

VISUAL JOURNAL PROJECT

EVERYTHING FOR A SEMESTER



INTRODUCTION VISUAL JOURNAL

IDEAS & INSPIRATION

1. Add song lyrics from your favorite song.
2. Consider your daily life. Is it 'happy' or 'sad'? A Wednesday? Is a 'dinner coming up'? Make a page about it.
3. Use magazine images.
4. Experiment.



HOW TO COLLAGÉ

1. Cut to the edge of the object you are cutting out for a clean look.
2. You can leave a thin outline around an object for a stylized look. But, keep the width of outline consistent.
3. Cut your collage pieces to the edge, glue it to a color or patterned sheet of paper, cut it out leaving a thin edge. This will help your cut out pop out against a collage or busy background.
4. Include a range of different items in your collage. Let your imagination loose!



HOW TO & TIPS ADDING TEXT TO ART

1. Use markers, Sharpies, highlighters, and gel pens to add text to your art.
2. Use a variety of fonts and colors.
3. Use a variety of colors and fonts.
4. Use a variety of colors and fonts.

VISUAL JOURNAL CHALLENGES

1. Make a list of 20 things about you.
2. Use a variety of colors and fonts.
3. Use a variety of colors and fonts.
4. Use a variety of colors and fonts.



GET EVERYTHING YOU NEED TO TEACH VISUAL JOURNALS FOR A SEMESTER, **NO EXPERIENCE NEEDED!**

ART ACTIVITY GUIDES



This lesson pack is geared towards middle school and high school age students.



No experience needed, students can independently follow the guide.



Use for visual journals, sub plan, project warm up.

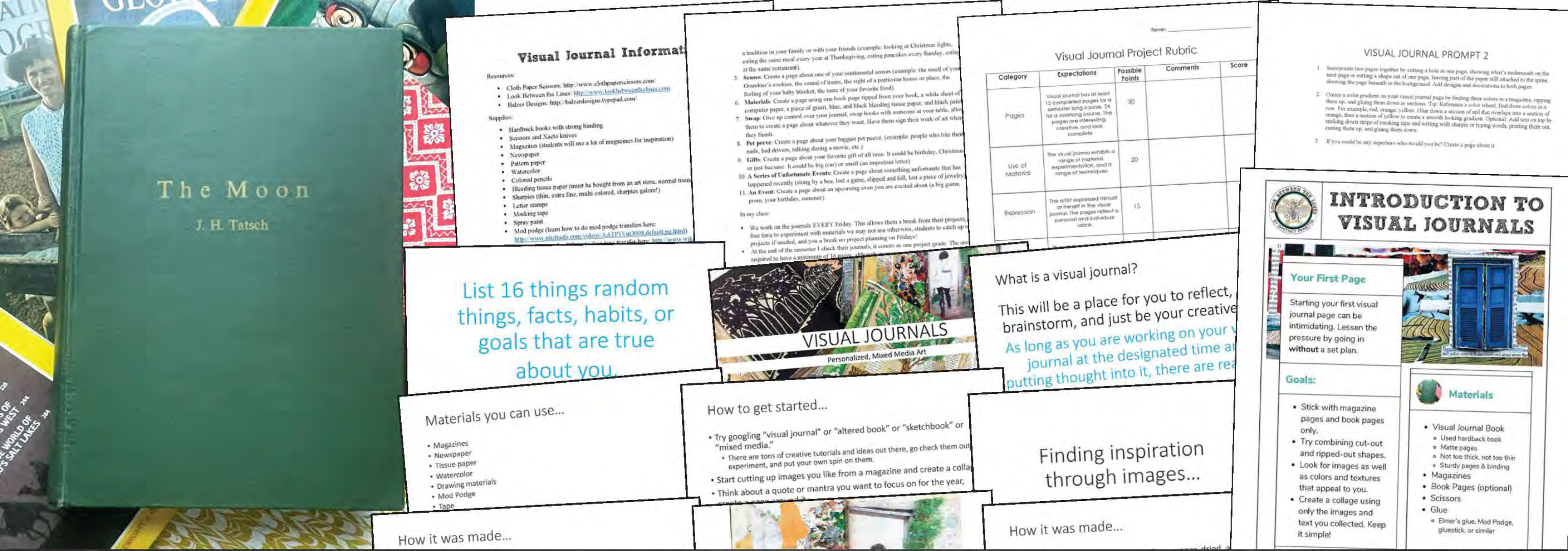


Color and colour spelling!

WHAT YOU GET

Bundle Pack Overview:

- ✓ Teacher notes, Lesson Plan (12 pages)
- ✓ Art guides with examples (24 pages)
- ✓ 2 Presentations (45 slides)
- ✓ Printable posters (3 pages)
- ✓ Sub Plans, Prompts (4 pages)



INTRODUCTION:

POWERPOINT, ACTIVITY, LESSON PLAN,
SUB PLAN PROMPTS, PROJECT RUBRIC, GUIDE

VISUAL JOURNAL BASICS

RESOURCES:

- Cloth Paper Scissors: <http://www.clothpaperscissors.com/>
- Look Between the Lines: <http://www.lookbetweenthelines.com>
- Balzer Designs: <http://balzerdesigns.typepad.com/>

SUPPLIES:

- Hardback books with strong binding
- Scissors and Xacto knives
- Magazines (students will use a lot of magazines for inspiration)
- Newspaper
- Pattern paper
- Watercolor
- Colored pencils
- Bleeding tissue paper (must be bought from an art store, normal tissue doesn't bleed)
- Sharpies (thin, extra fine, multi colored, sharpies galore!)
- White paint pens, white gel pens
- Letter stamps
- Masking tape
- Spray paint
- Mod podge (learn how to do mod podge transfers here: <http://www.michaels.com/video/VATPIYm3008/default.ng.html>)
- Packaging tape (learn how to do a tape transfer here: <http://www.wikihow.com/Create-a-Photo-Transfer-With-Packaging-Tape>)
- Dawn dish soap (mix with paint and water, use a straw to blow bubbles, place a paper on the bubbles to pop them on the paper and create paint bubble outlines)
- Any other art material that can be used on paper, the possibilities are endless, I continue to discover new materials every day!

