

**Requirement List and preparation for the art session.**  
**Session by Tammy Tambourlas – WOW “Women of Worth Bible and Faith Art Journaling**

<https://www.facebook.com/groups/1091592174613399/?ref=share&mibextid=NSMWBT>

**REQUIREMENTS:**

1. Printable SHALOM – For this project you can journal in your Bible or any Art Journal.
2. Whatever you will be working in you will need to gesso or prime the page as we do work with acrylic paint and water.
3. Acrylic paint (I used a dusty pink, navy and white.)
4. Medium size round and flat paint brush.
5. Paint spatula.
6. Clear gesso or primer.
7. Distress oxide inks – optional.
8. Background stamps and border stamps, with stamping blocks – optional. (Vintage writing and circles are what I used)
9. White tissue paper.
10. Black inkpad.
11. Black water-soluble crayon or pencil crayon.
12. Wet-wipes, paper towel.
13. Glue.
14. Small sharp nose scissor for fussy cutting.
15. Black fine-liner pen.

**PREPARATION:**

1. Cut out long strips of 1cm and 0.5cm wide from the two solid colour's provided. I printed this page and title page on white 160gsm cardstock.
2. Fussy cut the title you would like to use.
3. I printed the **negative words** page and **scribble page** on tissue paper. To do this I simply attached the white tissue page on a piece of A4 cardstock with washi tape. Checked to see on which side my printer printed and simply printed on the tissue paper. (You could also just print on normal copy paper which will also work if you do not have tissue paper). Tear in strips of different lengths and widths both negative and scribble page.
4. Place paper or whatever you use under your pages to protect the rest of your book so that the paint does not ruin your other pages.
5. Lay-out all your products, get water and brushes ready.
6. Prepare your surface with clear gesso or primer.

Please contact me if you have any further questions: [tammytambourlas@gmail.com](mailto:tammytambourlas@gmail.com)  
And pop over to my Facebook Group **WOW “Women of Worth Bible and Faith Art Journaling**

<https://www.facebook.com/groups/1091592174613399/?ref=share&mibextid=NSMWBT>

There will be three questions you will need to answer before being approved. I look forward to meeting up and sharing with you.

Blessings

*Tammy*