

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

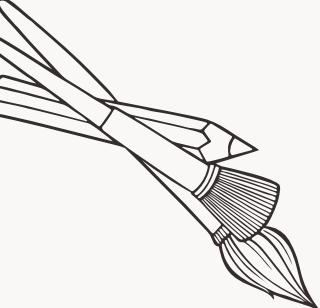
OPTIONAL SUPPLIES

- 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 1/4” wide, 7” long
- Closure – options include a rubber band, elastic cord and a button

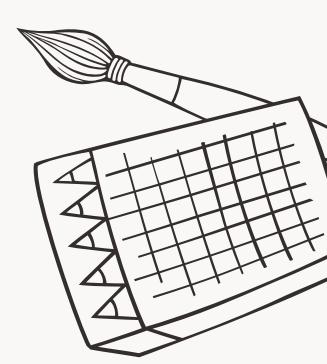
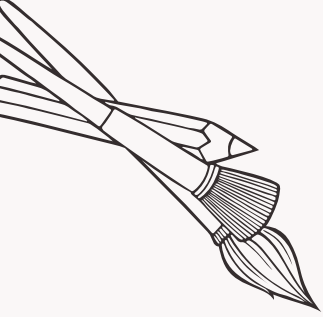
OPTIONAL SUPPLIES

- 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

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

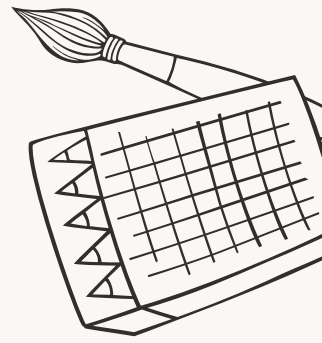
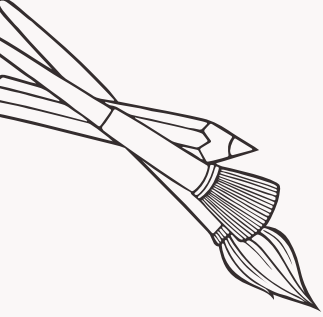
SPECIFIC SUPPLIES

- 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 1/4" 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

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: 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

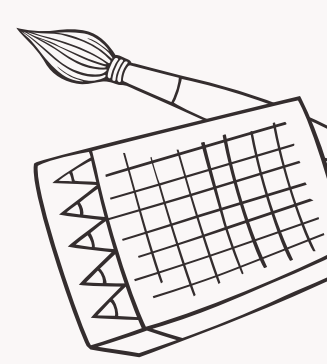
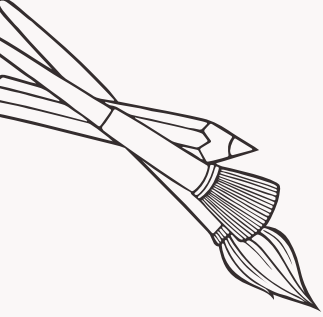
OPTIONAL SUPPLIES

- 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

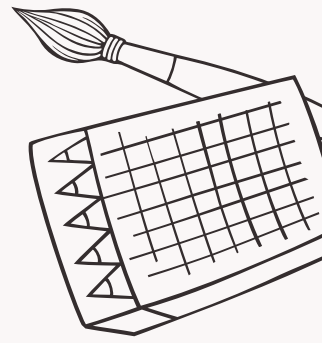
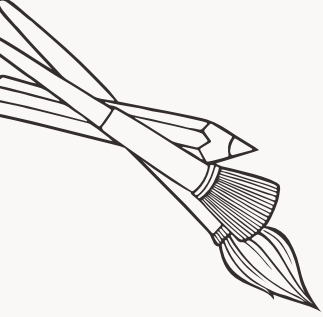
SPECIFIC SUPPLIES

- 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





JOY BREAK: ACCORDION BOOK PART 2!

NOVEMBER 2, 2022
12 - 1 PM MDT

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

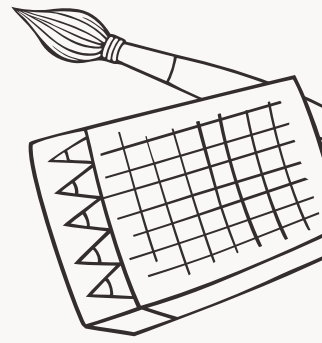
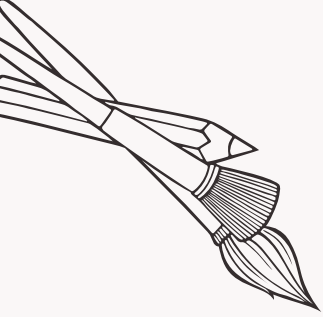
SPECIFIC SUPPLIES

- 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.the-kindnessrocksproject.com>). You are invited to paint on a rock if you have the rock and acrylic paint that is needed.

