

salvage and REFRESH

Creative Mindset

- **YOU are creative and can create!**
- **Name & deconstruct your barriers.** There are multitudes of reasons why we feel like we can't "do" art. Fear is an overwhelming factor – fear of failure, embarrassment, vulnerability, judgement – just to name a few. Lack of knowledge, resources and opportunity may also be real or perceived obstacles. Identify YOUR barriers. How can you work toward reducing those barriers?
- **Base choices on curiosity and interest rather than fear.** Success is in discovery and experimentation – not in a "perfect" piece. Remind yourself to choose colors, compositions, lines and shapes that bring joy, excitement and intrigue.
- **Practice grace!** We all tend to judge ourselves and our work with a narrowly defined sense of "rightness." Intentionally focus on discovery, joy, manipulation and experimentation rather than the end product.
- **Let go of expectations.** Hold loosely to expectations of a specific result. Intentionally say "OK" to the twists and turns that projects may take.

Choosing a Book

- Make sure its YOURS - as opposed to someone else's or a library book ;)
- It will NOT look the same when your done – DON'T choose something you'll regret later.
- Text on a matte page (as opposed to colorful shiny pictures) will be easier to work with
- If you don't have a book, you can use an old used notebook, pamphlet or even fold newsprint to make a book. BUT, I highly recommend an actual BOOK!

Materials

- Book (see Choosing a Book)
- Glue: Liquid glue, glue stick and/or matte fluid medium
- Pencils/colored pencils
- Markers
- Pens
- Wax pastels or crayons
- Paints & brushes: Watercolors and/or craft acrylics
- Tape: scotch and/or packing tape
- Scissors
- Paper towel or rag
- Cup for water
- Additional materials for specific projects: magazine clippings, ephemera*, fabric scraps, lyrics, poems, quotes, textured materials, etc.
**Ephemera (printed materials) includes, but is not limited to any bits of paper, scraps, ticket stubs, brochures, clippings, maps, music, etc.*

Preparing Your Book

- **Remove pages:** This allows for more space as you add other papers and materials to your book. Tear out pages (by hand or against a straight edge) or cut with an Exacto knife. Spread out removed pages throughout the book
- **Glue pages together:** If your pages are old, brittle or thin you'll want to reinforce them so they're easier to work with. Use a glue stick, liquid glue or a matte fluid medium to glue adjacent pages together to form stronger pages.
- **Paint some page spreads with a light color:** It's helpful to have the option of some pages that have a more subtle background. Having a variety in your book will be handy so you don't have to prep a page each time.

Warm Up Exercises

First Thing (SAR 1)

- With large letters write down the first word that comes to mind
- Add 10 or more lines across the page spread
- Add 10 or more marks

Continuous Lines (SAR 2)

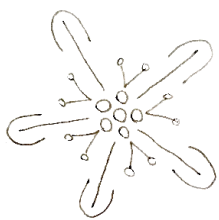
- Using tool of choice, start a line on one page
- When you get to the edge of the page, turn the page and continue the line from where it ended on the previous side
- Lines can go off any edge
- Repeat for as many pages as you choose
- Go over line again with different colors & tools

Poem or song lyric (SAR 2)

- Choose a poem, quote or lyric
- Write (or glue a printed copy) in the book
- Add color, pattern or texture to the page

Letter Flowers (SAR 3)

- Choose a letter (or number)
- Draw several of those letters in a tight formation
- With a second letter, surround the first group of letters
- Add more sets of letters as desired



I V U O

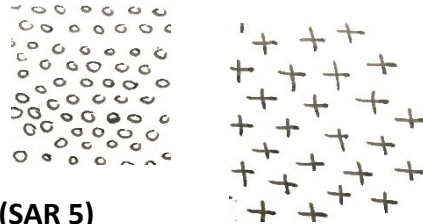


Tree Lines (SAR 4)

- Draw a line
- Follow the line again
- Follow line again but veer off slightly
- Repeat to continue forming “branches”

Patterns (SAR 5)

- Choose a line, mark or shape
- Repeatedly draw the mark in an organized way



Shapes (SAR 5)

- Choose a shape
- Draw the shape 10 or more times on the same page spread using different sizes, colors & orientations
- Add additional colors and/or textures of choice
- Repeat the same exercise but with a word

