Art Journal Pages with Get Messy with CBTV Live

Chapter 1 - Chapter 1
Art Journaling with Get Messy
- Hey everybody. Welcome to Creative Bug. We're coming at you live like we always do on Tuesdays and Thursdays. And this entire week we have the get messy girls in the studio. Kaylee and Lauren, they traveled from opposite sides of the globe to be here and we're super excited. They're gonna be on our live shoots both today and on Thursday. And they're gonna be sharing who they are, what they do, and some great art journaling tips for you. So I'm gonna say goodbye and then we'll see you on Thursday and they're gonna continue on. - Yay. So we are gonna make an art journal page with you today. So Kaylee's gonna share what supplies you need to go ahead and grab so you can get started making with us. Okay. - Be acrylic or watercolor can be whatever your favorite, favorite favorites are. Then we also want you to get a photograph and your favorite pen and then you're good. - Yeah. If you have any scraps lying around, you can grab those and use those in your page, but it is totally up to you, - Sir. - Yeah. Are - We gonna get - Started? Yeah, let's get started. Yeah. So we have our journals ready. What kind of journal do you have? - I have exactly the same one as you. Yeah, it's true. - Yeah. - It's a Strathmore Mixed media one. It's this big. - Yep. It's lovely. You got nice thick paper, which is perfect for adding lots of wet media onto. So for your first step, you're gonna grab whatever color paint you have and you are just gonna make some marks on your page. So just add a big paint smush in here, wherever works for you. - And you can use your paintbrush. You can use, I'm using a pellet knife. You can use your fingers. Just get some color onto your page. - You know, we're from, get Messy, so we're all about the messy pages, so don't worry about things being perfect. Just get some color on your page. - Yeah. Kind of think of, get me here as a bit of an encouragement to stop being a perfectionist. I know that. Yeah. We both suffer from perfectionism. - Yep. - Kind of make a mess on purpose. Play around. - Yeah. I'm actually gonna make a giant mess and add some paint splatters. - Ooh. - So I'm just adding some water to my paint and tapping it onto my page. And so we love doing messy recipes like this and doing them all together. We do these with our art journaling community all the time. And it's amazing. 'cause as you can see, Kaylee and I are doing the exact same thing per se. We're doing the same prompt, - Same - Steps. - Yep. - Our pages look different already. We've chosen different shades of pink, different colors that we resonate with and gravitate towards. - That looks good. - Yep. - Yeah, I love that. Thank you. It's a good pink. I've got a bit of paint firm all rot. What is the next step? - All right, if you're ready for your next step, you're going to add a photo. - So we both have photos that we are using that we took today, printed on my HP Sprocket printer, which I like to travel with. And these are great 'cause these are sticky behind and I'm all about that lose laugh. - So you can use any photo, you can use a magazine clipping a photo of yourself. I love to collect old photos as we're, you know, changing photos out of frames. Or if I print doubles of something, I just throw them in my art journaling bin and then I have them, I can add them onto my pages later. - Yeah. Like those blurry ones. Those ones that are not quite good. You, once you put them in your journal page, then they look super artistic. Looks like you did it on purpose. - Exactly. Exactly. So nothing goes to waste when you are in art journaler. And I'm gonna add some more paint onto my photos so it blends in with the page. There we go. Great. Next step. Next step is to do a blind botanical drawing. - Okay. So I'm gonna use this lovely pattern paper to do mine on, I think I'm gonna draw it on here and then I'm gonna stick it in. What about you? What are you gonna - Do? I am gonna wait on mine

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to drive for a few seconds, but I'll explain a little bit more why you start drawing. - Okay. Yeah. - So blind blind drawings. Blind contour drawings. You may be familiar with them. You've probably learned how to do them in elementary school or in any of your art classes. But you essentially put your pen down on the page. You start drawing, you don't look and you don't pick up your pen. - Yeah. - And it's gonna be messy. It's not gonna be exact, but that it's gonna be gorgeous. That's the beauty of it. Gorgeous. Yeah. - I'm gonna use your flowers. - Okay. - Yeah, - I've got lots of flowers. Yes. - Yeah. - You got, okay. So just, you can use a photo as a reference or you can just reference a photo in your mind. 