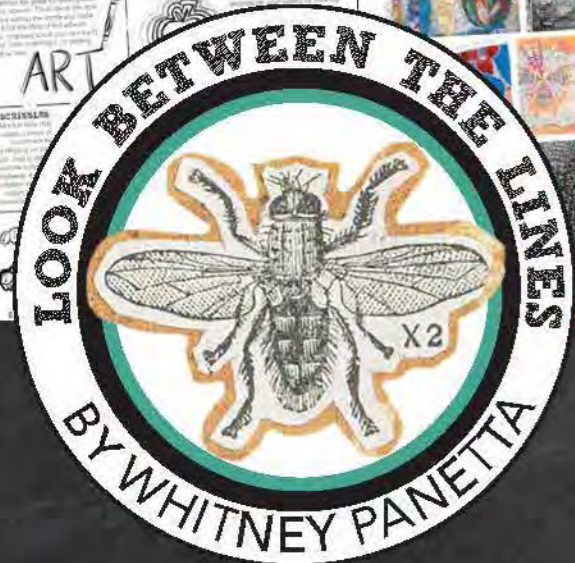
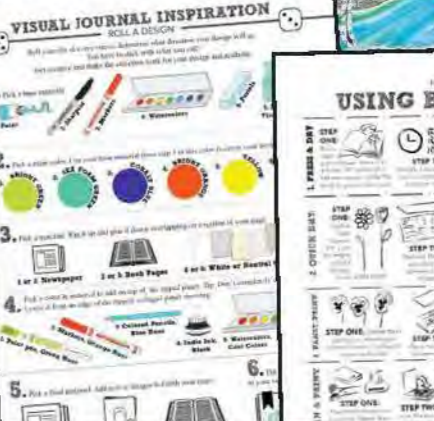


# VISUAL JOURNAL PROJECT

EVERYTHING YOU NEED FOR A YEAR



HOW TO & TIPS  
PAINT PENS & SHARPS



GET EVERYTHING YOU NEED TO TEACH VISUAL JOURNALS FOR A YEAR, **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 (32 pages)
- ✓ Art guides with examples (60 pages)
- ✓ Sub plan & activity handouts (40 pages)
- ✓ Printable poster (4 pages)
- ✓ Prompts jar topics (194 topics)

## WATERCOLOR HOW TO GUIDE

TIPS FOR IMPLEMENTING

### VISUAL JOURNALS:

- Provide this guide for students working in their visual journal.
- Demonstrate a few techniques for them to see in person.
  - Show the more complex techniques such as rubber cement/masking fluid resist, filling a shape with multiple colors, and how much to wet the watercolors for different styles.
- Students can use watercolors in their visual journal or not after the demonstration, it's an option if they want to! They can use one or all, it's up to them and what they are interested in trying.

### BEFORE A WATERCOLOR PROJECT:

- Pass the handout out before starting on a watercolor project.
- Have students complete each technique in their sketchbook or on a sheet of thin watercolor paper (save the good stuff for projects) to cut up and glue in their sketchbook when it dries.
- Students should complete every technique to learn different ways they can use and manipulate watercolors.

### EARLY FINISHER ACTIVITY:

- If students complete an assignment early pass out this activity for them to work on.
- On a separate sheet of paper, in their sketchbook, or in their visual journal have them try out techniques that interest them.
- They can focus on one or do them all depending on how much time they have.
- Check for bonus points or as part of their participation grade.

### EMERGENCY SUB PLAN:

- Use the attached checklist for students to use in conjunction with the watercolor handout.
- Have them complete every technique on one sheet of paper.
- They can create a separate, smaller painting to show each technique or create one large design that shows all the techniques.
- If time allows they can add the pen design, they may have to wait until the next class when their painting is dry to add this.

## PAINT PEN & SHARPIE HOW TO GUIDE

TIPS FOR IMPLEMENTING

### VISUAL JOURNALS:

- Provide this guide for students working in their visual journal.
- Demonstrate a few techniques for them to see in person.
  - Show the more complex techniques such as how to tell where to incorporate patterns and scribbles without overtaking the image and how to fill in around a shape to create negative space.

## USING PERSONAL PHOTOGRAPHS

TIPS FOR IMPLEMENTING

### VISUAL JOURNALS:

- Provide this guide for students working in their visual journal.
- Demonstrate a few techniques for them to see in person.
  - Show the more complex techniques such as creating image transfers.
- Students can experiment with multiple techniques or focus on one.
- Encourage students to print out multiple personal photographs to have on hand to use.

