

VISUAL JOURNAL

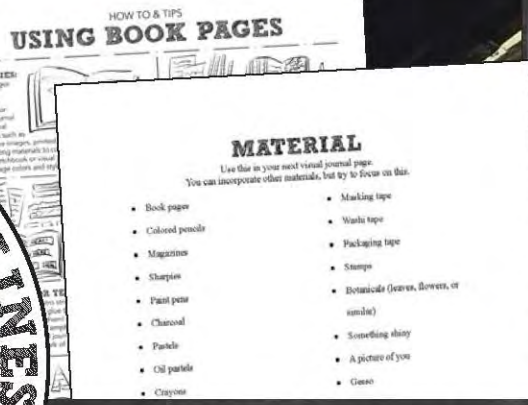
4 WEEK COURSE
1 LESSON A WEEK

VISUAL JOURNAL PAGE TWENTY FIVE *using gesso*

VISUAL JOURNAL PAGE TWENTY TWO *using pictures*

VISUAL JOURNAL PAGE TWENTY SEVEN *artist inspiration*

VISUAL JOURNAL PAGE TWENTY EIGHT *material, subject, word*



A FOCUS ON COLLAGING & MIXED MEDIA
4 LESSONS, INTRODUCING A RANGE OF TECHNIQUES

VISUAL JOURNAL COURSE



This course is designed for artists or teachers!
Share videos with your students or work on your own.



Learn how to use gesso, incorporate book pages,
find artist inspiration, and use 3 random prompts.



Demo video in every lesson, 16-30 minutes long.



Instruction sheets, technique guides, & more

WHAT YOU GET

Each lesson pack includes:

- ✓ 4 visual journal videos (16-30 min each)
- ✓ 4 instruction sheets (4 pages)
- ✓ 4 technique guides (12 pages)
- ✓ 4 checklists (4 pages)



- INSTRUCTIONS:**
- Watch the demonstration video, Visual Journal-27-Artist Inspiration.
 - Research two artists to use as inspiration for your next page. The artist doesn't have to be a visual journal or sketchbook artist, it can be a painter, printmaker, even a sculptor.
 - Collect the supplies needed for your page. Always grab:
 - Your visual journal
 - Glue
 - Scissors
 - Collage materials
 - Start working on your page!
 - TIP: if you don't know where to start with an artist, look at the artist artwork list. Look up the artwork titles and artist names, see if any of them spark inspiration.
 - Remember, this is about being inspired by, not copying the artist. Be inspired by their style, material choice, color palette, subject matter, or similar. Put your own spin on the inspiration to make it your own!
 - If you are incorporating text, be thoughtful about how you grab the viewer's attention first, your writing.
 - Writing that

Artists and Artwork List

- Vincent Van Gogh: *Starry Night*
- Katsushika Hokusai: *The Wave*
- George Long: *False Rose*
- Salvador Dali: *The Persistence of Memory*
- Picasso: *The Old Guitarist*
- Picasso: *Three Musicians*
- Yayoi Kusama: *Pumpkin*
- Kehinde Wiley: *Anthony of Padua*
- Leonardo Da Vinci: *Flying Machine*
- Roy Lichtenstein: *M-Maybe He Became Ill*
- Andy Warhol: *Marilyn*
- Andy Warhol: *Campbells Soup Can*
- Audrey Flack: *Crayola*
- Charles Bell: *100 Points When Lit*
- Chuck Close: *Self-Portrait/Woodcut*
- Claude Monet: *Water Lilies*

HOW TO & TIPS USING GESSO

SUPPLIES:
Gesso, paintbrush, surface you are adding gesso to, additional supplies such as drawing and painting knives. Gesso is a material that can be painted on a variety of surfaces to create a surface your art drawing materials will stick to.

1. DRAW OVER: Gesso creates a surface you can easily draw and blend on top of. Fill a space with gesso in your visual journal, sketchbook, or wall of art. Once it has dried add details using pencil, charcoal, ink, pencil, and pastel.

HOW TO & TIPS USING BOOK PAGES

SUPPLIES:
Book pages, Glue, Scissors, Artwork or visual journal, Additional supplies such as magazine images, printed images, collage paper, Sharpies, and writing materials to collage with the book pages in your sketchbook or visual journal. Try finding a range of book page colors and styles if possible.

