



## Permission to Play: A Grid Journal Exercise

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This session introduces a simple grid journal practice designed to lower resistance and rebuild creative confidence. By dividing a page into small squares and combining watercolor with collage, we shift the focus from performance to experimentation. The small format encourages play, curiosity, and discovery, helping artists let go of perfectionism and reconnect with the joy of making art.

## Supply List

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- [Canson XL Watercolor Sketchbook \(140 lb/300 gsm paper\)](#)
- Waterproof Pen/Pencil (to define grid squares)
- [Watercolor Paints - Paul Reubens](#)
- [Daler-Rowney Acrylic Ink](#) (optional alternative to watercolors)
- [Paint Brushes](#)
- Salt (optional)
- Paper scraps for collage
- [Fiskars Scissors](#) (great for arthritis/hand pain)
- [Color Shaper](#) (optional)
- [Matte \(or Gloss\) Medium](#)
- [Squeeze Bottle for Medium](#) (optional)

*Note: Underlined items contain direct links*