IN MY CLASS:

- We work on the journals EVERY Friday. This allows them a break from their projects, free time to experiment with materials we may not use otherwise, students to catch up on projects if needed, and you a break no project planning on Fridays!
- At the end of the semester I check their journals, it counts as one project grade. They are required to have a minimum of 16 pages, although many exceed this number. Pages don't have to spread over a two page spread, they can just be one sided.
- In Introduction to Art we also do a book cover assignment, which covers a design based lesson.
- If my students continue to take classes they are allowed to continue using the same book.

Visual Journal Sub Plans

Self-Directed Assignment

Date(s) of absence: _____

Classes being covered:

Class rosters: *Copy and paste below with class numbers*

Sub notes and feedback on behavior:

CLASS INSTRUCTIONS

- Take attendance.
- Explain to the class that they will be working on their visual journals today.
- They can have access to any of the art supplies in the classroom as long as they clean up after themselves and put everything back in its place.
- They will each get a visual journal prompt with three options. They will choose one to create a page about in their visual journal.
- This page will be checked for a participation grade.
- Pass out the visual journal prompt (pick one prompt, use the other two if needed).
- Help students find supplies if needed.
- Give them a five minute warning to start cleaning up before the end of class.

If the absence lasts multiple days the students can keep working in their visual journal until the page is complete or select another option from the prompt list to work on. You can also hand out additional prompt options on other days.

VISUAL JOURNAL PROMPT 1

1. Pick one: cat, zebra, kangaroo. Pick one: iguana, unicorn, armadillo. Pick one: beach, jungle, big city. Combine the two animals you selected together to create a new animal variety and it in the setting of your choice. You can draw your creation, paint it, or find pictures and create a collage of it.
2. Green, yellow, or black and white. Pick one and find images in magazines that only have those colors. Make a collage and fill your visual journal page with that color.
3. Look up the lyrics to your current favorite song and create a page about it. Incorporate them in your page design.

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VISUAL JOURNAL PROMPT 3

1. Rip one page out of a magazine. Using only scissors, glue, masking tape, a black sharpie, paper towels, and three paint colors of your choice, create a page.
2. Create a doodle design using only sharpie. Add vibrant colors and use black to help emphasize shapes, lines, and your design. You must fill up at least one page, if not a spread (two facing pages).
3. If you could pick your last meal, what would it be? Make a page about it.

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VISUAL JOURNAL PROMPT 2

1. Incorporate two pages together by cutting a hole in one page, showing what's underneath on the next page or cutting a shape out of one page, leaving part of the paper still attached to the spine, showing the page beneath in the background. Add designs and decorations to both pages.
2. Create a color gradient on your visual journal page by finding three colors in a magazine, ripping them up, and gluing them down in sections. Tip: Reference a color wheel, find three colors in a row. For example, red, orange, yellow. Glue down a section of red that overlaps into a section of orange, then a section of yellow to create a smooth looking gradient. Optional: Add text on top by sticking down strips of masking tape and writing with sharpie or typing words, prying them out, cutting them up, and gluing them down.
3. If you could be any superhero who would you be? Create a page about it.

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SUB PLANS & PROMPTS

GUIDE FOR YOUR STUDENTS TO FOLLOW

VISUAL JOURNAL TIPS: DEVELOPING IDEAS

IDEAS & INSPIRATION

1. Use your favorite quote or any quote you find inspirational, interesting or connect to.

"Add the quote then decorate the page around it."

2. Add song lyrics from your favorite song.

"Add song lyrics here, then add decoration that visually reflects the song."

3. Use magazines images.

Cut out interesting images and collage them together.

4. Doodle!

Add scribbles, loopy designs, and color.

Create an interesting, abstract design.

5. Look online.

VISUAL JOURNAL HOW TO!!

Find new ideas, techniques, and images to inspire new journal pages.

6. Experiment!

Try new materials, cover a page with paint, splatter paint, finger paint, have fun!

Try new materials, cover a page with paint, splatter paint, finger paint, have fun!

