# **Frida Kahlo Art Journaling with Get Messy** with CBTV Live

**Chapter 1 - Chapter 1**
Frida Kahlo Art Journaling with Get Messy
(upbeat music) - Welcome to another Creativebug LIVE, with Get Messy. I'm Lauren. - I'm Caylee. - And we founded Get Messy Art Journal and we are here in the studio this week filming lots of really fun classes for you guys at Creativebug. And we are back for another live and we are gonna make an art journal page with you so we would love for you to join us. - Yes. We are going to be using a picture of Frida Kahlo, because we all know Frida Kahlo, some people more than others (both laugh). But she's a very great symbol as a female artist. We are using a copyright free image. It was taken by a family member and it is in the comments if you want to print it out yourself. - And make it along with us, please, and then share your work with us so we can see. - Yes, we're really excited for that part. - Yes, oh, you can tag us at Get Messy Art Journal on Instagram so that we can see your work. - So. - Alright, so to get started we have added our images in. I have covered mine with this amazing Daniel Smith transparent watercolor ground. And so, what you do is this is perfect for these because we just printed this on normal copy paper that you just have everyday in your office, lying around. And so, I just painted a full layer. I've already done the whole page so I'm only just going to do this corner, but you just paint a thin layer over top of your image and it will create a nice protective seal over your page so that you can paint and add water and different media on top of it. - Yeah, the water's the big one. If you're printing on an inkjet printer, you do want to cover it, although I think that'll probably make the ink bleed. So, if you've got like a laser printer then that's a great idea. Or you can also use magazine images, you can use photographs. - Absolutely. - Yeah. Lots of things to play with on this I think. - Yes, or you can use gesso if you don't have this watercolor ground. - Yes. - [Lauren] Alright, so let's start decorating. - [Caylee] Yeah, okay. So, I feel like I want to add an old book page here just because I've been using that in basically everything I've made for a long time. Gonna add that to the bottom just to add a bit more interest. What are you doing? - [Lauren] I love these brush pens. I'm using a Japanese version called SAI. You can also use the Tombow brush pens. And so, what you do is you just color on your page as you would normally, and then you just a little bit of water and it turns it into a really nice watercolor. And so, you have a little bit more control but you still get that beautiful watercolor feel. - [Caylee] And what colors are you going to add to Frida? - [Lauren] You know, I love bright colors. I love all the colors, and so I'm going to make her a very nice, bright floral crown. What colors are you gonna use? - [Caylee] That's a tricky one. I am using pastel colors, because I am petrified of bright colors. And that is why we printed Frida out in black and white because we get to add our own colors to her. - [Lauren] That's right. - [Caylee] Yep. Could you pass me the glue stick there? - Yes. I love to alter images like this, it's a very fun way to show some personality and add some uniqueness into your journal. So, we'll all be working on the same page if you choose to use this one, but our pages are all going to come out very different. - Mmm. What other things do you think we could add to this page besides just straight color? - [Lauren] Well, stitching would be a fantastic way. - [Caylee] Oh, how would you stitch it? Would you think you'd make shapes? Or you like the abstract shapes. - [Lauren] I do like the abstract shapes. I'll probably do this with my pens later, but with the stitching you could do the flowers in her hair or you could add some nice designs into her garment or you could do a background of some sort. - [Caylee] I like the idea of flowers. I think you could do that with a collage ephemera as well. You could kind of give her a flower crown with flowers. - [Lauren] But of

