



# A Love for Paint and Stitching

A lesson for Mastering Mixed Media Expo 2025

by Cindy Gilstrap

## the project

Enjoy the lesson and have fun playing. Supply list is on the second page.



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## supply list – a love for paint and stitching

I encourage you to look around your house and use what you have. Remember working in art journals has no rules so substitutions are always ok! See the video lesson for more details about the supplies.

- craft paint or any acrylic paint you have on hand
- gesso (optional)
- 1 piece of muslin fabric – no bigger than 12" square (can also use any scrap of cotton fabric you have available)
- craft paint
- paint brush
- makeup sponge or any sponge or brush to use for stenciling
- stamps, stencils, anything you enjoy making marks with
- collage material (dig in your stash or you could use junk mail)
- old gift, credit, or key card
- embroidery thread (any kind, use what you have)
- needle (I like chenille no 18, but it's personal preference. try what you have,)
- thimble (optional)
- embroidery hoop (optional)
- glue stick
- scissors (a good pair but not your best fabric scissors)
- [colored pencils](#), gel pens, paint pens (just your favorite mark making tools)
- a piece of wax paper or deli paper to protect under your work
- art journal, sketchbook, or notebook (you can also just use a piece of heavier weight paper, like mixed media or water color paper)

Use your imagination and just try things you want to play with. It's fun to just try different supplies with the process.

If you would like to make a Found Floral journal like the one I'm working in you can find the class on my classroom site at:

<https://courses.ciciandcompany.com/>