### BEFORE A MIXED MEDIA PROJECT:

- Pass the handout out before starting on a mixed media project.

## USING GESSO

TIPS FOR IMPLEMENTING

### VISUAL JOURNALS:

- Provide this guide for students working in their visual journal.
- Gesso will not wash out of clothing once it dries, remind students to properly protect their clothing.
- Students can experiment with multiple techniques or focus on one.
- Encourage students to think of how gesso will best enhance their work of art. Which technique or techniques can improve their work of art?

## QUICK PRINTMAKING TECHNIQUES

TIPS FOR IMPLEMENTING

### OVERVIEW:

- These printmaking techniques are fun and accessible because they use materials you likely have on hand or at home.
- A number of these are MESSY! Have fun with the material, embrace the mess. The shaving cream and oil/water prints are the messiest.
- This print activity requires adult supervision. For older students, allow them to create their design. Adults cut the top section of the paper into shapes (optional).

## METALLICS HOW TO GUIDE

TIPS FOR IMPLEMENTING

### VISUAL JOURNALS:

- Provide this guide for students working in their visual journal.
- Demonstrate a few techniques for them to see in person.
  - Show the more complex techniques such as using gold leaf to demonstrate they may run into and the proper way to handle the material.
- Students can experiment with multiple techniques or focus on one.
- Many of these techniques will be wet at the end of class. Have a space students can store their artwork while it dries where it won't be disturbed.

### BEFORE A MIXED MEDIA PROJECT:

## USING BOOK PAGES

TIPS FOR IMPLEMENTING

Try to have a range of books on hand students can pull pages from. Books with different paper, sepia, white, off white, and style fonts, encyclopedias, novels, will give students a wide range of options to work with. TIP: ask your librarian for books they no longer need.

### VISUAL JOURNALS:

- Provide this guide for students working in their visual journal.
- Book pages are an amazing material to collage with, in visual journal books. The layered text creates an interesting look.
- Students can experiment with multiple techniques or focus on one.

## BOTANICALS HOW TO GUIDE

TIPS FOR IMPLEMENTING

### VISUAL JOURNALS:

- Provide this guide for students working in their visual journal.
- Demonstrate a few techniques for them to see in person.
  - Show the more complex techniques such as using the iron to quickly dry a flower or scanning and digitally editing flowers.
- Students can experiment with multiple techniques or focus on one.

## COLOURED PENCIL HOW TO GUIDE

TIPS FOR IMPLEMENTING

### VISUAL JOURNALS:

- Provide this guide for students working in their visual journal.
- Demonstrate a few techniques for them to see in person.
  - Show the more complex techniques such as how slowly building up colours and layers and colouring over a photograph to hide the edges.
- Students can use coloured pencils in their visual journal or not after the demonstration, it's an option if they want to! They can use one or all, it's up to them and what they are interested in trying.