'cause I know you've all seen a flower before. - This is a bit difficult to do with this paper and not looking, but we can make it wick - So you can move your hand quickly or slowly. Whatever works for you as you are creating. Yeah, that - Looks - Messy. Let's call messy. Yeah, that's perfect. Okay. I'm gonna see if I can dry my page a little bit. - She just stabbing it with the pep right now. - Yes. So it's just picking up those extra wet spots, but it's still is leaving my nice marks down. - So when you first contacted me, did you envision that that's what was gonna lead to get messy when you first like emailed me cold emailed me. - Okay. I did not cold email you. I like commented on your blog. That's how it started. So yes. So Kaylee and I met on the internet. So just like you guys, you could be our new best friend, - But no one's allowed to replace me for Lauren. So you can't get a new best friend. - I don't know. It depends on how good of a cook you are. You, you can send applications in - The way to your heart is way too easy. Yes. Okay. So you emailed me and then from there we became best friends on the internet. - Yep. - And so we fir, we were first scrapbooking and, and we realized, you know, we wanted to call ourselves artists and we were admiring all the artists we saw on Instagram and we're like, how can we get there? And the answer was kind of simple. It was make art. That's how you be an artist. You just make art. So Lauren and I started a challenge between the two of us. We called it L and C Get Messy. And we shared once a week on our blogs two our journal pages, right? - Two, yeah. - Two. - Yes. 'cause we wanted to improve our consistency with how often we made. And we wanted to experiment with new different styles of artwork. And we wanted to find our own style as artists. And so we started sharing and we only got to share for one week before some other online friends emailed us and they said they wanted to join the challenge and then Get Messy was born. So we dropped our names and the next week we shared a link up to, or a like a kind of a blog hop to all of our other friends who were creating art journal pages every day with us. And then after that it just kind of spiraled more and more people joined. And now we have get Messy as what it is today. We have lots of women making all over the world. And we have some awesome guys. So - Two awesome guys. - Yep. You are welcome to join us. What, David? Yes. - But yeah, we little create a family now. It's really lovely. Exactly. Okay. I just took forever to cut that out. - So, right. So you're gluing it down. - I'm gluing it - Down using glue stick. So if you missed the steps, we added paint to the page, we added a photo to our page, and then we did a blind botanical drawing. - So the nice thing about these types of recipes is that you can do them over and over and over again and always get something different. The other nice thing is that it's super low pressure. You know exactly what to do. There's no time to think too much because thinking always leads to overthinking. Thinking leads to overthinking. Okay, Lauren? Yeah. Yeah. We love the style of creating. - Yeah. It is a perfect creative warmup. So if you don't dunno what to do, you don't know what you wanna make, grab a recipe like this. You can even make it, make them your own. You can put a bunch of prompts into a basket and then you can just pull them out in a different order. And you know, so I'm gonna pull out five today. Maybe you have 20 in there and then you can get, you know, I don't know the mathematical equation of that for honest. Hundreds of pages out of just those 20 little prompts. And it's just a great warmup to get

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you started before you get started on the rest of your work. Yeah. Yep. So our next step is to put a word on the page that summarizes your day. And so if you guys, we would love it if you shared in the live chat your words. So tell us what your words are and maybe we'll use one of yours. - Well definitely. I'm definitely gonna use it. I need a word. - Yeah. Okay. - I need a word. So put out your word, your favorite words. Words that are maybe a little bit funny. - Yep. We're ready. Give us the - Word use. - So yeah. So what word summarizes your day so far? And how are you gonna put your word down? - I'm gonna use my kerak zig brush marker. I, I love this. It's got the ink already in. Yep. And you have beautiful - Handwriting, so - Thank you. I work hard. Yes. Every day. - Words. Well the words that describe people's day so far are hot. Wilting. - Wilting. Wilting is gonna be Maori. No. Oh. San Francisco's so cold. I'm not, I can't, I can't agree with that. We have school and - Perseverance. - Ooh, - Delightful. - Oh, - Compassion. - These are such good words. You guys are having such good days. These are great words. Yeah. Okay. - Circus. - Oh, circus Circus. That's - A - Good one. - Magical. - Oh no, these are just too good. - Yeah. There's so many good - Choices. What are you gonna do yours with? - So I have all of my scraps that I have been hoarding, creating beautifully, whatever you would like to call them from this week of what we've been creating. And so I'm going to cut my letters out and have a nice like 3D handmade effect going on with my words. Great. - So I like - Delightful. That was a good one. - Ah, no, I like wilting. I still like that one. - I'm gonna do that. Alright. Maybe I'll use delight then. It's okay. You can copy me if you want. I can copy you. You're gonna use wilting. So I'll take delight. So you can do this cutting technique a couple ways. You can draw your letters, your