Texture (SAR 6)

- Gather several different textured items (such as a sponge, bubble wrap, foam, plastic grid, or corrugated cardboard)
- Swipe paint over the item and press onto paper
- Try different types of material and different colors
- Watercolor paints and acrylic craft paints will have a different look

Tracing (SAR 8)

- Choose an object
- Set it on the page and trace
- Turn item to a new angle and trace again
- Repeat several times all over page
- Add color & texture
- Repeat with 2 more objects

Eyes Closed

- Do any of the warm-up exercises but with eyes closed

Wrong Hand

- Do any of the warm-up exercises but with your off hand.

Projects

Folding (SAR 1)

- Fold a page
- Keep it folded and fold again a 2nd time
- Repeat for a 3rd fold
- Do the same on the facing page
- Add color, words, etc. under and over folds

How are YOU feeling today? (SAR 2)

- Find a picture of a person or animal that makes you smile
- Glue in center of page spread
- Write : How are YOU feeling today?
- Write a list of mood/feeling words around the picture

Envelopes (SAR 3)

- Find several envelopes that are same size or smaller than your pages
- Attach to book using glue or tape

Book Cover (SAR 3)

- Attach pictures, paper and/or fabric to book cover
- Add any other designs or details to finish

Backgrounds (SAR 4)

- Add any combination of colors & textures to several page spreads
- Use watercolor and/or acrylic craft paints
- Experiment with color & texture combinations

Flaps (SAR 5)

- Choose several pieces of scrap paper (smaller than the pages on your book)
- Attach 1 end to page using tape or glue
- Add color, note, texture, etc. under flaps as well as to the rest of the page

Pockets (SAR 5)

- Choose a piece of scrap paper
- Attach 3 sides to page using tape or glue
- Also try folding a page and securing 2 edges with tape or glue and leave the 3rd open to form a pocket
- Add color, note, texture, etc. to the of the page

Page Splits (SAR 6)

- Make a list of 12 adjectives (with positive connotations) and 6 words that characterize who you are (i.e. person, sister, aunt, student, etc.)
- Hold 3 adjacent pages together and make 2 cuts to binding (so each page has 3 similar sized flaps)
- On top 2 flaps, write down adjectives – front & back
- On bottom flaps, write down the other 6 words, front & back

Animals/flowers from torn papers (SAR 7)

- Tear pieces of scrap paper
- Arrange several into flower or animal shape
- Attach with glue into book
- With marker or pen add details to finish (eyes, mouth, whiskers, etc.)

Collage add page of memorabilia (SAR 7)

- Gather ephemera & pictures from a place that is special to you
- Make (or choose) a background
- Arrange things on page & attach with glue or matte fluid medium
- Add words, color, etc. that specify what makes the place so memorable

Book Edges (SAR 7)

- Hold book closed or press cover down and add lines, patterns or shapes to edge of the pages
- Use paint, markers, wax pastels, etc. for color

Magazine Scene (SAR 8)

- Choose a variety of clippings that you like
- Arrange on page spread – it can be odd, funny, aesthetic, jumbled up – whatever mood you're in!
- Attach using glue or matte fluid medium
- Let dry and add more details over top with marker, pens or paint

Prompts

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| <ul style="list-style-type: none">• What is making me smile today?• What energizes me?• What do I want to do more?• What's been on my mind?• What is most important to me?• Who lifts me up?• What do I want to explore next?• What is around me? | <ul style="list-style-type: none">• What do I love?• What am I feeling unsure of?• What do I want in this moment? Today? This year?• What do I value?• Who do I want to be?• _____ brings me _____.• I'm grateful for... |
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Final Tips

- LAYER, LAYER, LAYER! Come back time after time to add bits and pieces to a page.
- Remember that we are PLAYING & EXPLORING. Even though we're adding things to the book that make it meaningful, we want to give ourselves freedom to make a mess without worrying about how it will turn out.
- Get to work! Try to DO and go with the flow instead of taking time to think. Allowing ourselves to mentally plan can often cause us to freeze up.
- Keep your basic supplies together in the space where you work on your book.
- Contact me if you have questions or ideas you want to share! brushinhandllc@gmail.com
- Find more resources at www.brushinhandllc.com