### BEFORE A MIXED MEDIA PROJECT:

## PASTELS HOW TO GUIDE

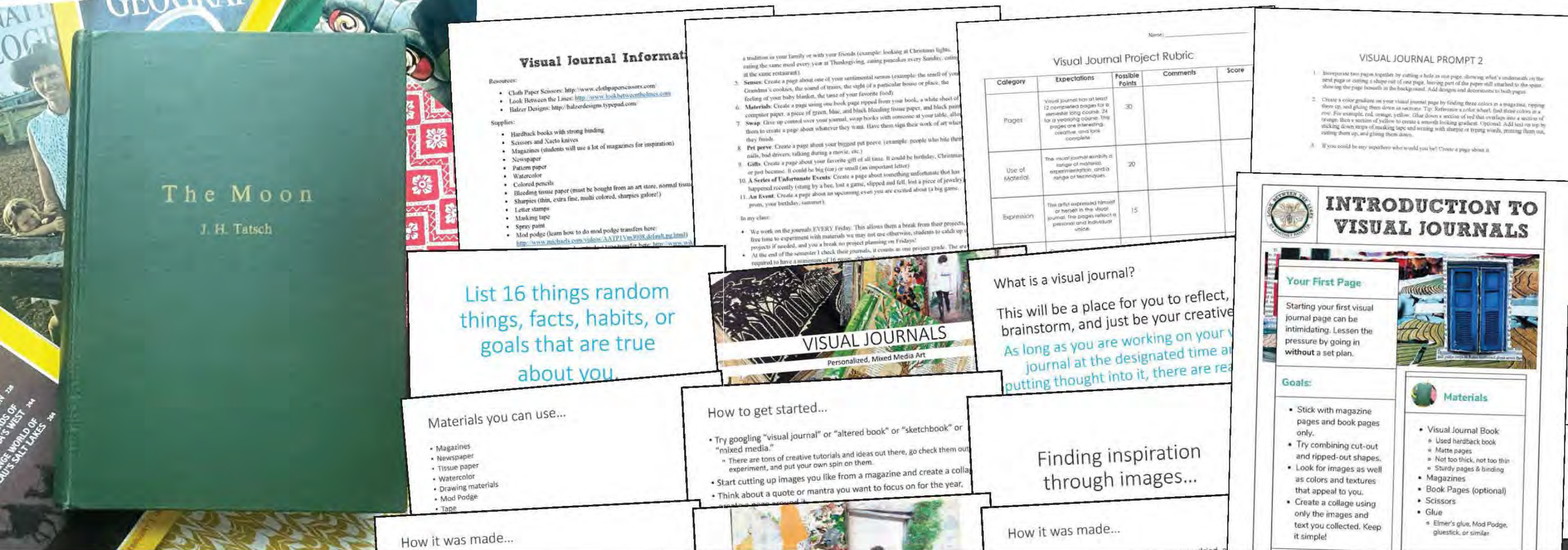
TIPS FOR IMPLEMENTING

### VISUAL JOURNALS:

- Provide this guide for students working in their visual journal.
- Go through the list of ways pastels can be incorporated into a work of art.
- Encourage students to experiment with pastels on a separate sheet of paper before starting in their visual journal.
- Students can recreate the pear in their visual journal or follow some of the suggestions to create color blocking, add patterns, enhance a collage, and similar.

# TEACHER NOTES

WAYS TO IMPLEMENT THE ACTIVITY & INFO



### Visual Journal Information

- 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)
  - Sharpies (thin, extra fine, multi colored, sharpies galore!)
  - Letter stamps
  - Masking tape
  - Spray paint
  - Mod podge (learn how to do mod podge transfers here: <http://www.michaels.com/video/AA7P1Vn908.dcrubr.pg.html>)

### Visual Journal Project Rubric

Category	Expectations	Possible Points	Comments	Score
Pages	Visual journal has at least 12 completed pages for a semester long course. 24 for a yearlong course. The pages are interesting, creative, and look complete.	30		
Use of Material	The visual journal exhibits a range of materials, experimentation, and a range of techniques.	20		
Expression	The artist expressed himself or herself in the visual journal; the pages reflect a personal and individual voice.	15		

### VISUAL JOURNAL PROMPT 2

- 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.
- Create a color gradient on your visual journal page by finding three colors in a magazine, ripping them up, and gluing them down as 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 trying words, printing them out, cutting them up, and gluing them down.
- If you could be any superhero who would you be? Create a page about it.

List 16 things random things, facts, habits, or goals that are true about you.



What is a visual journal?  
This will be a place for you to reflect, brainstorm, and just be your creative self. As long as you are working on your journal at the designated time and putting thought into it, there are no rules.

#### Materials you can use...

- Magazines
- Newspaper
- Tissue paper
- Watercolor
- Drawing materials
- Mod Podge
- Tape

#### How to get started...

- Try googling "visual journal" or "altered book" or "sketchbook" or "mixed media." There are tons of creative tutorials and ideas out there, go check them out, experiment, and put your own spin on them.
- Start cutting up images you like from a magazine and create a collage.
- Think about a quote or mantra you want to focus on for the year.

Finding inspiration through images...

#### How it was made...



#### How it was made...

# INTRODUCTION:

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

## WATERCOLOR HOW TO GUIDE

TIPS FOR IMPLEMENTING

### VISUAL JOURNALS:

- Provide this guide for students working in their visual journal.
- Demonstrate a few techniques for them to see in person.
  - Show the more complex techniques such as rubber cement/mixing fluid resist, filling a shape with multiple colors, and how much to wet the watercolor for different styles.
- Students can use watercolors in their visual journal or not after the demonstration. It's an option if they want to! They can use one or all, it's up to them and what they are interested in trying.

### BEFORE A WATERCOLOR PROJECT:

- Pass the handout out before starting.

