

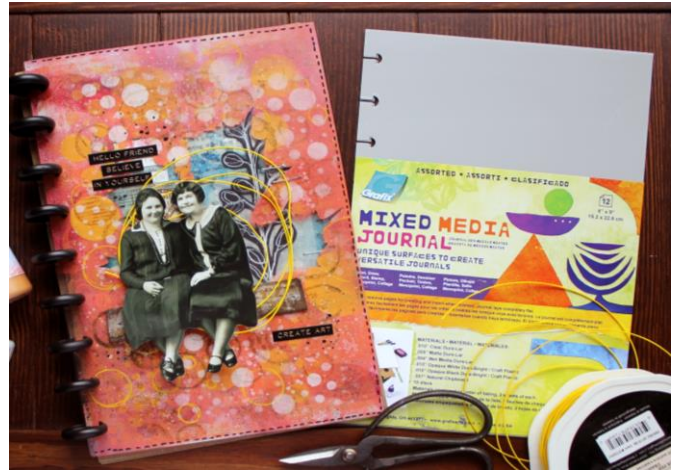
# “Hello Friend, Believe” Journal

Designed by: Riikka Kovasin

Capture friendship moments with colorful and creative art journals using Grafix Mixed Media Journal.

## Supplies

Grafix Mixed Media Journal  
Grafix Matte All-Purpose Frisket Film  
Grafix Natural Chipboard  
GelliArts Gel Printing Plate 5”x7”  
PaperArtsy Fresco Finish Acrylic Paint Terracotta and Vintage Lace  
CC Hobby Plus Color Acrylic Paint Crimson Red, Pumpkin, and Yellow Ochre  
Prima Marketing Finnabair Bubbles Stencil  
Carabelle Studio Circles Galore by Birgit Koopsen  
Ranger Ink Archival Ink Sunflower  
Posca PC-3M Yellow and PC-1M Black Paint Marker  
Prima Marketing Wire Thread Sunshine  
Ranger Distress Ink Vintage Photo  
Prima Marketing Art Extravagance Paper Texture Paste  
Tim Holtz Idea-ology Paper Dolls Groups and Metallic Sticker Book  
Scissors



Brayer  
Sponge  
Heat Tool  
Paint Brush  
Stapler  
Craft Glue  
Foam Squares

## Directions:

1. Begin by removing the Clear Dura-Lar page from Grafix Mixed Media Journal.
2. Cut a leaf-shaped piece from the Grafix Frisket Film and adhere it to the center of the page. This acts as a mask blocking the paint from coming on top.
3. Add acrylic paints to your page using a gel printing plate. Brayer some paints to your printing plate, then place the page on top with the mask side facing the plate. Lift the page and add a couple of layers of paint the same way.
4. Add another acrylic layer to your project using a stencil. Lay the stencil on top of the page and apply the acrylic paint with a sponge. Remember when stencilling – less is more! The more paint you have on your sponge, the greater the risk it will seep underneath the stencil. So, when applying paint, remove the excess paint before dabbing to your project.
5. Add some more layers to the background with an inked pattern stamp that is suitable for non-absorbing surfaces. If you are using archival Ink, heat set the ink using a heat tool.
6. Then use the same stencil you used in the previous step and draw some shapes to the background using a paint marker.
7. Use a stencil that has large enough openings for you to draw through.
8. Lighten the colors on the page a little bit by using the stencil one more time.



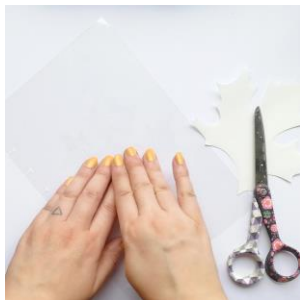
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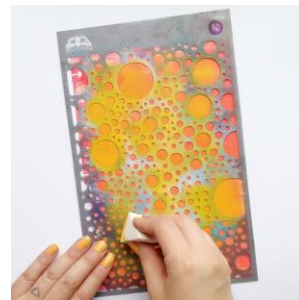
9. Lay the stencil on top of the page and apply a lighter color through it as you did in step three. Also, add some splashes by diluting the acrylic paint a little with water and flick your brush to get the splashes. Dry the page with a heat tool.
10. Now that your background is done, remove the Frisket Film mask carefully. If there's some residue on top of the Dura-Lar, you can remove those with rubbing alcohol or hand sanitizer. But be careful – those will wipe acrylic paints away, too!
11. Make a base for your focal point by turning a piece of Graftix Natural Chipboard to resemble a wooden plank using acrylic texture paste and brown ink.
12. Also, add a couple of swirls of wire to draw the eye in. Use craft glue to secure the wood piece and a stapler for the wire.
13. Finish your page by mounting a die-cut made from a vintage photo on top of the plank, like the ladies would be perched on it. Use foam dots to adhere the die-cut to match the height of the Chipboard piece.
14. Add the journaling using text stickers.
15. Frame the page with a faux stitch line drawn with a black paint marker. Use the same marker to doodle a couple of black dots here and there to spread the color evenly across the page.



Step 2



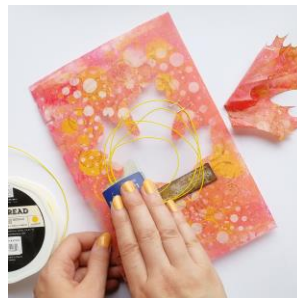
Step 4



Step 7



Step 9



Step 10



Step 15



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