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your choosing. - [Caylee] Yeah, you could paint them, draw them. - [Lauren] And you could even add in different, unexpected items tucked away in there. That would be a fun secret. So, tell us in the comments why you like Frida? If you like Frida, I like Frida because I love that she pulled a lot of inspiration from the desert. Because I live in the desert, so obviously I really love the desert. - Do you think that's why she added so much color? Because a desert is pretty neutral. - It is, neutral and I've heard a lot of artists talk about that before, that when they lived in the desert, they craved that color. And so, their artwork tends to be very bright. But also, where she lived in the desert was also very, very colorful. And I think that's something that people don't know as much about the desert, is how much color can be found if you're willing to take the time and look for it. - [Caylee] Maybe that's why I like pastels, because my life is so busy and crazy that I want a little bit of calm and I do that with muted color. - [Lauren] So sometimes you choose color based on what you need. - [Caylee] Yeah. - [Team Member] A lot of people are saying hi, people love the black and white that you're adding to. Get Messy is here, and some Frida bug books. - [Lauren] Ooh. - [Caylee] Hey, Messy Bugs. - [Lauren] Yeah. - [Caylee] We totally decided that is what your name is. - [Lauren] So cute. Alright, now she has a flower on her face. I need to fix that a little bit. - [Caylee] Why don't you want a flower on her face? - [Lauren] Well, it just this one looks like it's growing out of her face. So, I wanna give her an even one so she doesn't look so disproportionate. - [Caylee] Oh, okay. I'm still going with my abstract background, kind of making a halo of color around her. - [Lauren] Ooh, that's lovely. So while my watercolor dries I'm gonna move on to her shirt. I'm gonna use my Posca pens. These are one of my favorite tools, I'm always reaching for them. I travel with them, they're a paint pen and you can control how much ink and paint comes out of them and you can do a lot with them. Just gonna do some patterns. - [Caylee] So, do you have favorite colors of Posca pens or all of them? I suppose for you (laughs) it's all of them, right? - [Lauren] It is all of them, but I do find that I use the blue, the pink, and the yellow, and the white the most. - [Caylee] Lauren, that's all the colors. - [Lauren] You asked me which ones, not which one. - [Caylee] You know I could basically say which ones don't you use? - [Lauren] That, yes that would have been a better question. - [Caylee] That's much easier. I know that I keep stealing your pink one and your blue one. Those are really good colors for me. - [Lauren] They are. Do you feel like you have life colors? That everything runs in a certain theory. - Yes, yes. My current life color is the color that I am currently wearing which is this minty green blue thing. It used to be pink, solidly for years and years and years. But now it's this blue, it's a bit more relaxed. What is your color? - [Lauren] I have three. And I normally am wearing them, I decorate in them, I use them frequently. It's like a mustard yellow, a raspberry pink, and a turquoise. - [Caylee] Definitely, those are your colors. I'm giving Frida some neck tattoos. - [Lauren] Oh, I bet she really likes those. - [Caylee] I saw this at Social Sketch this week, someone added neck tattoos to an image and yeah, totally in love with that. So, even though I will never be a tattoo artist based on what I've heard of the trade (Lauren laughs) I love the look, I think it's so lovely. - So, Social Sketch was a evening gathering of artists in this really cool space here in San Francisco that we went to where everyone was just creating and passing their work around, and talking art supplies. It was beyond inspiring. So, if you guys have one of those in your home town let us know, because we would like to come to them. - [Team Member] Susanna Anderson asking if you can use Mod Podge instead of gesso? - Ummm. - [Team Member] Can you repeat the question? - Yeah, so Susanna is asking if you can use Mod Podge instead of the gesso, instead of the watercolor ground. My answer to that is never use Mod Podge for anything because it's so freaking sticky and gets everywhere. No, probably don't use that. Probably use something else. - Yeah, I think your Mod Podge would make your pages stick together too bad, so I wouldn't venture into that. - [Caylee] I'm

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kind of getting stuck on what to do next so I'm going to go to one of my defaults, just to keep myself flowing. And I think I'm going to letter a Frida quote. Something that she said that I really like is that I paint because I need to. So, I'm gonna letter that somewhere. Probably, it'll fit here. - [Lauren] Alright. - [Caylee] I'm using a Kuretake Zig brush pen and I'm so, so in love with it. Sometimes, I squeeze too hard and the ink just like pours everywhere, but it does make for a nice little punch of messy splashes. I think that's also what I like about art journaling is that you are going to make a mess, you are gonna get messy and it's gonna be glorious. - Exactly. Now that my flowers are dry, I'm gonna go back in with a Micron and I'm gonna add some more detail into them. Alright, I think I'm gonna pick up a different pen that's not so dry. This is just a Pilot pen, and like we have discussed previously before, it is our definitely life choice of pen and it looks great on watercolor. So don't forget that we are doing a giveaway. You can win six months to Creativebug and a free season pass to Get Messy. The giveaway link is going to be in the comments and it is open through the end of the week, so make sure that you click on that link and you enter to win and you share it with your friends so that they can enter also, and that they can make some art with us. What are you using to letter, have you already said that? - [Caylee] Yep, my Kuretake Zig brush. - [Lauren] You're so good at it. - [Caylee] Pretty trusty, even when you make a mess of stuff. (Both laugh) - I like how you mixed your lettering. And you used a couple of different fonts. - [Caylee] So, totally didn't do that on purpose it's just because I did not have space. I could have probably brought it over here. And the pages are kind of a bit disjointed, so I'm gonna add some paint to this side just to get it flowing a bit better. - [Team Member] Jessica says, "Caylee, I'm so impressed "by how much paint you're using." (both laugh) - Jessica yes, I'm using a lot of paint. I suppose it's still only three colors, so I'm not going too crazy. - [Team Member] Someone said they love the messy splashes, they love the pens on the clear gesso. - [Caylee] Yeah, the messy splashes are great. And I think that's also what's nice about art journaling is that you know that is a complete accident. I did not plan that, I didn't want that to happen originally, but I kind of do like the look of it, and I would only know that if I did it. I mean, I would only know that if I made that mistake. Ooh, what are using on hers? - [Lauren] So, I'm altering a quote that she said and I'm just kind of boiling it down and phrasing it a little bit more of my own. I'm writing, "Paint your own reality." I feel like it's perfect for art in general, and for how I'm altering this image. - Well, that's true. We're not painting completely objectively, we are adding our own backgrounds into it, our own styles, our own thoughts. - Exactly. And that's the beauty of art journaling is that there really are no rules. And I know that scares people, that that's too much freedom, but it helps you feel more free and not feel like you are having to add up to something or have a certain outcome. - [Caylee] Yeah, I mean if it is too loose, like for me that is very scary. - [Lauren] Yeah. - Do whatever you want, way too scary. I mean, you can use a prompt to create. You can follow along with some of your favorite artists. You can join, I mean, Creativebug has Facebook Live twice a week, every week. There's so much opportunity for guided creation. - Mhm. - And really, there's no excuse to not be making things. - Exactly. - [Caylee] I think she needs more tattoos. - [Lauren] I like her tattoos. - [Caylee] What kind of tattoos do people have? - [Lauren] They have words, they have symbols. - [Caylee] What word would you think she has on her neck? - [Lauren] Frida? - [Team Member} Diego. - [Both] Diego. (all laugh) - Yes. - Alright, okay. We can do Diego. - [Lauren] Alright, I think I'm gonna add some subtle lines into her hair. I'll just add some highlights. And these are fun little details that you can go in and add. - [Caylee] How do you spell Diego? - [Lauren] D-I-E-G-O. - [Caylee] (laughs) Diego. Sorry, Diego. - [Lauren] Adding small hidden details are fun because it adds multiple layers for the viewer and for you. The more you look at a page, the more you can find more ideas of things you can do with it.