## PAINT PEN & SHARPIES HOW TO GUIDE

ACTIVITY

### SUPPLIES:

- One sheet of paper
- Pencil
- Eraser
- Paint pens and/or Sharpies (if possible, grab a range of colors and thicknesses)
- Magazines
- Glue
- Scissors
- Additional material (such as colored pencils, crayons, paint, and similar)

### ACTIVITY:

## QUICK PRINTMAKING TECHNIQUES

ACTIVITY

### SUPPLIES:

- Foil
- Washable Markers
- Waterproof Markers
- Potatoes
- Knife (for adult use)
- Cookie Cutters
- Paint (acrylic or tempera)
- Bubble Wrap (assorted sizes and styles)
- Fresh or Silk Leaves
- Shaving Cream
- Food Coloring (for liquid watercolor)
- Toothpicks

## CONNECTING PAGES

ACTIVITY

### SUPPLIES:

- Optional: Computer and printer access
- Scissors
- Pencil
- Glue
- Xacto knife
- Hole punch
- Additional supplies to use in your work of art such as paint pens, Sharpies, and colored pencils
- Sketchbook or visual journal

### ACTIVITY:

- Follow the connecting pages how to guide select one technique you want to test out.
- Consider how you want to visually tie two pages together through the cut out and the design on the pages.
- Use pencil to sketch out the location of the cut out(s) before you start cutting.
- Think about what design you will see on the other side of the cut out and how it visually ties into the design on the other page.
- Use caution with the Xacto knife! You can easily cut yourself. Always cut away from your body and hands. Place cardboard or similar under your paper when you are cutting.
- Be as neat as possible, clean up your area when you finish your artwork.
- If you finish early test out another technique.

**CHECKLIST:** Check off which technique you chose and write down why you chose it:

- Cut pattern \_\_\_\_\_
- Page shape \_\_\_\_\_
- Connect more than two \_\_\_\_\_
- Intentional shape \_\_\_\_\_
- Cut pages \_\_\_\_\_
- Hole punch \_\_\_\_\_
- Use the cut outs \_\_\_\_\_

## MAGAZINE COLLAGE HOW TO GUIDE

ACTIVITY

### SUPPLIES:

- One sheet of paper or sketchbook
- Magazines
- Glue
- Scissors

## COLORED PENCIL GUIDE

ACTIVITY

### SUPPLIES:

- One sheet of paper
- Pencil
- Eraser
- Colored pencils (a range of colors and value)
- Quoted images (matte paper is required)

## USING PERSONAL PHOTOGRAPHS

ACTIVITY

### SUPPLIES:

- Computer and printer access
- Scissors
- Glue
- Clearing Tape

## USING GESSO

ACTIVITY

### SUPPLIES:

- Gesso
- Water, water cups
- Paintbrushes
- Pencils, charcoal, other drawing materials

## USING BOOK PAGES

ACTIVITY

### SUPPLIES:

- Book pages
- Scissors
- Glue
- Sharpies or other drawing materials

## CREATING & USING STENCILS

ACTIVITY

### SUPPLIES:

- Poster board, cardboard, or cardstock
- Xacto knife
- Scissors
- Paintbrushes
- Pencils, charcoal, other drawing materials
- Paint supplies such as acrylic, spray paint, or watercolor

# SUB PLANS & ACTIVITY OVERVIEW

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 magazine images.



**4.** Doodle!



Create an interesting, abstract design.

**5.** Look online.



**6.** Experiment!



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



**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 & INSPIRATION

**EXAMPLES:**  
Match the numbers on the images with the techniques on the front.

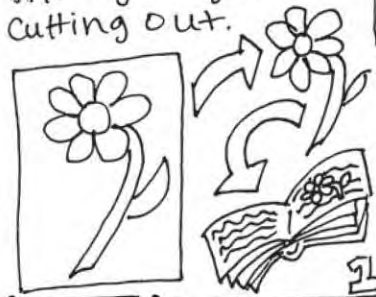


# IDEAS & INSTRUCTIONS

10 IDEAS TO GET STUDENTS STARTED

# Collaging HOW TO & TIPS

Cut to the edge of the object you are cutting out.



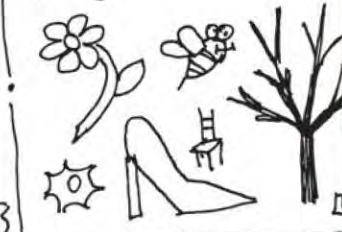
You can leave a thin outline around an object for a stylized look. But keep the line consistent.



Cut your collage piece to the edge, glue it to a color or pattern sheet of paper, cut it out leaving a thin edge.



