



ISSUE NO.6



THE

SKETCHBOOK SOCIETY

CREATE TOGETHER | GROW TOGETHER



JAN. 15TH
2026

CLASSROOM
WINTER FINDINGS

WELCOME

We continue our creative focus with a quiet, seasonal class that invites us to slow down and notice what often goes unseen.

In **Winter Findings**, Kristy Kensinger gently guides us into a practice of observation, restraint, and reflection. This class is rooted in winter energy. Not just the literal season many of us are in, but the inner season of rest, listening, and integration that every creative cycle needs.



Winter is not a pause from creativity. It's where ideas settle. Where the nervous system softens. Where we gather fragments and textures that later become something more.

For those of you not in a physical winter, this class still offers something essential. We all move through creative winters. Times when less output and more attention is exactly what supports the work.

This class is designed to live beautifully inside your sketchbook. Pages of studies, textures, quiet color, and personal notes. If you feel called to expand beyond the book, these explorations can naturally grow into larger work, but the heart of the practice stays intimate and contained.



THIS MONTH'S CLASS
WINTER FINDINGS

BY: KRISTY KENSINGER

[BEGIN CLASS](#)

IN THIS CLASS, KRISTY GUIDES
YOU THROUGH:

- Observing winter landscapes, objects, and subtle details as creative prompts
- Working with watercolor, ink, and simple drawing to capture mood rather than detail
- Exploring limited palettes inspired by winter light and natural findings
- Layering washes, marks, and line to create quiet, atmospheric pages
- Letting restraint, space, and softness shape the work
- Using your sketchbook as a place for reflection, not performance



BI-MONTHLY CHECKLIST

WEEKS 1–2: ENTER THE SEASON

- Watch the class introduction, gather your materials, and begin collecting quiet winter inspirations
 - Create simple sketchbook pages exploring color, shape, and mood without pressure for finished work
 - Notice and jot down what shifts in your body, focus, and attention as you create
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WEEKS 3–4: WORK WITH RESTRAINT

- Work with a limited, winter-inspired palette to explore atmosphere and softness
 - Create a handful of small studies, allowing space and openness to remain
 - Notice where you tend to push, and practice stopping earlier with curiosity
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WEEKS 5–6: LAYER AND RESPOND

- Layer washes, line, and subtle marks with a light, intuitive hand
 - Let earlier pages guide your next steps, working across spreads rather than starting over
 - Add quiet written reflections to sit alongside your imagery
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WEEKS 7–8: GATHER AND REFLECT

- Revisit your pages to notice recurring colors, shapes, and moods
- Gather related spreads into a small seasonal collection and title them
- Reflect on what this slower pace revealed about your creative rhythm

BONUS SKETCHBOOK PROMPTS

- Create a page using only two colors and water
- Translate a winter texture into abstract marks
- Make a spread inspired by silence or stillness
- Work by a window and respond only to light
- Create a page in under 10 minutes, then stop



END OF THE MONTH REFLECTIONS

- What does “wintering” look like in your creative practice right now?

- Where did slowing down feel nourishing? Where did it feel uncomfortable?

- What did you notice about your nervous system while working this way?

- Which pages feel most honest, even if they are quiet or incomplete?

- What are you carrying forward into the next season of your work?



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