7. Consider your daily life. Is it fall? Is it your birthday? A Wednesday? A dance coming up? Make a page about it.

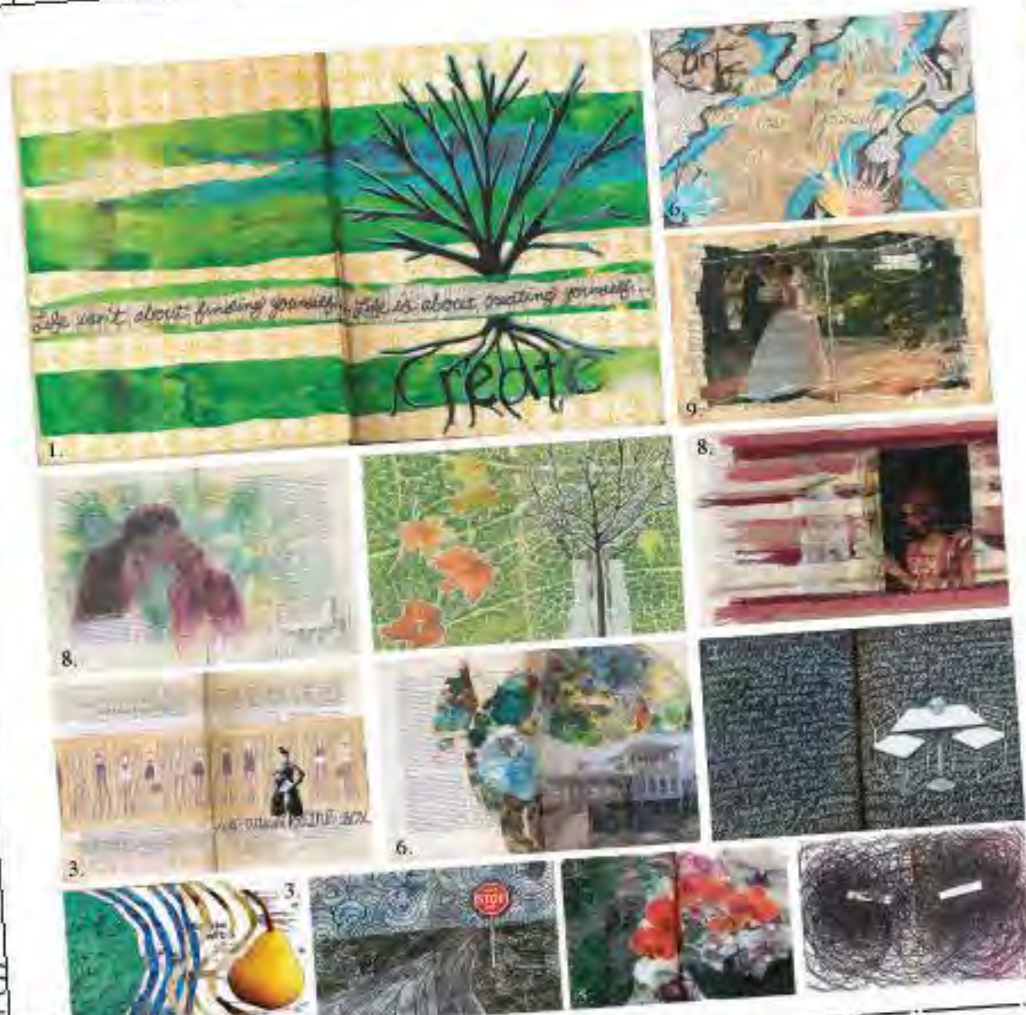
FALL is here ...

FALL is here ...

8. Add personal photos. Try a Mod Podge or tape transfer of a picture or glue it directly to the page. Make it personal!

9. Journal about big life events: graduation, getting married, a death, a new pet. Make a page about it!

10. Keep a list of ideas and a folder of interesting images to inspire a page when you don't know what to do.



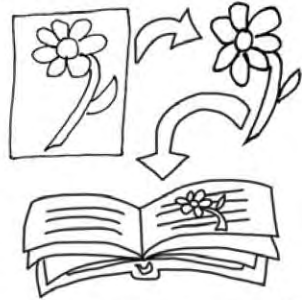
IDEAS & INSTRUCTIONS

10 IDEAS TO GET STUDENTS STARTED

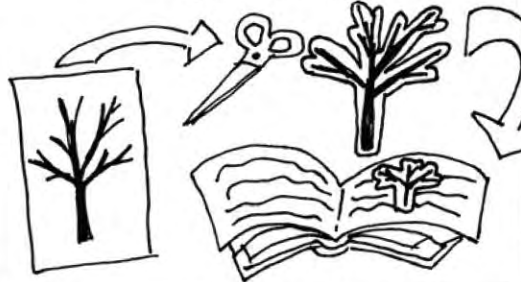
HOW TO & TIPS

HOW TO COLLAGE

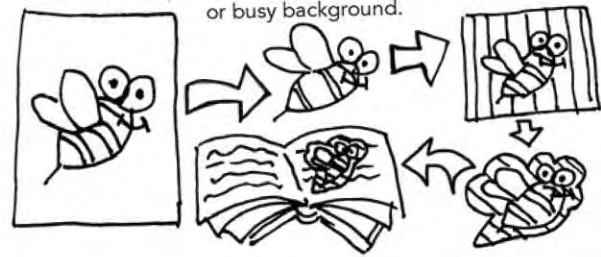
1. Cut to the edge of the object you are cutting out for a clean look.



2. You can leave a thin outline around an object for a stylized look. But, keep the width of the outline consistent.



3. Cut your collage piece to the edge, glue it to a color or pattern sheet of paper, cut it out leaving a thin edge. This will help your cut out pop out against a collage or busy background.



