

## 20 Art Journaling Prompts

**This assignment is due on Tuesday October 15<sup>th</sup> at 4:25 pm, before the end of class. You will submit the physical journal with at least 5 double-sided pages of visual/verbal artistic images. The prompts below are only suggestions, you can come up with your own ideas as well.**

Art Journals are a great way to experiment with new techniques and supplies, make notes and plans for your art practice, and work through your thoughts and emotions. Whether you're new to art journaling or a seasoned expert, sometimes you need a little help to get started, so here 20 art journaling prompts to get the ball rolling.

1. What is one of your favorite childhood memories, and how can you illustrate it in your art journal?
2. Go outside and find five objects that interest you. Use your imagination to represent each object in your journal. You can use the item itself or the color, shape, or texture to influence your piece.
3. Base a journal page on your favorite lyric from one of your favorite songs.
4. Write about a day you would like to forget, and then paint over the page, creating a new background and effectively erasing that day.
5. Where are you right now? Draw a picture of your surrounding and write a sentence or paragraph about your life right now. Date the entry.
6. Go on a nature walk and collect items to incorporate in your journal.
7. Explore using stencils in your art journal. Use one stencil in many different ways.
8. Create a self-portrait using anything except an actual photo of yourself.
9. Pick one subject, and illustrate that thing each day in an entirely different way for 3 days.
10. Designate three different journal pages to three new art techniques you want to try, and get started!
11. Ask yourself, "What am I feeling right now?" Then create a page.
12. Bring a favorite poem to life through imagery.
13. Challenge yourself to use only secondary colors or only tertiary colors.
14. Choose your favorite fairy-tale character and re-imagine him/her in a different way. For example, if they lived in our era what might they look like or do as opposed to in their environment?
15. Quickly write about something that has happened to you, good or bad, just get it out and onto paper. The words do not have to be legible; in fact, you may like it better if you can only read a few words, just enough to provide clues but not any details.
16. Choose an old book page, notice what words jump out at you from the page, and use those words to create a new visual verbal journal entry.
17. What do you see when you close your eyes? Create it on the page.
18. What is one quality you love about yourself that you would like to develop more?
19. Close your eyes and use the very first color that pops into your mind as a starting point. Flip through a magazine, find pages with that color, tear them into pieces, and create a color collage.
20. Create a page that's inspired by your favorite place. Think about the colors, textures, patterns, and shapes you experience there, and incorporate these into your page.