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And the more when people look at it, they'll be able to find more hidden treasures. Let's see. - [Caylee] What are you thinking about? I don't think it has ever happened that you're finished before me. - [Lauren] I know. I normally am a slow worker, but I kinda like her and I'm kind of scared to overwork this page. - [Caylee] I feel like my one is getting some kind of veil, you know? - [Lauren] Oh, I like it. - This was fun, this was out of my comfort zone and I had a lot of fun and I've learned that splatters are pretty freaking cool. - Yep, yep. Oh, I like your... - (laughs) Let me give him, okay, I'll give him some bones. - [Lauren] Your skull, that's what I'm trying to say. - [Caylee] I'll give him some crossbones. I'm so sorry to anyone, everyone, I'm sorry for everyone. (both laugh) - [Team Member] How do you know when it's done? - We always try and answer this. - Yeah. Well, if you've got a skull that looks like a monkey, then it's probably not done and you can probably finish it. - Yep. - It's never done. You just need to know, you just need to be okay with walking away from a page. - [Team Member] Do you come back to it? - No, I definitely don't. - I do. - Yeah? - Yeah, I like to work slowly in layers so that I can let ideas kind of simmer and grow and evolve over time. And I just feel even if I walk away for five minutes and come back, I see it differently and I'll have a new idea. I can find a new way to problem solve. - [Team Member] Michelle Johnson says, "You girls are tattooing Frida "and I love that more than I love cheese." - [Caylee] Ooh, that's love. - [Lauren] That's love. - [Caylee] I know how much Michelle loves cheese. (both laugh) And yeah, I'm done. I think maybe that's also a good way to know is if you add anything more it's going to look like you added too much. - Yeah. - Yeah, I think you kind of get to know your own style and you're know when you're finished the more you do it. Like anything, the more you practice the more you know. - Oh absolutely, absolutely. And for me, I kind have a finisher for me is mark making. And so that's kind of my last thing, I go in and do and I feel like I got plenty of marks in here. - I love that. - And so now I know it's finished. - I love her. - Yeah, yours is really bright. - I'm just thinking that yours is a bit more like muted than mine. - Yeah. - We kind of swapped today. - I know, it's fun though. It's fun to experiment with new styles and do things out of your comfort zone. Even if you're not gonna make a whole art journal in that style, you gain something from it every time you do something in a new style. - Definitely. - Yeah. - [Team Member] Can you remind them about the giveaway? - Yep, so definitely create a page like this and even more importantly, you can totally win six months to Creativebug and access to the new Get Messy season. - Yep. - Super easy, you just follow the link in the comments and you enter. - Yep, and tell your friends. - There's no excuses. - Yes. There's no excuses to not do this. - Yes. Yeah, so that's the beauty of online communities is that you can make new crafty friends or connect with your crafty friends who live somewhere else if you don't have an in-person community. - Like with us. - That's right, that's right. So, we connect all year long online until we're together in one place once a year. So, invite all of your friends to create alongside you and we cannot wait to see your Frida pictures. Remember to tag us at Get Messy Art Journal on Instagram. - Yep. - Yeah. Alright, we'll see you guys later. - Yay! (upbeat music)

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