



## Exercise One (ACTION)

### Materials for your Writing Journal

#### 1. Gather your materials

You may or may not wish to make the writing journal however, I invite you to make one to use as your container for your writing journey.

The size of the journal you select is entirely up to you...it's whatever you are drawn to. Don't let lack of materials you have on hand stop you from creating your writing journal. You can always adapt to what you have.

You may also like to set a space for where you work on your writing and your writing journal.

**Art Supplies:** Don't be overwhelmed by this list. If all you have is crayons and an exercise book you'll still be able to create a writing journal!

**Basics:** Scissors, Glue, Assorted Paint Brushes, Old Magazines, Paint, Spray Bottle, Markers

**Colouring Goodies:** Use whatever feels good to you or whatever you have on hand. You'll want to have something colourful to take notes with. Some suggestions: Markers, water colour pencils, acrylic paints, pastels, coloured textas,

**Journal:** Remember this is the container for your writing journal. You can use anything you have on hand or purchase one. A good suggestion is one that has mixed media or watercolour paper so that your paints and pencils will highlight your work.

**Fun to have:** Glitter, Ribbon, Collage Materials (old cards, scraps of pretty paper), stick on ornaments (the \$2 shops have a great array of craft bits and bobs)

