


The Art Journal Starter Kit (Even If You Can't Draw a Stick Figure)

 Budget-Friendly Quick-Start Supplies for Art Journaling

1. Journal or Notebook

- Dollar Tree sketchbooks or composition notebooks work in a pinch
- Canson Mixed Media XL (\$5–10) — great for wet + dry media
- Upcycled books or discarded planners — free and fabulously weird

2. Pens & Markers

- Paper Mate InkJoy or Pilot G2 pens — smooth, colorful, and cheap
- Crayola Super Tips — under \$10 for 50 colors and they don't bleed through most paper
- Dollar store gel pens — surprisingly great for detail work and sparkle

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3. Paints

- Crayola watercolors — basic but buildable
- Apple Barrel acrylics — \$0.50—\$1 per bottle at Walmart
- Tempera paint sticks — no mess, kid-safe, and perfect for quick color blocks



4. Collage & Texture Supplies

- Old magazines, junk mail, receipts, candy wrappers, fabric scraps — all free!
- Dollar store glue sticks — go on purple, dry clear, what's not to love?
- Mod Podge (small bottle) — great if you want to seal or gloss pages
- Basic scissors or a school paper trimmer

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5. Bonus Tools (Optional But Fun)

- Washi tape (sets at Target, Five Below, or Amazon for under \$5)
- Stickers from stationery or planner clearance bins
- Makeup sponges — work as awesome paint blenders
- Gift cards (expired or empty) — perfect for scraping acrylics or glue

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10 Beginner Prompts

- Color how you feel right now
- Collage your dream breakfast
- Scribble your favorite song lyric
- Write 3 big feelings and smudge paint over them
- Glue 5 random things to a page and explain them
- Draw your "mood" using only triangles
- Create a "vision board" on a page
- Recreate a memory using color and shapes
- Make a page of lines, loops, and dots
- Write a secret and cover it up creatively

Need more inspiration? Come hang out on the blog at DeborahW.com for more creative encouragement, journaling tips, and wildly imperfect art love.