4. Include a range of different items in your collage. Larger items will create a focal point.



5. Cut all parts of the background out. Use an Xacto knife for interior spaces.

6. Overlap various cut out pieces to make it look unified.

Be creative & have fun

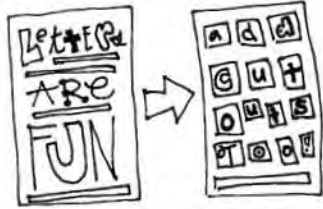


COLLAGE GUIDE

6 TIPS TO CREATE A SUCCESSFUL COLLAGE

HOW TO & TIPS ADDING TEXT TO ART

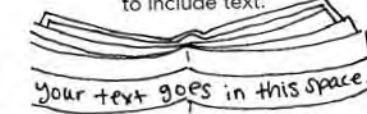
1. Mix cursive, block, lowercase, and uppercase letters. Cut out different styles from magazines and piece them together for a fun look.



4. Find an interesting font online, print out your words, and glue them on your artwork. You can also trace them.



7. Use masking tape, ripped book pages, construction paper, or another material to create a space to include text.



2. Use cursive to add a dramatic affect to your page.

Cursive adds drama

Use India ink and a paint brush for a calligraphy look.

3. Use stamps to stamp neat looking text on your page

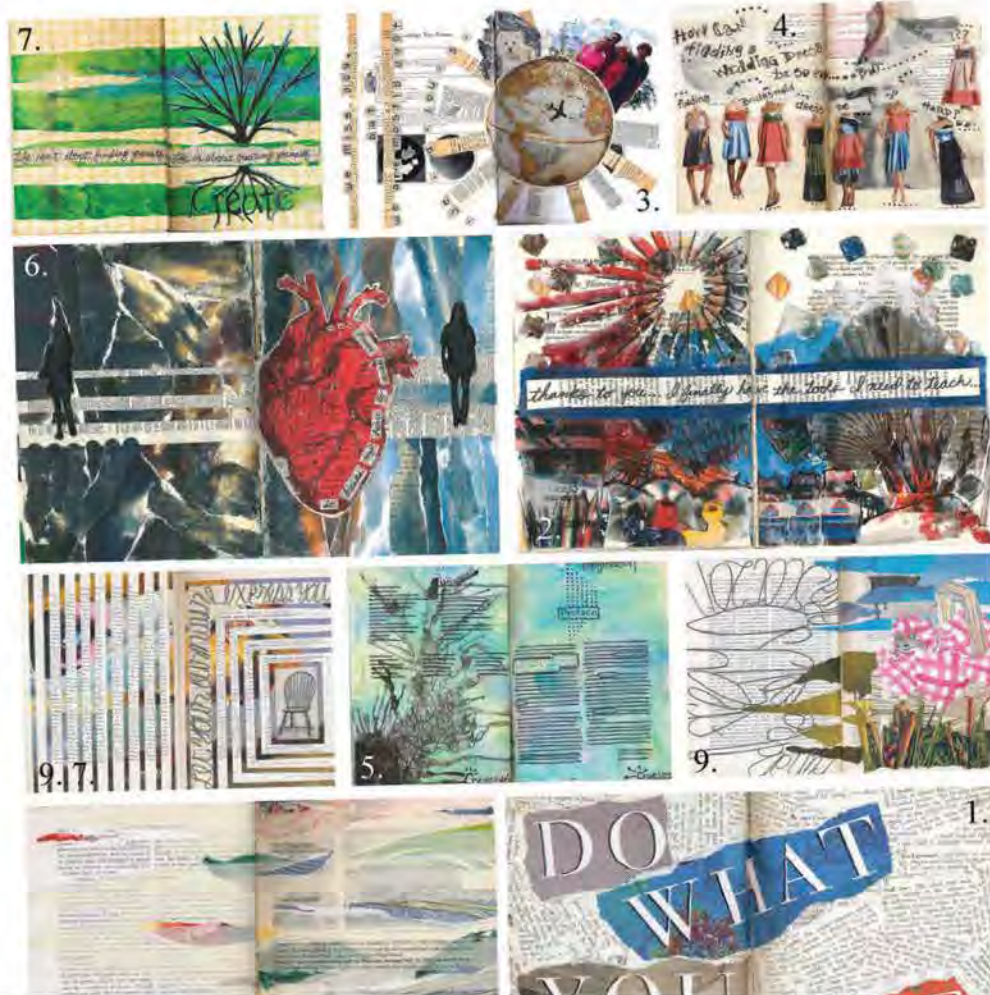
Stamp on a separate sheet of paper, cut it out, and glue it on your page.



5. Use the words on book pages to spark inspiration. Cross out words you don't need.



6. Fill text around the shapes you have in your work of art.



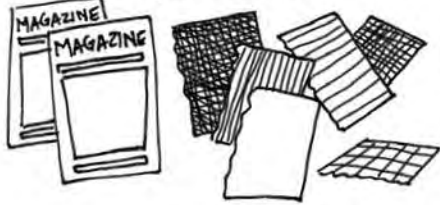
INCORPORATE TEXT

9 WAYS TO SUCCESSFULLY INCLUDE TEXT IN A WORK OF ART

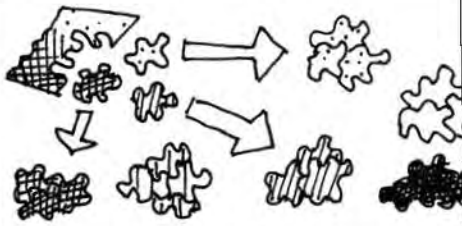
HOW TO & TIPS

MAGAZINE FADE

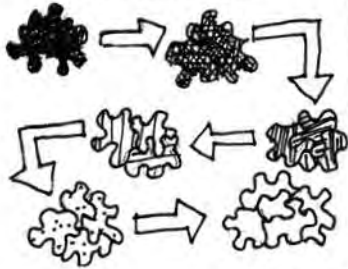
STEP 1. Rip pages from magazines that have the colors you want for the fade. Make sure you find a wide range of lights and darks.