Include a range of different size items in your collage.



Cut all parts of the background out. Use an Xacto for interior pieces.

Overlap various cut out pieces to make it look unified.

Be creative & have fun!



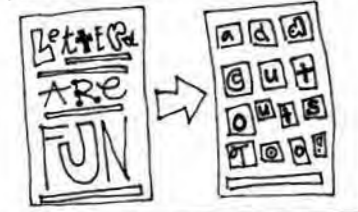
# COLLAGE GUIDE

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.



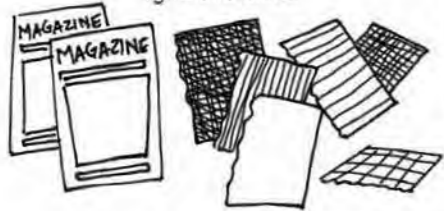
# INCORPORATE TEXT

9 WAYS TO SUCCESSFULLY INCLUDE TEXT IN A WORK OF ART

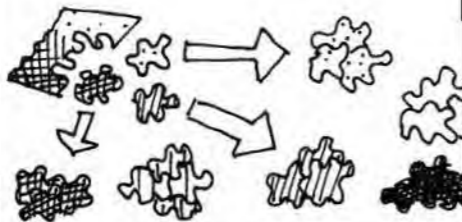
HOW TO & TIPS

# MAGAZINE FADE

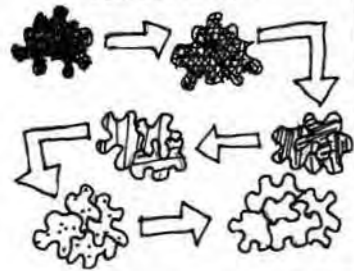
**STEP 1.** Rip pages from magazines that have the colors you want for the fade. Make sure you find a wide range of lights and darks.



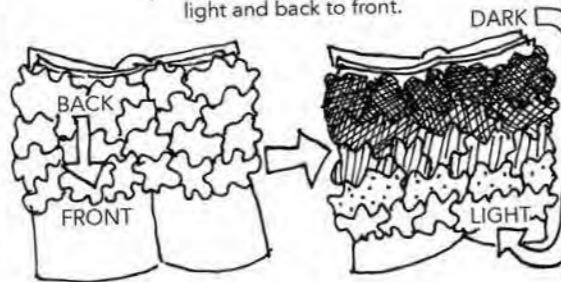
**STEP 2.** Rip the pages into smaller pieces and place them in piles with similar colors and shades.



**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.

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

**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.

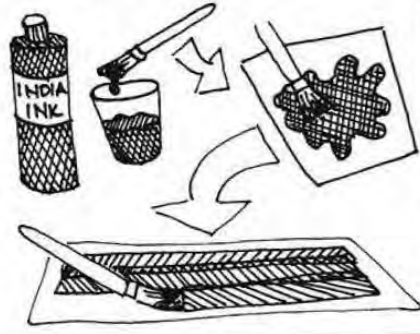


# USING ACRYLIC PAINT

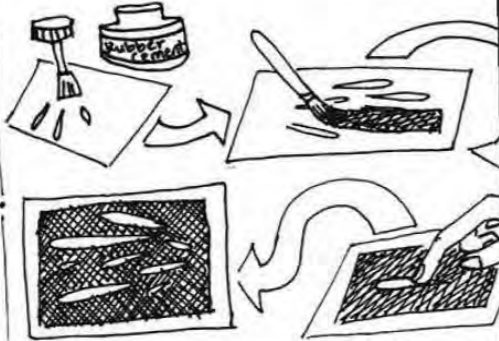
7 WAYS TO USE ACRYLIC, EXAMPLES ON THE BACK  
COLOR AND COLOUR SPELLINGS

VISUAL JOURNAL TIPS & TECHNIQUES  
**INDIA INK**

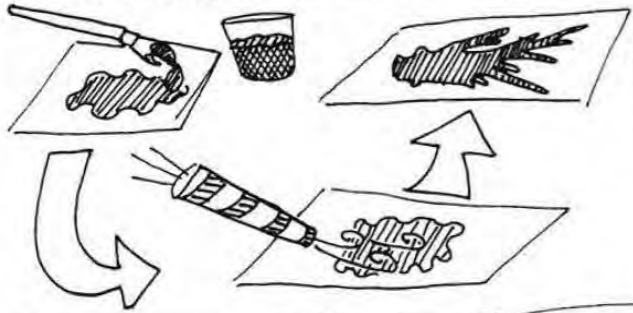
1. Use a paint brush to paint your page with India ink. Layer it for a solid background or slightly overlap single layers for a striped look.



