cutting paper for inside the book. This will be completed next month.

**BASIC SUPPLIES**

- Paper cutter
- Scissors
- Ruler
- Pencil
- Eraser – my eraser of choice is a soft white vinyl [plastic] eraser
- Watercolor paints, watercolor pencils, color pencils or color markers

**SPECIFIC SUPPLIES**

- Front and back pieces – 2 pieces of chipboard or equivalent cut to 3” x 4” up to 4” x 5 ½”
- Paper to cover the front and back pieces
- Paper for accordion pages – one or more pieces of white cardstock or equivalent paper to cut to size
- An adhesive you have on hand – Yes! paste or Fabri-Fix are my go-to choices

**OPTIONAL SUPPLIES**

- Embossing tool or bone folder
- Decorative items for cover – I used embroidery thread, a needle, and a button
Using the covers you assembled last month, Lorraine will guide you through folding and attaching the paper for inside the book and embellish at least one page or a two-page spread.

**BASIC SUPPLIES**
- Paper cutter
- Scissors
- Ruler
- Pencil
- Eraser – my eraser of choice is a soft white vinyl [plastic] eraser
- Watercolor paints, watercolor pencils, color pencils or color markers

**SPECIFIC SUPPLIES**
- Paper for accordion pages – one or more pieces of white cardstock or equivalent paper to cut to size
- An adhesive you have on hand – Yes! paste or Fabri-Fix are my go-to choices

**OPTIONAL SUPPLIES**
- Embossing tool or bone folder
- Two or three pieces of complementary colored/printed paper
- Tags
- Ribbon
JOY BREAK: WINTER WONDERLAND SKETCHES!

DECEMBER 7, 2022
12 – 1 PM MST

Lorraine will guide you through sketching the joyful snowman found in this month’s inspiration photo. Bring winter or holiday inspiration images of your own to sketch.

SUPPLIES

• Paper of your choice – I will use a mixed media or watercolor paper
• Watercolor or acrylic paints & brush, watercolor pencils, color pencils or color markers
• Pen – ultra-fine or fine Sharpie works well – my pen of choice is a black Micron in .03

NOTES – Do you want to scatter some joy?

• The inspiration photo is of a painted rock that was “hidden in plain sight” as part of the Kindness Rocks Project (https://www.thekindnessrocksproject.com). You are invited to paint on a rock if you have the rock and acrylic paint that is needed.