1. BACKGROUND: For a more interesting layer book pages from other books in your journal or sketchbook. Cut the pages in strips, rip up, or glue them in as a full page. TIP: Find book pages with slightly different page colors to layer together.

ARTIST RESEARCH

Name: _____

For this project you will find inspiration from another artist. Consider what artists and styles appeal to you as you do your research. Which techniques do you want to test out? How can you take the artist's style and put your own unique twist on it?

Google "art movements," "artistic styles," or specific artists and movements to get started. You can even head to TikTok or Instagram. Do you follow any artist accounts? Have you seen artwork that inspires you? Find at least two artists that interest you. Find out a little more information and answer the questions below.

Name of the artist: _____

- Describe the style: _____
- Describe the purpose behind the style (ex: to study the changing light during the day) _____

MATERIAL

Use this in your next visual journal page. You can incorporate other materials, but try to focus on this.

- Book pages
- Colored pencils
- Magazines
- Sharpies
- Paint pens
- Masking tape
- Washi tape
- Packaging tape
- Stamps
- Botanicals (leaves, flowers, or

SUBJECT

Use this as a jumping off point for your visual journal. This subject can help inspire the main focus of your page.

- Your most recent dream.
- A reoccurring nightmare.
- What you had for dinner last night.
- Your favorite snack.
- Your favorite animal.
- Design a pattern using 3 shapes.
- Something you fear.
- What you would use to cross the ocean.
- The rainforest.
- What you wish you were eating right now.