letters first, and then cut them. But I like to just do them freehand. So this is how big I want my letters. So I cut them out to that shape and size. And then I'm just gonna cut. - If you don't have a brash pen at home, you can also just use a regular one. And then once you've written out your word, you just go on the, all the strokes that you went downwards. Just make it bigger manually. - I'm done. Are you done? I have one letter done. Here we go. So what is your favorite thing about art journaling? - About art journaling? - Besides me? - Yeah. Number one, Lauren. Yep. And number two is, I think it's a really low pressure way of creating, you know, I don't like, obviously now you guys are all seeing my journal, but most times it's just me and my book. And I know that it's a place for me to play. I know that I make like, it's kind of like making mistakes on purpose. You know? This is where I'm trying new things. This is where I am testing my colors. I am really just playing around. - Yeah. I think for me it's the experimentation and getting to do lots of different stuff and not really having to explain why. - Mm mm That's good. - Yeah. What - Have you guys been filming at Creative Book this week? - Oh, we've been filming some very exciting art journaling things for you at Creative Bug this week. Like way too exciting at, - I don't know. I feel like it's kind of, it's like a, it's a medical marvel that I haven't exploded into million pieces of glitter. Like this set, this set is like rocking my world. I'm going to go home and paint it all over my own house. I just, I never want to be away from it ever again. - I feel the exact same way. Right. I feel like it, it thoroughly summarizes all of my life goals. - Could you tell us about the brush pen you're using? - Yes. - So this is the Kta Brush pen. It's size 22. I got this from German, Amazon. I think if you look on jet pens, there is a comic one you'd have to dig. It might be in your Amazon, you can get other ones as well. I mean, I'm not tied to this brand. You can get the pen one is very good. There are a lot of them. I just, the reason I like it is because it's got the ink already in the cartridge. So I don't have, now this sounds really lazy, but I don't need to keep putting my brush into the ink all the time. If you don't wanna spend money on this. I think this costs about, I think it was like 12 euro maybe for me, which is about $15. If you don't wanna spend the money, you can use a regular brush and just dip it into some watercolors, some India ink. Gache is very good because Guash is great.

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Just in general. Yeah. Fully. Love this brush. - So I have finally finished my letters. I'm ready to glue them down to borrow this. - So you like using a glue stick, right? - I would use a glue stick to do everything in my house and my husband would lose his mind. Like I would like fix the walls with it if I could. Yeah. - Oh yeah. I'm all about that too. Run alive. - Yep. - Yep. I think, I don't like getting my fingers all sticky, but it's great. Like it's really easy to use those. - Yeah. And I find even though they're essentially a children's art supply, I can do anything with them, - But I feel like children's art supplies are the living best. - Like Yeah. And it's so nice to start with kids' art supplies. 'cause you don't feel like they're precious and you don't spend a ton of money on them. - You can use them up. You've got no, - Yeah. Sentiment towards them. Exactly. So I don't feel like we ever truly answered what we're doing here. - Yeah, yeah. Besides just living our best - Lives. That's exactly what we're doing. - Well, we can make you live your best life without 30 day - Challenge. That's right. So for a whole month you can art journal with us every single day. - It's a really good challenge. It's like super. I mean, you can fit it into your life. I've got a one and a half year old son and I can fit it into my life, so I promise you can too. - Yeah. So the challenges will be really fun because we approach art journaling very differently and we have very different styles and work things differently. So if you have a lot of time, I wanna do lots of layers and lots of colors. You can spend longer days with me. And then if you wanna do quick, beautiful vintage floral Paige. Kaylee is your gal. Yeah. We kind of got opposite styles. Yeah. So yeah. Oh yeah. My page is all finished. How about yours? - I'm good. We've got one more step for you. - Yeah. - Yep. You wanna know what it is? Yes. Okay. Now on your page, anywhere on your page, you're gonna make some marks. So some ideas of marks basic shapes, like circles, you can do closed circles, open circles, crosses, xes, little lines, - Dashes, arrows, anything. So grab your favorite pin. What pin are you using? I am using this micron P in. It is - Fabulous. And you used that for your flowers too, right? - I started using an old micron and I ended up just switching to just a normal pilot pen. - So - Yeah, - That is all both of our favorite pen. - Yes. For writing note taking for everything we're - Used to. Yeah. We kind of freak out if we don't have that pen. - Yeah. So I'm just gonna start by making