

Play  
as a  
Practice



# DRAFT

Rehearsing Without Outcome

\* studio BLOKNOTE

DRAFT

Thank you for your interest in this lesson. This PDF is your entry into: rehearsing without outcome. No pressure to make something good; no need to finish anything.

But hey. You didn't come here to read, you came to make. So keep it light, treat everything as temporary, and allow yourself to start without overthinking.

If you ever want more, you know where to find me:

**Website:** [www.studiobloknote.com](http://www.studiobloknote.com)

**YouTube:** [www.youtube.com/@studiobloknote](http://www.youtube.com/@studiobloknote)

**Instagram:** [www.instagram.com/studiobloknote](http://www.instagram.com/studiobloknote)

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# DRAFT

## Art Supplies List

THIS IS WHAT YOU'LL NEED IN THIS LESSON:

**FOR THE EXERCISE:**

- \* SKETCHBOOK OR JOURNAL
- \* COLOURED PENCILS Various colours
- \* NEON PINK PENCIL Caran d'Ache\*
- \* BLACK BRUSH PEN Pentel pocket brush pen

**FOR THE ART JOURNALING:**

All of the above +

- \* YOUR ART JOURNAL
- \* CLEAR GESSO Liquitex\*
- \* ACRYLIC PAINT in your favorite colors.

\*Or another brand of your preference



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# A Beautiful Brush

## PENTEL POCKET BRUSH

If there is one tool I genuinely love using, it is my Pentel Pocket Brush. The ink is waterproof and has a deep, intense black that gives every mark real presence on the page. What makes this pen so powerful is the range in linework, moving effortlessly from thin, subtle brushstrokes to bold, lively marks with rough, expressive edges. It responds directly to your hand, which makes it perfect for both controlled drawing and loose, intuitive work. Sketching and doodling feel almost effortless with this brush, as if it simply invites you to keep going.



## PENCILS

I use coloured pencils a lot in my work. I love how smoothly they move across the paper, but also how they can create that slightly scratchy, lively texture when you work quickly.

My favourite brand is Caran d'Ache Luminance, although they are quite expensive. If you are looking for a more affordable option, Derwent Coloursoft or Prismacolor are both great alternatives.

When I work in my art journal and want to use coloured pencil over acrylic paint, I usually apply a layer of transparent gesso first. This adds a subtle, slightly rough texture to the page, which helps the pencil grip the surface better. It also makes the colours appear much more vibrant, almost as if they really lift off the page.



# Pencil = Love



A red jar of DAP acrylic ink is in the upper left. A brush pen with a red tip and a clear body is in the lower right. A brush with red paint on its bristles is in the middle right. The background is a red-painted surface with a grid pattern.

# Coloured Brush Pen Hack

## MAKE YOUR OWN COLOURED BRUSH PEN

I love refilling empty water brushes with my favourite acrylic ink. These brushes are usually meant to be filled with water and used as portable tools for watercolour, but I couldn't find a waterproof coloured brush pen in a shade I really liked. So I started making my own.

Keep in mind that once you fill the brush with acrylic ink, you won't be able to use it for anything else. But honestly, it's worth it.

The brush is easy to refill and gives you a rich, consistent colour that's hard to find in regular brush pens.

For this one, I used red acrylic ink from Amsterdam, Talens.

## » Step by step

1.

Draw a shape on the paper with a brush pen, without thinking about the end result.



2.

Try multiple variations, treating each one as a rehearsal.



3.

Choose a selection of coloured pencils and start colouring.



4.

Challenge yourself to try new things. For example, add doodles, stripes, or a coloured border. Remember, this is just a rehearsal, you're simply exploring to see what works.

## » Step by step

5.

Now that you've rehearsed the shape, you may want to add one to your art journal. Pick a random page with a background you made earlier. If you don't have one, create a blotch with acrylic paint and apply a thin layer of clear gesso.

6.

Draw the shape with a brush pen. It doesn't have to look exactly like your previous sketches, allow yourself the surprise of something new.

7.

Colour the shape in the same way you did in your sketchbook.

8.

To make the shape stand out from the background, I like to colour around it with a scratchy gesture in a contrasting colour.



# » \* The art of raw self-expression



## » **ABOUT MARIEKE BLOKLAND**

Hi, I'm Marieke Blokland, the artist behind Studio Bloknote.

I work with art journaling as a way to process life.

Art has always been how I make sense of things. I don't start with a plan, I start somewhere in the middle. A line, a word, a stain. From there it builds. My work leans on instinct, on contrast, on texture. It's much more about feeling than about making something "beautiful."

I'm not here to teach you how to make "perfect" pages. I'm here to show you how to use your work as a place to think, to feel, to question, and sometimes to just get things out of your system.

## **READY TO DIVE IN?**

**WEBSITE:** [studiobloknote.com](http://studiobloknote.com)

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