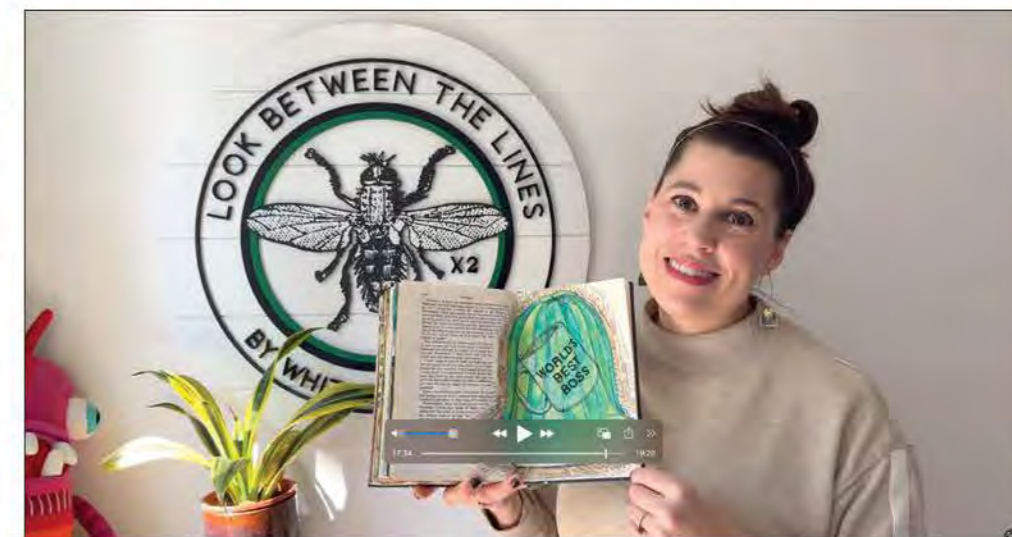
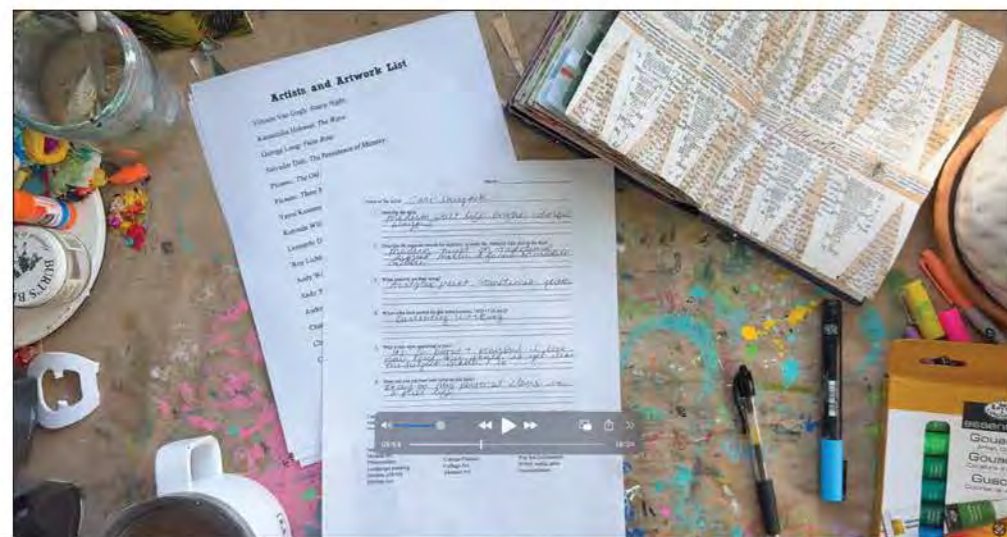
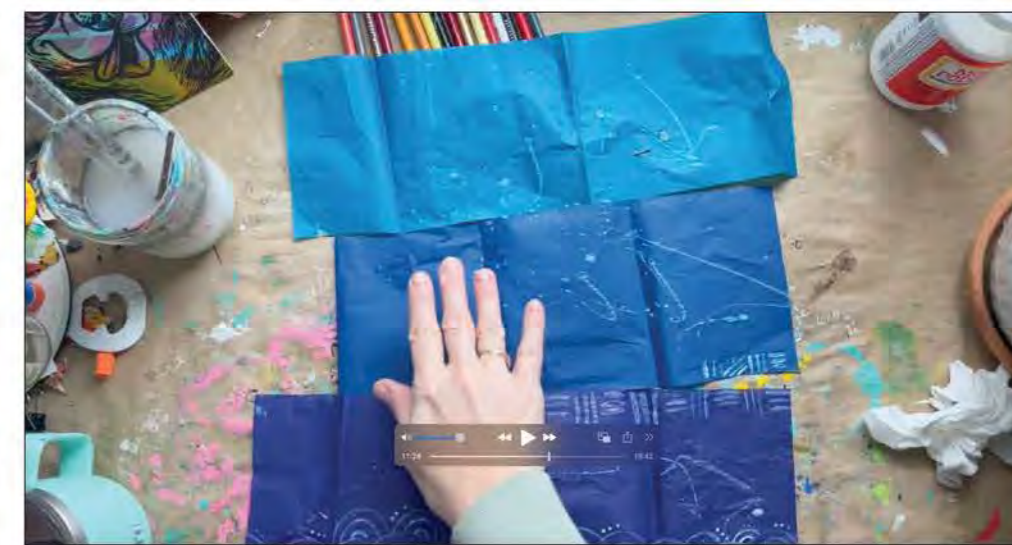
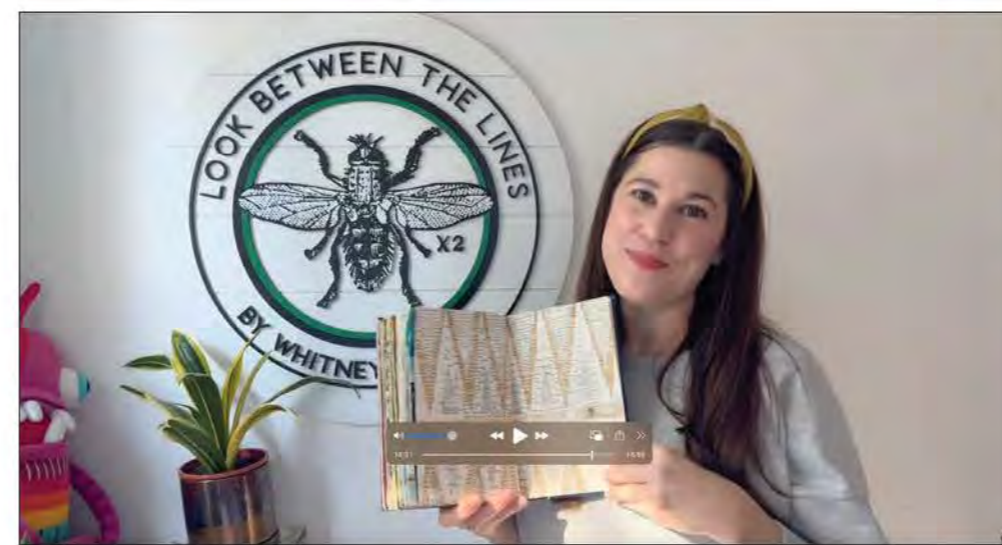
WORD

Find a way to incorporate this word in your visual journal page. It can influence the design of the page, color palette, layout or write it, type it, cut it from magazines or book pages to include in your page.