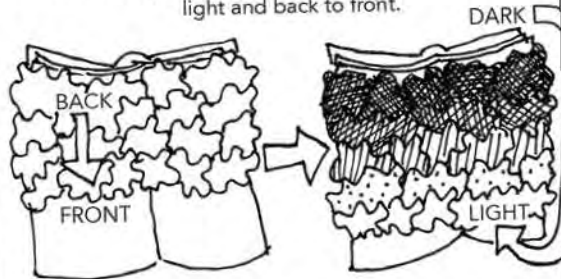
STEP 2. Rip the pages into smaller pieces and place them in piles with similar colors and shades.



STEP 3. Arrange your piles of ripped up magazines going from dark to light.



STEP 4. Start gluing the pieces on your paper. Glue the pieces overlapping, going from dark to light and back to front.



STEP 5. Fill the paper until you are satisfied. Trim the edges off for a clean look.

STEP 6. Add additional layers, images, and decor to your art and enjoy.



MAGAZINE FADE

STEP-BY-STEP INSTRUCTIONS, EXAMPLES ON THE BACK

HOW TO & TIPS USING ACRYLIC PAINT

Make sure brushes are fully washed out after using acrylic paint to prevent hardening and ruining the brushes.

1. Acrylic paint is a great material to get solid coverage of your background. Add white to create highlights and black for shadows.



2. Paint a layer of paint, while it is still wet, press textures into it. Try painting paint onto texture and press it to your paper (wash the texture item after use).



3. Water down acrylic paint and splatter paint with it.



*Be careful, wear an apron. Acrylic paint DOES NOT wash out of clothes.

4. Use your fingers to add texture. Swirl the paint, mix colors, create hand prints.



5. Use a dry brush to paint back over wet paint to create texture.



6. For interesting texture, apply a thick layer of acrylic paint and dab your brush in it to create paint "peaks."



Try cutting them out and collage with them.

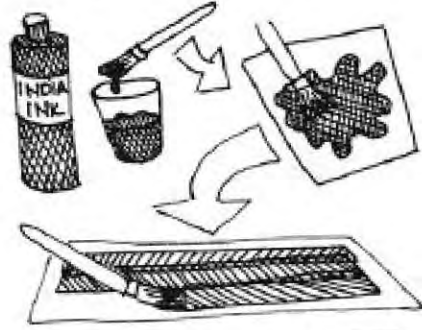


USING ACRYLIC PAINT

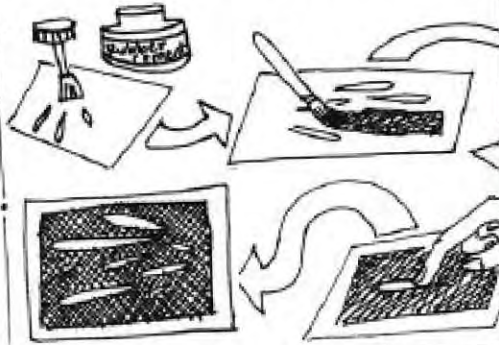
7 WAYS TO USE ACRYLIC, EXAMPLES ON THE BACK
COLOR AND COLOUR SPELLINGS

VISUAL JOURNAL TIPS & TECHNIQUES
INDIA INK

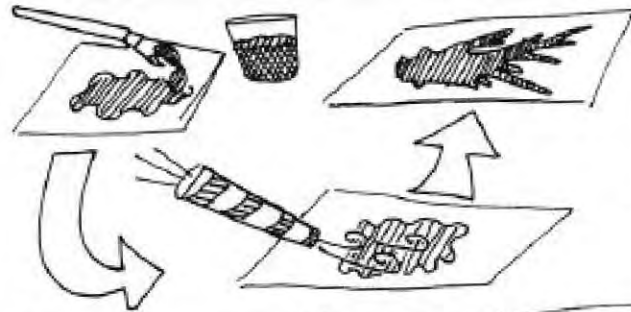
1. Use a paint brush to paint your page with India ink. Layer it for a solid background or slightly overlap single layers for a striped look.



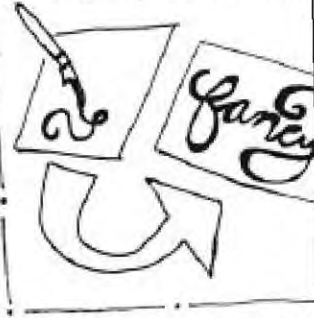
2. Splatter rubber cement on your page. Allow it dry. Paint over it with India ink, let it dry. Rub the rubber cement off to create a white splatter pattern.



3. Put a puddle of India ink on your paper. Use a straw to blow the ink at an angle to make it splatter.



4. Use a thin brush and try your hand at calligraphy. Write in cursive and add fancy swirls and loops.



6. Use watercolor to paint a shape with yellow.



USING INDIA INK

6 WAYS TO USE INDIA INK, EXAMPLES ON THE BACK
COLOR AND COLOUR SPELLINGS

HOW TO & TIPS

BLEEDING TISSUE PAPER

1. Lay tissue paper on a sheet of paper. Paint over it with a wet paintbrush and press out the color. Remove the bleeding tissue paper.



