

# VISUAL JOURNAL

4 WEEK COURSE  
1 LESSON A  
WEEK

VISUAL  
JOURNAL  
PAGE TWENTY  
NINE *using  
pastels*

VISUAL  
JOURNAL  
PAGE THIRTY  
*using stencils*

VISUAL  
JOURNAL  
PAGE THIRTY  
ONE *unusual  
materials*

VISUAL  
JOURNAL  
PAGE THIRTY  
TWO *two  
prompts*



HOW TO & TIPS  
USING BOOK PAGES

HOW TO & TIPS  
USING UNUSUAL MATERIALS

- 1. SAND AIDS: Add CLEAN sand to a work of art to create a space for text, add a focal point, and add an interesting color.
- 2. FABRIC: Add ribbon, lace, or fabric. Part over it to help identify how it is used. Use the color and texture to add an interesting look.
- 3. PAPER TOWELS: Fold some paper towels to create up part of a scene or a book, keep in the color and texture to add an interesting look.
- 4. DRIED PAINT: Fold dried acrylic paint from used palettes and glue it to your work of art for a colorful look.
- 5. BOTANICALS: Press leaves or flowers between books until they are dry and collage with them.
- 6. SEWING: Add lines and texture to your work of art by sewing with thread.
- 7. GOLD LEAF: Careful! Leafing is a beautiful, metallic look when applied. Carefully try the color. Glue onto your work of art. Present in form.
- 8. TAPE: Use painter's tape or masking tape to create a space for text or a design in your work of art. Use the edges of the tape to create a border.

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 pastels, stencils, unusual materials,  
and use 2 random prompts.



**Demo video in every lesson, 16-20 minutes long.**



**Instruction sheets, technique guides, & more**



# WHAT YOU GET

## Each lesson pack includes:

- ✓ 4 visual journal videos (16-20 min each)
- ✓ 4 instruction sheets (4 pages)
- ✓ 4 technique guides (12 pages)
- ✓ 4 checklists (4 pages)



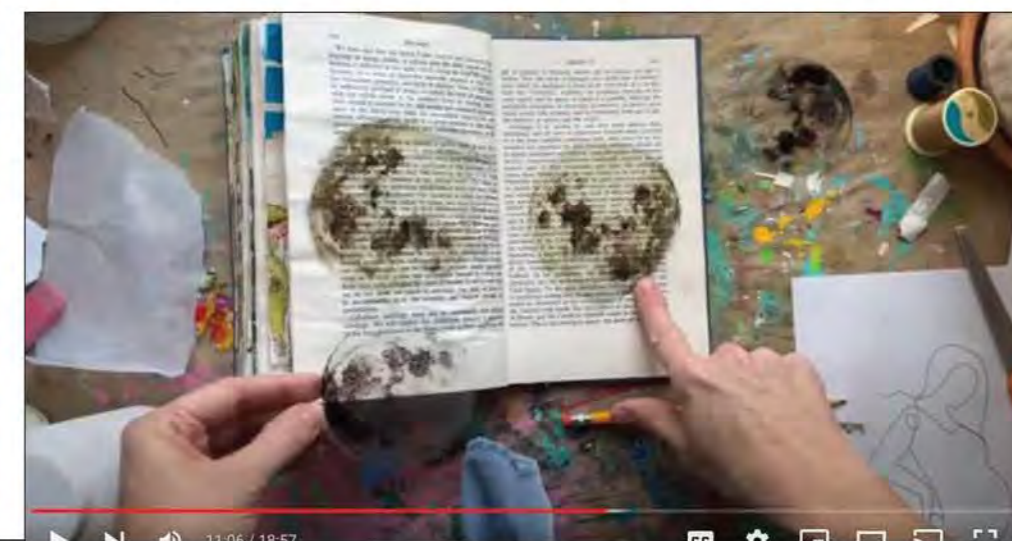
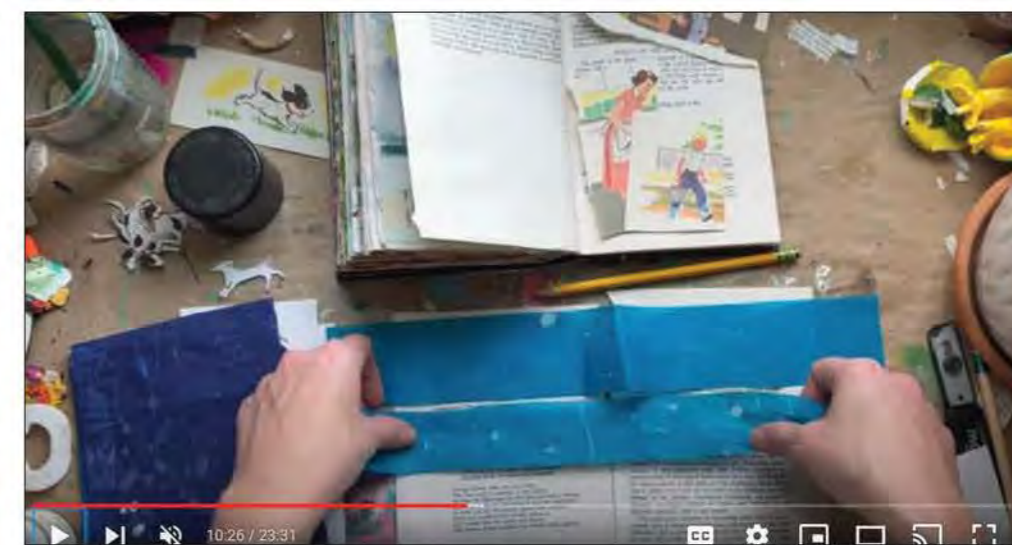
**INSTRUCTIONS:**