- Happy
- Above
- Zealous
- Bright
- Cool
- Strange
- Inspire
- Black and white
- Spontaneous
- Creative

4 TECHNIQUE GUIDES:

HOW TO USE GESSO, HOW TO INCORPORATE BOOK PAGES, ARTIST INSPIRATION RESEARCH, ARTIST LIST, 3 PAGES OF PROMPTS



4 IN DEPTH DEMO VIDEOS

16-30 MINUTE VIDEOS



INSTRUCTIONS:

- Watch the demonstration video, Visual Journal-25-Using Gesso.
- Use the gesso technique guide to help you experiment with gesso and test out techniques.
- Collect the supplies needed for your page. Always grab:
 - Your visual journal
 - Book pages (if previously ripped out)
 - Glue
 - Scissors
 - Collage materials
 - For this page also grab the following materials depending on what you want to use in your page:
 - Gesso
 - Paintbrushes
 - Water, water cups
 - Bleeding tissue paper
- Start working on your page!
- You can focus on one gesso technique or multiple. Don't be afraid to experiment!
- TIP: For a thicker, opaque look to fully cover your background, use a brush to apply gesso in a circular motion. For a more transparent look to tone down but not cover up the background, use a brush to apply gesso in a straight line. Start with a small amount of water and add more. It's easier to add more gesso than to remove it.
- Lay the elements on your page, decide what you want to keep and what you want to glue down.
- If you are incorporating text, be thoughtful about how you include it. Grab the viewer's attention first, you want it to look clean and intentional. Consider:
 - Writing the text on a separate sheet, choose the nicest looking one, cut it out and glue it in.
 - Type and print out the text, be thoughtful about the font and size.
 - Use stamps to write out the word(s).
 - Use letter stickers to write out the word(s).
 - Cut out words or letters from magazines, books, or newspapers.
- If you are working on pages out of your visual journal, carefully glue them back into your book.
 - Place a sheet of scrap paper between the page you are gluing to and the other pages to prevent glue from sticking them together.
 - Let your page dry, trim the edges as needed.



INSTRUCTIONS:

- Watch the demonstration video, Visual Journal-26-Using Book Pages.
- Use the book page technique guide to help you use book pages in a collage in a range of ways.
- Collect the supplies needed for your page. Always grab:
 - Your visual journal
 - Glue



INSTRUCTIONS:

- Watch the demonstration video, Visual Journal-28-3 Prompts.
- Randomly select one prompt from each jar: material, subject, word.
- If you draw a material you don't have access to, draw again until you find a material you have.
- Collect the supplies needed for your page. Always grab:
 - Your visual journal
 - Glue
 - Scissors
 - Collage materials
 - For this page the material will depend on which prompt you choose from the materials jar it could be:
 - Crayons, markers, charcoal, pastels, oil pastels, acrylic paint, tempera paint, watercolor, paint pens, Sharpies, or similar.
- Consider how the subject can work with the material you selected.
- Consider how the word impacts the feeling of the page.
 - How will you incorporate the word, will you physically include it or use it to influence the design or subject?



INSTRUCTIONS:

- Watch the demonstration video, Visual Journal-27-Artist Inspiration.
- Research two artists to use as inspiration for your next page. The artist doesn't have to be a visual journal or sketchbook artist, it can be a painter, printmaker, even a sculptor.
- Collect the supplies needed for your page. Always grab:
 - Your visual journal
 - Glue
 - Scissors
 - Collage materials
- Start working on your page!
- TIP: if you don't know where to start with an artist, look at the artist/artwork list. Look up the artwork titles and artist names, see if any of them spark inspiration.
- Remember, this is about being inspired by, not copying the artist. Be inspired by their style, material choice, color palette, subject matter, or similar. Put your own spin on the inspiration to make it your own!
- If you are incorporating text, be thoughtful about how you include the text. The text will grab the viewer's attention first, you want it to look clean and intentional. Consider:
 - Writing the text on a separate sheet, choose the nicest looking one, cut it out and glue it in.
 - Type and print out the text, be thoughtful about the font and size.
 - Use stamps to write out the word(s).
 - Use letter stickers to write out the word(s).
 - Cut out words or letters from magazines, books, or newspapers.
- If you are working on pages out of your visual journal, carefully glue them back into your book.
 - Place a sheet of scrap paper between the page you are gluing to and the other pages to prevent glue from sticking them together.
- Let your page dry, trim the edges as needed.
- Enjoy your beautiful work of art!

4

INSTRUCTION OVERVIEWS

VISUAL JOURNAL USING GESSO CHECKLIST

- _____ One or multiple techniques were tested on from the using gesso handout to create a visual journal page.
- _____ A visual journal page (either a single page or a spread, 2 facing pages) was created that incorporates gesso.
- _____ Experimentation with the material is evident in the page.
- _____ Additional materials were added to complete the page. This enhances the visual journal page and works well with the gesso.
- _____ The visual journal page has a focal point.
- _____ Any text included looks intentional and is well incorporated into the page.
- _____ Craftsmanship: the page looks clean, neat, and thought out.
- _____ Creativity: the page is unique and interesting.
- _____ Effort: time and thought were put into the page.



VISUAL JOURNAL USING BOOK PAGES CHECKLIST

- _____ One or multiple techniques were tested on from the using book pages handout to create a visual journal page.
- _____ A visual journal page (either a single page or a spread, 2 facing pages) was created that incorporates book pages.

VISUAL JOURNAL 3 PROMPTS CHECKLIST

- _____ 3 prompts were randomly selected from the material, subject, and word jars.
- _____ A visual journal page (either a single page or a spread, 2 facing pages) was created based on the randomly selected prompts.
- _____ Experimentation with the material is evident in the page.
- _____ The material you selected is prominent, the subject is the focus, the word is evident by including it or in the style or tone of the page.
- _____ The visual journal page has a focal point.
- _____ Any text included looks intentional and is well incorporated into the page.
- _____ Craftsmanship: the page looks clean, neat, and thought out.



VISUAL JOURNAL ARTIST INSPIRATION CHECKLIST

- _____ Two artists were researched as inspiration for the page.
- _____ A visual journal page (either a single page or a spread, 2 facing pages) was created that is inspired by one of the researched artists.
- _____ Experimentation with the material is evident in the page.
- _____ You put your own twist on the artist's style, material, subject, and similar. The added design enhances the visual journal page.
- _____ The visual journal page has a focal point.
- _____ Any text included looks intentional and is well incorporated into the page.
- _____ Craftsmanship: the page looks clean, neat, and thought out.
- _____ Creativity: the page is unique and interesting.
- _____ Effort: time and thought were put into the page.



4 CHECKLISTS

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



ART ELEMENTARY
6 TYPES OF PRINTMAKING UNIT



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



ACTIVITY ELEMENTS OF ART
7 WORKSHEETS ELEMENTS OF ART



FRONT & BACK WORKSHEETS WITH ACTIVITIES & DIGITAL FILL IN OPTIONS



VISUAL JOURNAL PROJECT
MIDDLE & HIGH SCHOOL



WEEKLY, SELF-DIRECTED ART PROJECT



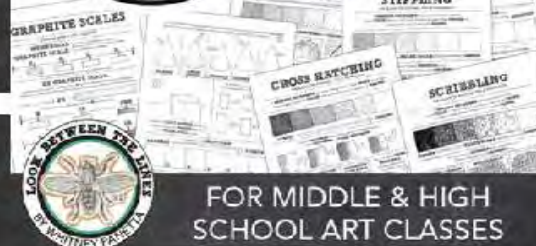
VISUAL JOURNAL
ROLL-A-DESIGN
3 HANDOUTS
1 POSTER



INSPIRE YOUR STUDENTS TO WORK IN THEIR JOURNALS AND SKETCHBOOKS



6 SHADING HANDOUTS ACTIVITIES POSTERS



FOR MIDDLE & HIGH SCHOOL ART CLASSES

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.

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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.