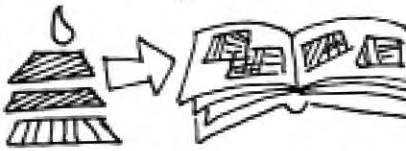
2. Wet the bleeding tissue paper. Squeeze it out onto a sheet of paper. Take a straw and blow through it toward the dyed water to make it splatter.



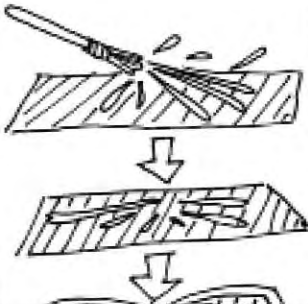
3. Dunk bleeding tissue paper in water. Squeeze the tissue paper out over a sheet of paper. Let it dry, cut it out, and collage with it.



4. Stack different colors of bleeding tissue paper and drip water on it. Allow it to dry and glue the sheets down for a tie dye look.



5. Glue sheets of tissue paper on your paper without wetting it to create interesting texture.



7. Use the bleeding tissue paper to dye book pages, newspaper, paper towels, and other paper. Allow to dry, rip it up, and glue it down.



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BLEEDING TISSUE PAPER

7 WAYS TO USE BLEEDING TISSUE PAPER, EXAMPLES ON
THE BACK COLOR AND COLOUR SPELLINGS

PACKAGING TAPE IMAGE TRANSFER

IMAGE
TRANSFER
TIPS &
TECHNIQUES

STEP 1. Print an image on a laser printer
or use a high quality magazine image.

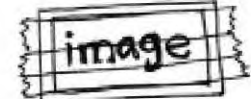


STEP 2. Tape a layer of packaging
tape on top of your image.



TIP: Tape the tape to the table top, then lay it on
the image to avoid air bubbles. If it goes crooked,
just tape another piece on top to fill gaps.

STEP 3. After the image is
completely covered with tape,
rub the back with scissor
handles or a spoon.



*Light areas will be transparent
or semi-transparent.

*Dark areas will not be very transparent.

STEP 4. Trim off any excess paper you don't need



STEP 5. Wet the back of the image until the paper
starts to separate from the tape.



STEP 6. Rub the
paper off the tape with

STEP 7. If the tape is still sticky,
stick it on your visual journal page. If
it's not sticky, use Elmer's glue or Mod

STEP 8. Add
decoration to finish yo
page and enjoy!



PACKAGING TAPE TRANSFER

STEP-BY-STEP INSTRUCTIONS, EXAMPLES ON THE BACK

VISUAL JOURNAL TIPS & TECHNIQUES

BUBBLE PRINT

1. Cut a cup down to 1/3 the original size or use a shallow bowl.
2. Fill the cup 1/3 of the way with paint (acrylic and tempera work well), 1/3 water, 1/3 dish soap. Stir the mixture.



3. Place a piece of paper on top of the cup.
4. Put a straw into the cup and blow.
5. Lift the paper straight off the cup and lay face up.



6. Pop any bubbles stuck to the paper.
7. Allow to dry.
7. Cut out and collage in your visual journal.



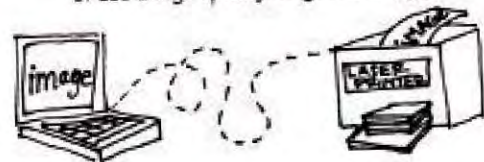
BUBBLE PRINTS

STEP-BY-STEP INSTRUCTIONS, EXAMPLES ON THE BACK

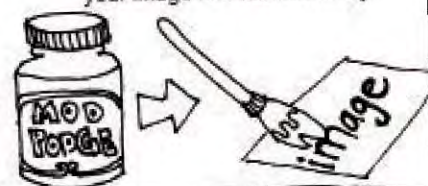
MOD PODGE IMAGE TRANSFER

IMAGE
TRANSFER
TIPS &
TECHNIQUES

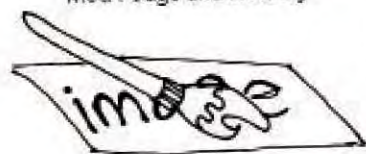
STEP 1. Print an image on a laser printer
or use a high quality magazine image.



STEP 2. Paint a layer of Mod Podge on
your image and allow it to dry.



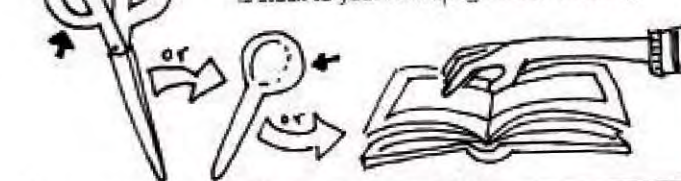
STEP 3. Paint a second layer of
Mod Podge and let it dry.



STEP 4. Paint a third layer of Mod Podge. While it
is still wet place the image face down in your visual journal.



STEP 5. Rub the back of the image with your
hands, scissor handles, or a spoon to make sure it
is stuck to your book page. Allow it to dry.



STEP 6.
Wet the back of the image
and rub the paper off.