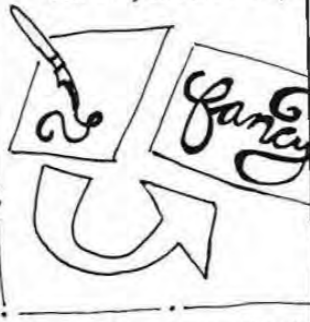
2. Splatter rubber cement on your page. Allow it to dry. Paint over it with India ink, let it dry. Rub the rubber cement off to create a white splatter pattern.



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

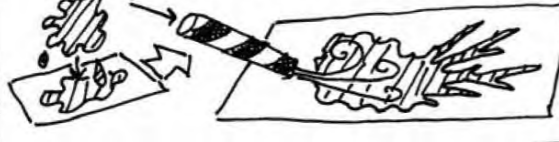
6 WAYS TO USE INDIA INK, EXAMPLES ON THE BACK  
 COLOR AND COLOUR SPELLINGS

# 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.



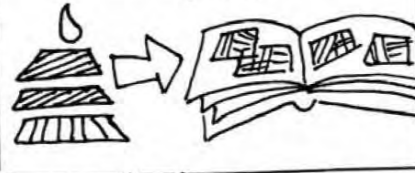
**2.** Wet the bleeding tissue paper. Squeeze it out onto a sheet of paper. Take a straw and blow through it toward the dyed water to make it splatter.



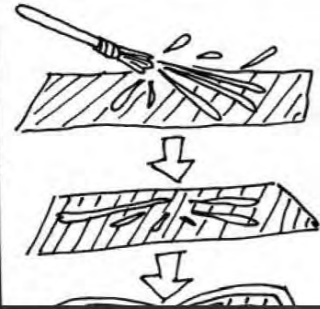
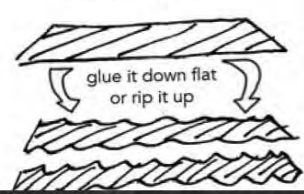
**3.** Dunk bleeding tissue paper in water. Squeeze the tissue paper out over a sheet of paper. Let it dry, cut it out, and collage with it.



**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.

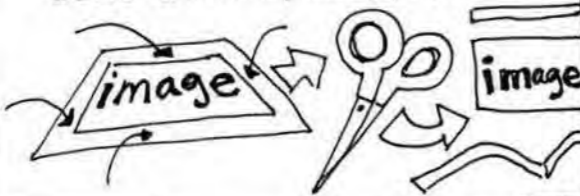
**STEP 3.** After the image is completely covered with tape, rub the back with scissor handles or a spoon.



\*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 still sticky, use Elmer's glue or Mod

**STEP 8.** Add decoration to finish your page and enjoy!



# PACKAGING TAPE TRANSFER

STEP-BY-STEP INSTRUCTIONS, EXAMPLES ON THE BACK

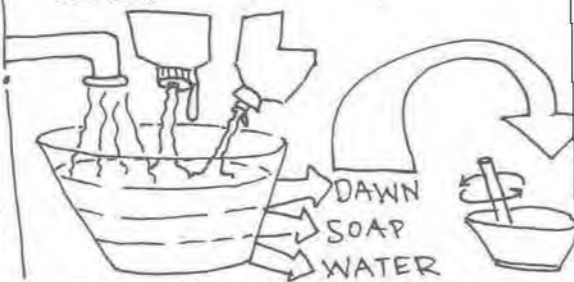
VISUAL JOURNAL TIPS & TECHNIQUES

# BUBBLE PRINT

1. Cut a cup down to 1/3 the original size or use a shallow bowl.



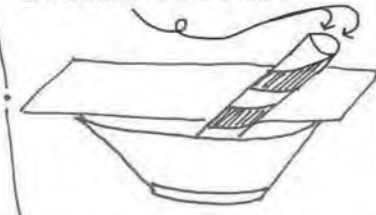
2. Fill the cup 1/3 of the way with paint (acrylic and tempera work well), 1/3 water, 1/3 dish soap. Stir the mixture.



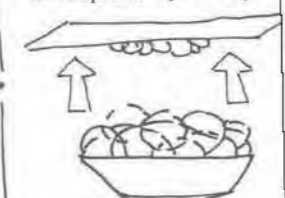
3. Place a piece of paper on top of the cup.