just a few little marks in the - Corner. Why are you doing it there? What is your thought process? - Because I like this line, this, that, this, all of this is creating here. And so I kind of wanna stick with that. Oh, you're doing little these? Yeah. And so I just want them really small and really light. I don't want them to overtake my page. Yeah, your - Splatters are rocking. Okay. - What are you gonna do? - I'm gonna use my pilot V sign pin, and I'm going to make circles because I like circles and I think I'm gonna put it here. I always tend to like gravitate towards one side of the page or to the edge of the page. So I mean, this is getting kind of like, I feel a little bit uncomfortable with it going so much in the middle. I need to like, my balance is kind of imbalance. So I'm just going to do a bunch here. - Well, what's really important is to think about your composition in the rule of thirds. And so if you think about dividing your page into three even sections and focusing your main products, main items into where those thirds meet, it really helps balance the eye. So Kaylee has a great example of that and grouping things in three like you have here. Grouping. - Perfect. I'm - Big on that. - Heidi wants you to know that the Get Messy Hangout is watching with you. - Oh, we love you. Aw, we love Get Messy Ends. They're the best. They really are. Yeah. Yep. So they're, what they're doing is they're all hanging out virtually online on Zoom right now. And so they get together almost every day. There's, it's every day now. I think there's a - Group of people. - Yeah. Yeah. Just Friday. Although we go to Friday morning right now. - Yep. - Every day someone, - Every single - Day they're hanging out and they're creating art together just like we're doing now. And I guess they're watching us while they're making their art. - Yes. How have you become a Get Messian? - Oh, we would love to have you join us. You can go to

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our website, get messy art journal.com and you can join. - Super simple. Yeah. Yeah. And if you do join, send, send us a message. You can send us through the contact form or you can send it on Instagram. We'd love to know. - Yes, definitely let us know. Yeah. We'll just get Messy Art journal on Instagram also. Yeah. All right. I feel like my, I feel like my lettering needs a little bit more mark making because I don't like things to be super plain. So I'm just gonna add a few. Ooh, that's cutes marks in here. - Okay. So our steps are done. Basically the last like wrap up step is just to look at your page, see if there's anything you feel is missing and edit it. I like to keep my page as simple as possible. So mine's done. - Can you remind people about the giveaway? Six months of Creative Bug and I - Get messy. That is fantastic. So if you'd like to become a get messian and a creative buggy in that, you can, - A creative bug. - A creative, oh, there you go. - Like a bug. I - Got it now. Yeah, - You You got it. - You - Good? - Yes. Yeah. - Okay. - So we are hosting a giveaway on Facebook. Yeah. - Faithful Post the link - Faithful post the link for you under the Facebook Live, and you can enter to win six months free membership to create a bug and a season pass to get messy. And our new season will start on the 1st of August. Yeah. And that's just in a few days. Yeah, it's super soon. Yep. And we haven't released what the Yeah. Have we not what the theme is. So we could tell you guys now, and it could be the big announcement. Do you wanna not say, I'm scared? I'm gonna say the wrong one, but I know, I know what it is. It's, it's the season of seasons. So next season we are gonna be talking all about how life and nature all works in cycles and how things change. And that is what we're gonna be exploring in our art. It's gonna be very fun. - Yep. It's the, it's the season inception. - Yes. - Season. - Season inception. - Yes. It's a very good one to join. - It is. It's gonna be perfect. 'cause it'll kind of be ending summer and starting fall. So I think anything after August is fall. I think August is fall in my mind, but - I'm used to Southern Hemisphere, so I have no idea what seasons are. - Okay. You can tell us when you think fall actually begins, but, - And then how do they do the giveaway again? Follow the - Link. Just follow the link underneath the Facebook Live that Faith is gonna share with you from Creative Bug and you can enter to win. Okay. All right. Well I think our pages are all done. Stop adding. Stop adding. I can't stop. Florence never knows when to stop. There we go. Go. When - A page is done. - Oh, - Good question. - Oh, I feel it in my gut. I feel like it's balanced. It's full. Everything has the right amount of attention. It needs. - That's a good answer. Yeah. - Yeah. - You, well also there's that thing where a page is never really finished. You just move on to the next one. - Yep. So, so we're finished with these pages. - I'm done. I'm good. - Yep. So thank you guys so much for hanging out with us. We it? Yeah. So fun. Make sure that you create pages and tag us on Instagram. Show us your work. We would love to see.

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