STEP 7. Keep rubbing until all the paper is peeled off, leaving
the image on the book page. This creates a semi-transparent



MOD PODGE TRANSFERS

STEP-BY-STEP INSTRUCTIONS, EXAMPLES ON THE BACK



SUPPLIES: This project is created as a weekly assignment for an entire year-long course. Supplies will vary depending on the assignment. Below typically use the duration of the project)

- Visual Journal (used, hardback book)
- Large sheets of white paper (large enough to cover entire book)
- Book pages, newspaper, construction paper, scrapbook paper, other dimensional material that can be ripped up and layered
- Rubber Cement
- Paint, bleeding tissue paper, colored pencil, other material that can color
- Sharpies, pencil, India ink, pens, other material that can be used to drawing
- Scissors
- Laminator (to laminate book covers when they are finished)

PRODUCT:

- A book cover to decorate their visual journal

PRINTABLES:

- Visual journal book cover project rubric
- Visual journal book cover how to handout

BONUS:

- Visual journal starter information

RESOURCES

- Cloth Paper Scissors: <http://www.clothpaperscissors.com/>
- Look Between the Lines: <http://www.lookbetweenthelines.com>
- Balzer Designs: <http://balzerdesigns.typepad.com/>

IMPLEMENTATION: For a 50 minute class, times may vary

DAY 1:

- Introduce the assignment using the book cover PowerPoint
- Engage the students in a conversation about book covers, ask if they have ever bought a book based solely on the cover
- Discuss graphic design, the career of a graphic designer, and the role advertising plays in past and current times
- Discuss logos that are memorable or stand out to the students
- Introduce the project, discuss the examples
- Discuss expectations and how their final grade will be determined
- Hand out the step by step instructions (attached below) and go over the process of making their book covers
- Have the students work on sketches

DAY 2:

- Review the project, what makes a strong book cover, and the instructions
- Have students start on their book covers by wrapping white paper around the book, creasing it, and cutting the paper along the crease lines. They will

Visual Journal Book Cover Rubric

Category	Expectations	Possible Points	Comments	Score
Background	Includes a layered background of ripped up paper, book pages, newspaper, or something similar. Paper is collage looks neat, good craftsmanship.	20		
Drawing	Includes a drawing with detail, good craftsmanship. Creates a strong focal point on the book cover, helps connect the book cover design from back-to-foreground.	20		
Use of color	Color is incorporated in a creative way that enhances the design.	15		
	The cover is neat and well			

BOOK COVER DESIGN TIPS & TECHNIQUE

STEP 1. Lay your book on a white sheet of paper large enough to cover it, back to front. Wrap the paper around the book and crease it.

STEP 2. Use the crease lines to cut off the excess paper on the top and bottom. DO NOT cut the excess paper off the sides. They will serve as the flaps to hold the cover on the book.

STEP 3. Rip up printed text, book pages, or newspaper and glue it to the white sheet of paper to create a neutral base.

STEP 4. Add colour using colour pencil, bleeding tissue paper, paint, watercolour, magazine images, markers, or similar.

Book Covers and Graphic Design

Do you judge a book by its cover?

The 1920 boom...

- Beginning in the 1920's the U.S. saw a rise in book

Penguin Books

- With the launching of Penguin books came a revolutionizing of the book
- Penguin books created cheap books on the unique designs to make their stand out.

Designing a cover a career...

- Graphic designers are typically hired designers for book covers.
- They must produce a design that gives important information including:
 - Title

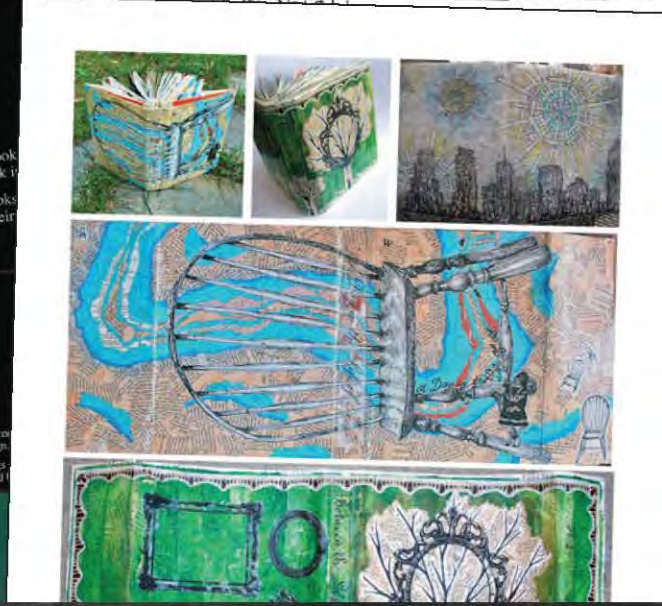
Audience

- The cover should appeal to the audience it trying to target.
- If it is meant for children, it should be youthful, bright colors, energetic

Design

- Consider how the elements are combined together to create a strong design.
- How are you incorporating things, as pattern, color, focal point, and

Emotion



BOOK COVER DESIGN:

