VISUAL JOURNALING

Visual Journaling combines images and mixed-media with text and written responses. Create your own sketchbook for visual journaling using Artspace’s Make Your Own Sketchbook activity and fill the pages with these fun prompts. Learn more about visual journaling in this year’s Summer Art Camp classes - Zines!, Visual Journaling, Sketchbook Essentials, and Living Journal!

Age/Grade 6–12

Materials

- Sketchbook or Journal (View the Make Your Own Sketchbook activity)
- Pen and/or pencil
- Coloring materials
- Collage materials
- Glue
- Scissors

Share your creations with us! Tag us: @artspacenc #ArtspaceAtHome
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Tips for Visual Journaling

• Make about 50% of your page drawing, the other 50% should combine text and collage or mixed-media elements.
• Draw from life–look directly at the subject and draw what you see.
• Think out of the box–add imaginary elements to your observational drawings!

Prompts

1. Create an expressive self-portrait. Incorporate 10 words that describe you.
2. Reimagine a room in your home. Turn the kitchen into a fairytale garden or the bathtub into a chocolate waterfall! Write a short story about this transformation.
3. Draw the view from your window—it can be real or imaginary. Write a poem about what you see.
4. Paint your feelings–make marks and choose colors that express how you feel today. Show a family member and see if they can guess how you are feeling.
5. Make a portrait of a pet or favorite animal–collage clothes, hats, and accessories onto your pet. Write what your pet would say if they could talk.

Need inspiration? View this beautiful visual journal from Danielle Mack to help you get started!
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**Activity Ideas**

*Medium Challenge //* A medium is the type of art material you are using to create—paint, colored pencils, fabric are all different mediums. Challenge yourself to try out and incorporate 10 different mediums in your visual journaling responses.

*Make the Rules //* Come up with your own creative prompts and set some rules like “you have 1 hour to complete,” “has to fill two pages,” or “must include one collaged element.” Challenge your friends and family to complete your art challenge and share what you have all created!

**Resources**

Continue to be inspired with this guided art journal, *642 Things to Draw* full of prompts that will spark your imagination.

My Modern Met has compiled a list of [5 Online Art Challenges to Help You Stay Creative and Connected During Coronavirus](https://www.mymodernmet.com/online-art-challenges/).

Search over 25,000 sketchbooks from the digital collection of the [Brooklyn Art Library’s Sketchbook Project](https://sketchbookproject.com/). These sketchbooks come from artists all over the world!