



ISSUE NO.5



THE  
SKETCHBOOK  
SOCIETY

CREATE TOGETHER | GROW TOGETHER



NOV. 15TH  
2025

CLASSROOM  
FLOW STATES

# WELCOME

We continue our creative focus with a reflective, expressive class, Flow States with artist Dena Ann Adams.

In this class, Dena invites us to slow down, let go of rigid rules, and work intuitively with watercolor. We will explore atmosphere, movement, and mood through layered washes, delicate drawing, and personal mark-making.

Each lesson can live beautifully on the pages of your watercolor sketchbook, and if you feel called to expand, these studies are a strong springboard for larger works beyond the book.

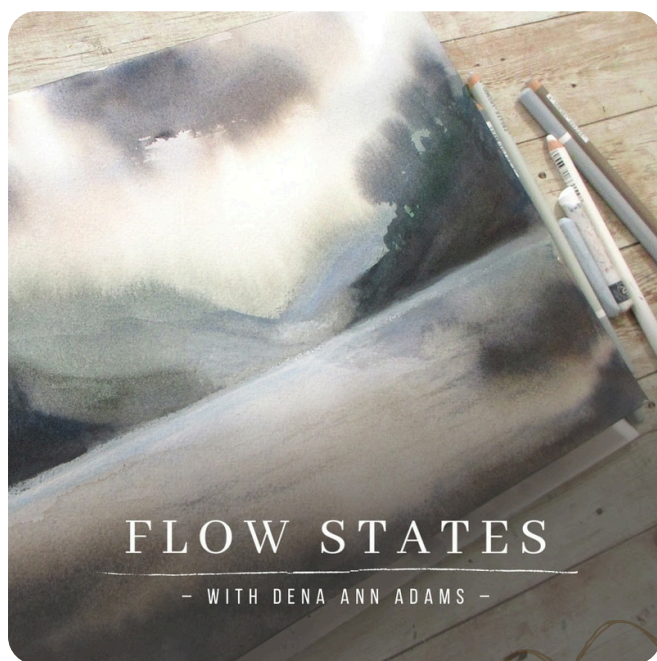


# THIS MONTH'S CLASS

# FLOW STATES

BY: DENA ANN ADAMS

BEGIN CLASS



## IN THIS CLASS, DENA GUIDES YOU THROUGH:

- Warming up with tiny Microscapes, limited palette studies that build looseness and flow
- Creating minimal, sky-focused pieces in In the Air, practicing timing and water control
- Developing a restrained, moody full-page piece in A Little Rain, with delicate line accents
- Working Inspired by Water, using a loose photo reference to suggest form without rigid detail
- Blending watercolor with personal mark making, ink lines, and simple handwritten notes
- Bonus, Too Much Is Just Enough, transforming “overworked” pages with cold wax and Neocolor II
- Building a cohesive series in a watercolor sketchbook, from small studies to larger explorations



# BI-MONTHLY CHECKLIST

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## WEEKS 1–2: BEGIN GENTLY

- Watch the class intro and set up your materials
  - Start the Microscapes warm up, create 3–6 tiny landscapes with a limited palette
  - Note timing and water flow on each page, add short written observations
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## WEEKS 3–4: EXPLORE FLOW AND FORM

- Move into In the Air, create 2–3 minimal sky studies
  - Practice timing, wet-on-wet, and restraint, finishing with small marks or notes
  - Review your pages, circle what feels alive, repeat once with slight variations
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## WEEKS 5–6: REFINE AND RESPOND

- Try A Little Rain and Inspired by Water
  - Work larger, explore contrast, mood, and simple line to clarify intent
  - Use a reference loosely, allow space for abstraction and suggestion
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## WEEKS 7–8: REVISIT AND TRANSFORM

- Watch the bonus, Too Much Is Just Enough
- Revisit any piece that feels stuck, push further with wax or Neocolor II
- Sequence your strongest pages as a mini series, title and date each spread





# BONUS SKETCHBOOK PROMPTS

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- Create a mood page using only three colors that reflect today's "weather"
- Let a watercolor accident lead the composition, follow it without correcting
- Make a page of timed studies, 60 seconds, 3 minutes, 7 minutes
- Collect five textures from a walk and translate them with wet-on-wet marks
- Start with a single brush stroke, build a full page around that first gesture



## END OF THE MONTH REFLECTIONS

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- What did “flow” feel like for you in this cycle, and when did you notice it most?

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- Which technique shifted your relationship with watercolor, timing, or control?

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- Where did you see your voice emerge, color choices, marks, and composition?

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- Which pages belong together as a series, and why?

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- What will you carry into your next two months of practice?

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# THE SKETCHBOOK SOCIETY

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## SHARE YOUR WORK

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