4. Put a straw into the cup and blow.



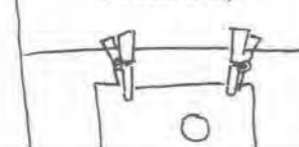
5. Lift the paper straight off the cup and lay face up.



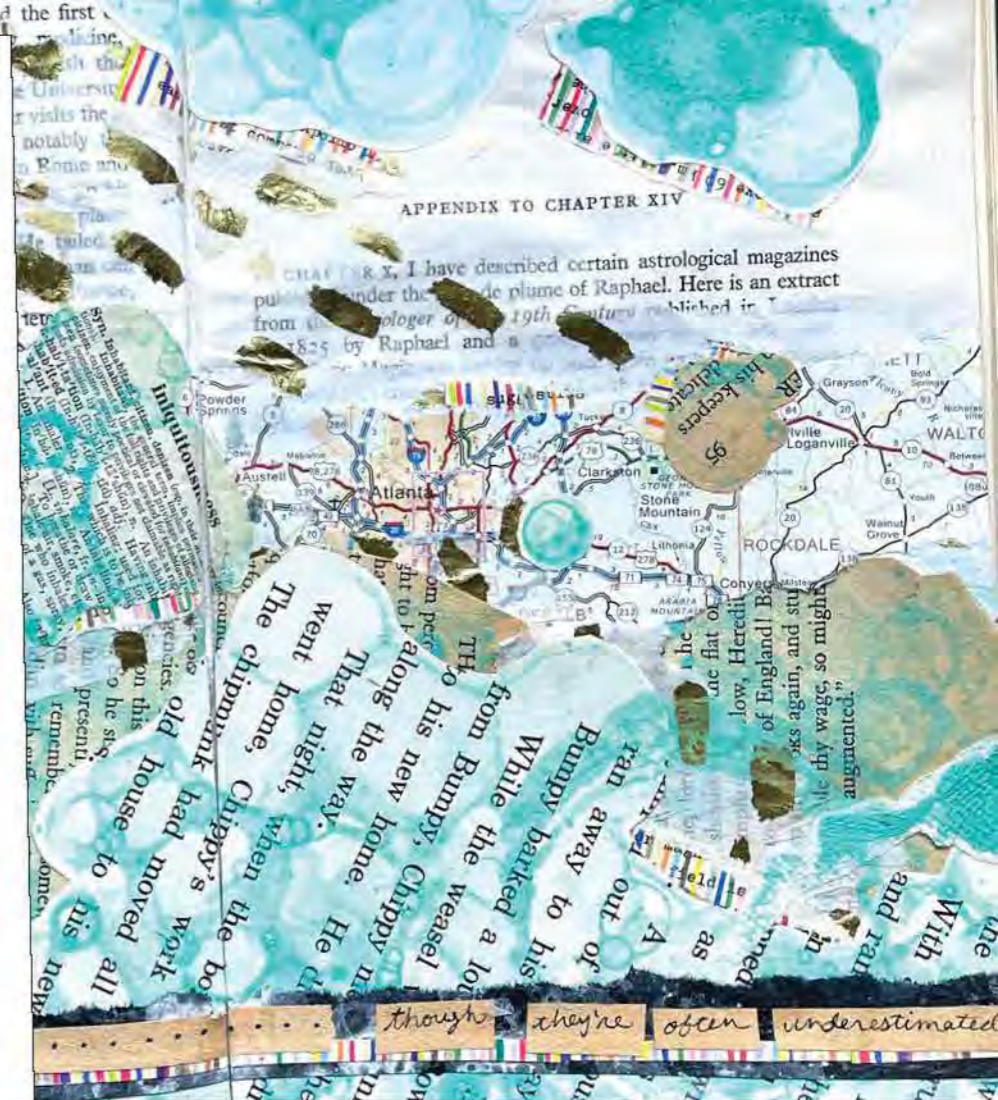
6. Pop any bubbles stuck to the paper.