POWERPOINT, ACTIVITY, LESSON PLAN, PROJECT RUBRIC, GUIDE

VISUAL JOURNAL

EXAMPLES



VISUAL JOURNAL

CHALLENGES

1. Make a list of 16 things about you. Make a page about one of them.
2. Make a page about your last birthday.
3. *make a page that incorporates your favorite quote or song lyric.*
4. Use duct tape, newspaper, two magazine cut outs, and sharpie to create a page.
5. *Make a page about your favorite childhood toy.*
6. Create a visual journal page using blue, yellow, and green bleeding tissue paper. Outline the white space using a thin sharpie.
7. MAKE A VISUAL JOURNAL PAGE ABOUT YOUR FAVORITE CHILDHOOD TOY.
8. *Splatter paint, close the book while the paint is wet, then make a pattern or drawing out of it.*
9. Use leaves, flowers, or something found outside on your journal page.
10. Make a page about your celebrity crush.
11. Create a visual journal page using ripped up book pages, masking tape, and India ink.
12. Create a page using a tape transfer of the first image you find online.
13. Dedicate a page to your car or your family car.
14. make a visual journal page about a lowlight of your week.
15. Dedicate a journal page to the book you are using for your visual journal. Use pages from the book to help decorate and narrate it.
16. *Draw a picture of a monster insect.*
17. *Make a page about your pet. If you don't have one, make a page about the pet you wish you had.*
18. MAKE A PAGE ABOUT A HIGHLIGHT OF YOUR WEEK.
19. use string or yarn in your next page.
20. *Make a page for your best friend.*
21. MAKE A PAGE ABOUT YOUR PET. IF YOU DON'T HAVE ONE, MAKE A PAGE ABOUT THE PET YOU WISH YOU HAD.
22. PAINT A PICTURE OF THE SKY.
23. Draw a picture of a monster insect.
24. *Make a page about what you ate for breakfast.*
25. *Make a page about your favorite childhood movie.*
26. *Make a page about what you ate for breakfast.*
27. Make a page about your favorite childhood movie.
28. *Make a page about what you ate for breakfast.*
29. *Make a page about what you ate for breakfast.*
30. *Make a page about what you ate for breakfast.*
31. *Make a page about what you ate for breakfast.*
32. *Make a page about what you ate for breakfast.*
33. Make a page about what you ate for breakfast.
34. Make your lifetime bucket list in your journal.
35. *Make a page about what you ate for breakfast.*

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PRINTABLE POSTERS

RECOMMENDED SUPPLIES, EXAMPLES, & PROMPTS

BUYERS LOVE MY VISUAL JOURNAL PROJECT:



"WOW! Such a helpful set of resources, I am trying to incorporate more visual aspects into my ELA class and this is the way. Students love to do much more than write about what we are reading."



"My students really enjoy the visual journal activities. They ask for extra time and want to do it more than once a week. Amazing resource."

CHECK OUT MORE PRODUCTS:



VISUAL JOURNAL
EVERYTHING YOU NEED TO TEACH

GET EVERYTHING YOU NEED: LESSON PLAN, PRESENTATIONS, 11 HOW TO HANDOUTS, PROMPTS, POSTERS, MORE

LOOK BETWEEN THE LINES BY WHITNEY PANEY



ART ELEMENTARY
6 TYPES OF PRINTMAKING UNIT

6 PRINTMAKING PROJECTS: 6 DIFFERENT TYPES OF PRINTING FOR KINDERGARTEN THROUGH 5TH GRADE

LOOK BETWEEN THE LINES BY WHITNEY PANEY



ACTIVITY ELEMENTS OF ART
7 WORKSHEETS ELEMENTS OF ART

FRONT & BACK WORKSHEETS WITH ACTIVITIES & DIGITAL FILL IN OPTIONS

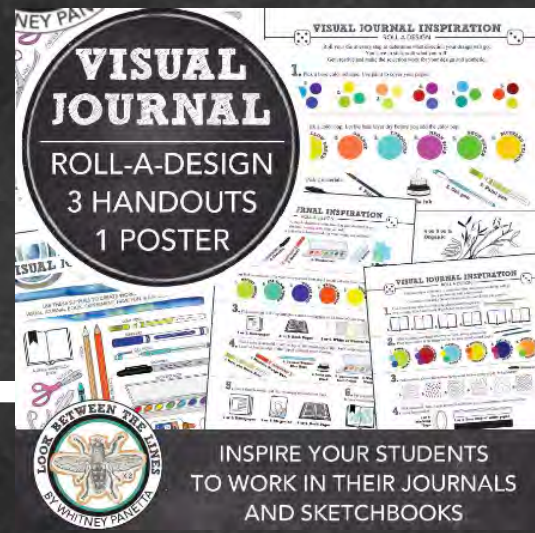
LOOK BETWEEN THE LINES BY WHITNEY PANEY



VISUAL JOURNAL PROJECT
MIDDLE & HIGH SCHOOL

WEEKLY, SELF-DIRECTED ART PROJECT

LOOK BETWEEN THE LINES BY WHITNEY PANEY



VISUAL JOURNAL
ROLL-A-DESIGN
3 HANDOUTS
1 POSTER

INSPIRE YOUR STUDENTS TO WORK IN THEIR JOURNALS AND SKETCHBOOKS

LOOK BETWEEN THE LINES BY WHITNEY PANEY



6 SHADING HANDOUTS ACTIVITIES POSTERS

FOR MIDDLE & HIGH SCHOOL ART CLASSES

LOOK BETWEEN THE LINES BY WHITNEY PANEY

Check out more projects for elementary through high school students.

Grab early finishers for those quick artists or an entire curriculum so you can focus on teaching.

[VIEW MORE HERE](#)

LOOK BETWEEN THE LINES

BY WHITNEY PANETTA



I'm Whitney, a former art teacher turned art curriculum developer. I now focus on designing art lessons, resources, & full curriculums for elementary, middle, high school art teachers, homeschool parents, & general art enthusiasts.

I am so glad to still be connected to the world of art education and I love seeing my resources "in the wild" all over the globe. Reach out anytime with questions or comments at whitneywpanetta@gmail.com.