- Watch the demonstration video, Visual Journal-31-Unusual Materials.
- Look through tips and material recommendations on the unusual materials worksheet.
- You can focus on one unusual material or combine multiple materials together. You can still use traditional materials but push yourself to think outside of the box with some of them.
- Collect the supplies needed for your page. Always grab:
  - Your visual journal
  - Glue
  - Scissors
  - Collage materials
    - For this page consider grabbing:
      - Hand aids, printable transparencies (you need access to a printer for this too! Fabric, lace, doilies, dried flowers and leaves, needle, thread, etc.)
      - dried paint, paper bags, gold leaf, paint, paper (used tags, movie stubs, any other flat material)
- Consider how the subject can be used well with the materials.

### 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
  - Charcoal
  - Pastels
  - Oil pastels
  - Crayons
  - India ink
  - Printed image
  - Pens
  - Patterned paper
  - Wrapping paper
  - Watercolor
  - Acrylic paint
  - Tempera paint
  - Maps
  - Bleeding tissue paper
  - Masking tape
  - Washi tape
  - Packaging tape
  - Stamps
  - Botanicals (leaves, flowers, or similar)
  - Something shiny
  - A picture of you
  - Gesso
  - Cardboard
  - Fabric
  - Lace
  - A stencil (cut by you or with cut outs you can use)
  - spray material (like coffee)
  - Coffee grounds
  - Tea bag
  - Pencil
  - Water





# 4 IN DEPTH DEMO VIDEOS

16-20 MINUTE VIDEOS



## VISUAL JOURNAL USING PASTELS INSTRUCTIONS

### INSTRUCTIONS:

- Watch the demonstration video, Visual Journal-29-Using Pastels.
- Look through the tips on the pastel worksheet.
- If you want to test out pastels before starting on your page, try following the steps to create a pear drawing.
- Collect the supplies needed for your page. Always grab:
  - Your visual journal
  - Glue
  - Scissors
  - Collage materials
  - For this page also grab:
    - Pastels, pastel pencils (optional), eraser, tissue
- Consider how the subject can work with pastels, what subject.
- Start working on your page!
- Don't be afraid to experiment!
- TIP: Work from the back forward. Periodically tap the artwork to remove excess dust.
- Don't forget to erase and add clean lines to sharpen your drawing.
- 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.
- Spray your piece with fixative, hairspray, or place a tissue over it to protect it. Leave your book open for at least a few days to let it dry.
- Enjoy your beautiful work of art!

## VISUAL JOURNAL USING STENCILS INSTRUCTIONS

### INSTRUCTIONS:

- Watch the demonstration video, Visual Journal-30-Using Stencils.
- Look through tips on the stencils worksheet.
- You can create your own stencil or if you have something on hand that can function as a stencil, use that! Look for objects with areas punched out, such as holes in a paper or a cut out design on a tag.
- Collect the supplies needed for your page. Always grab:

## VISUAL JOURNAL 2 PROMPTS INSTRUCTIONS

### INSTRUCTIONS:

- Watch the demonstration video, Visual Journal-32-2 Prompts.
- Randomly select one prompt from each jar: material, subject.
- 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.
- Start working on your page!
- Don't be afraid to experiment!
- 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.

## VISUAL JOURNAL UNUSUAL MATERIALS INSTRUCTIONS

### INSTRUCTIONS:

- Watch the demonstration video, Visual Journal-31-Unusual Materials.
- Look through tips and material recommendations on the unusual materials worksheet.
- You can focus on one unusual material or combine multiple materials together. You can still use traditional materials but push yourself to think outside of the box with some of them.
- Collect the supplies needed for your page. Always grab:
  - Your visual journal
  - Glue
  - Scissors
  - Collage materials
  - For this page consider grabbing:
    - Band aids, printable transparencies (you need access to a printer for this too!), fabric, lace, doilies, dried flowers and leaves, needle, thread, string, dried paint, paper bags, gold leaf, paint, paper towels, wrapping paper, tags, movie stubs, any other flat material you can use.
- Consider how the subject can work with unusual materials and what subjects will work well with the materials. Will the subject of the page be the unusual materials or are the unusual materials supporting the subject of your page?
- Start working on your page!
- Don't be afraid to experiment!
- TIP: Thicker material such as dried paint and fabric will require a hot glue gun to adhere to your page. Be careful, you can burn yourself! Have adult supervision if needed!
- 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.

# 4 INSTRUCTION OVERVIEWS



VISUAL JOURNAL USING PASTELS  
CHECKLIST

- Pastels were used to create 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.
- Pastels were used through with blending, layering, erasing, and adding lines.
- The visual journal page has a focal point.
- Any text included looks intentional and is well incorporated
- 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 PASTELS  
CHECKLIST

- A stencil was used to add images, designs, or patterns to the page.
- A visual journal page (either a single page or a spread, 2 facing pages) was created using stencils.
- Experimentation with the material is evident in the page.

VISUAL JOURNAL 2 PROMPTS  
CHECKLIST

- 2 prompts were randomly selected from the material and subject 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.
- Creativity: the page is unique and interesting.



VISUAL JOURNAL UNUSUAL MATERIALS  
CHECKLIST

- At least one unusual material was used to create the page.
- A visual journal page (either a single page or a spread, 2 facing pages) was created and incorporates unusual materials.
- Experimentation with the material is evident in the page.
- The unusual material is highlighted through placement or the subject matter.
- 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:

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](mailto:whitneywpanetta@gmail.com).