7. Allow to dry.



7. Cut out and collage in your visual journal.



# BUBBLE PRINTS

STEP-BY-STEP INSTRUCTIONS, EXAMPLES ON THE BACK

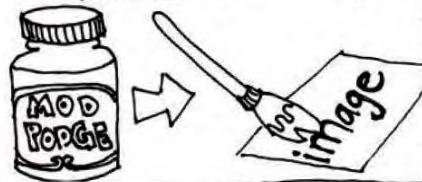
# MOD PODGE IMAGE TRANSFER

IMAGE  
TRANSFER  
TIPS &  
TECHNIQUES

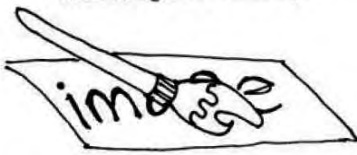
**STEP 1.** Print an image on a laser printer  
or use a high quality magazine image.



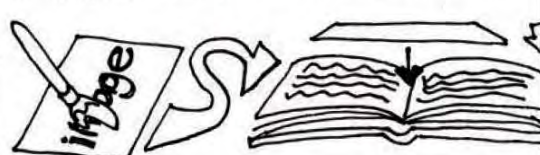
**STEP 2.** Paint a layer of Mod Podge on  
your image and allow it to dry.



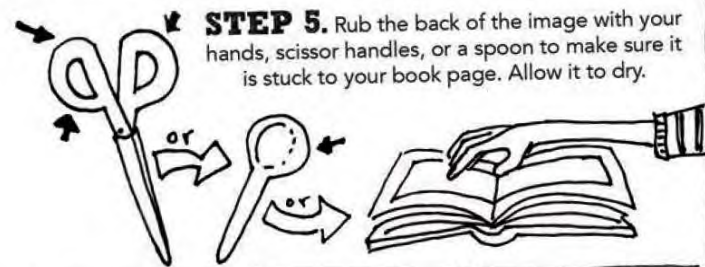
**STEP 3.** Paint a second layer of  
Mod Podge and let it dry.



**STEP 4.** Paint a third layer of Mod Podge. While it  
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

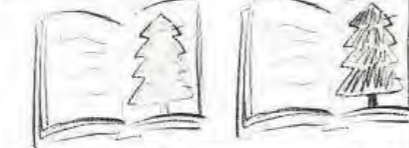
STEP-BY-STEP INSTRUCTIONS, EXAMPLES ON THE BACK



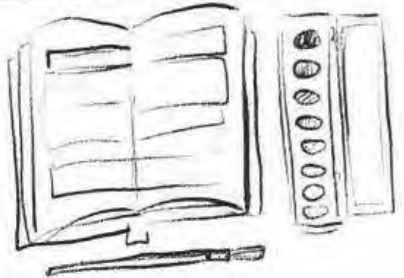
# HOW TO & TIPS USING GESSO

## SUPPLIES:

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



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



**2. PRINT OVER:** Add gesso to a surface paint, wouldn't ordinarily stick to, such as a slick surface, to enable you to add paint. Gesso can also help add a thicker layer to surfaces such as thin paper and book pages. Once the gesso dries add paint on top, see how the gesso absorbs and holds the paint.



**3. TONE DOWN:** If you have a busy background use gesso to help tone it down. Use gesso straight from the tub for a thick, more opaque white layer. Mix water into gesso to create a thinner, more transparent layer over your background. Use a paintbrush to apply it to your background.



product to be used. All of these are very important, especially on along with the matter of materials. They should also be given attention at the time.

Sketch the ideas on a piece of paper or wood. Work on the surface and material before starting to use gesso. This is a good opportunity to improve the piece. Visual requirements are considered how.

If necessary, build a model or a mock-up of the piece.

Prepare a work of drawing or sketch of the piece. Use the kind of material you want to use the possibilities of the material. The sketch make the design. It does not look like a drawing. Change it. This is a good opportunity to change it. This is a good opportunity to change it.

Material - Wood, Metal, Glass, Plastic, Direct metal, Wood, Wire

Right corners in the material considered for color.

Material - Wood, Metal, Glass, Plastic, Direct metal, Wood, Wire



# USING GESSO GUIDE

INFORMATION ON THE FRONT, EXAMPLES ON THE BACK

# HOW TO & TIPS USING BOOK PAGES

## SUPPLIES:

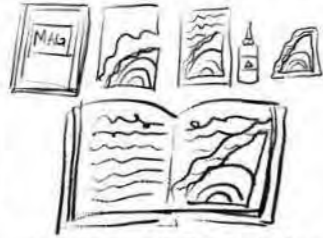
Book pages  
Glue  
Scissors  
Artwork or visual journal  
Additional supplies such as magazine images, printed images, collage paper, Sharpies, and writing materials to collage with the book pages in your sketchbook or visual journal. Try finding a range of book page colors and styles if possible.



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



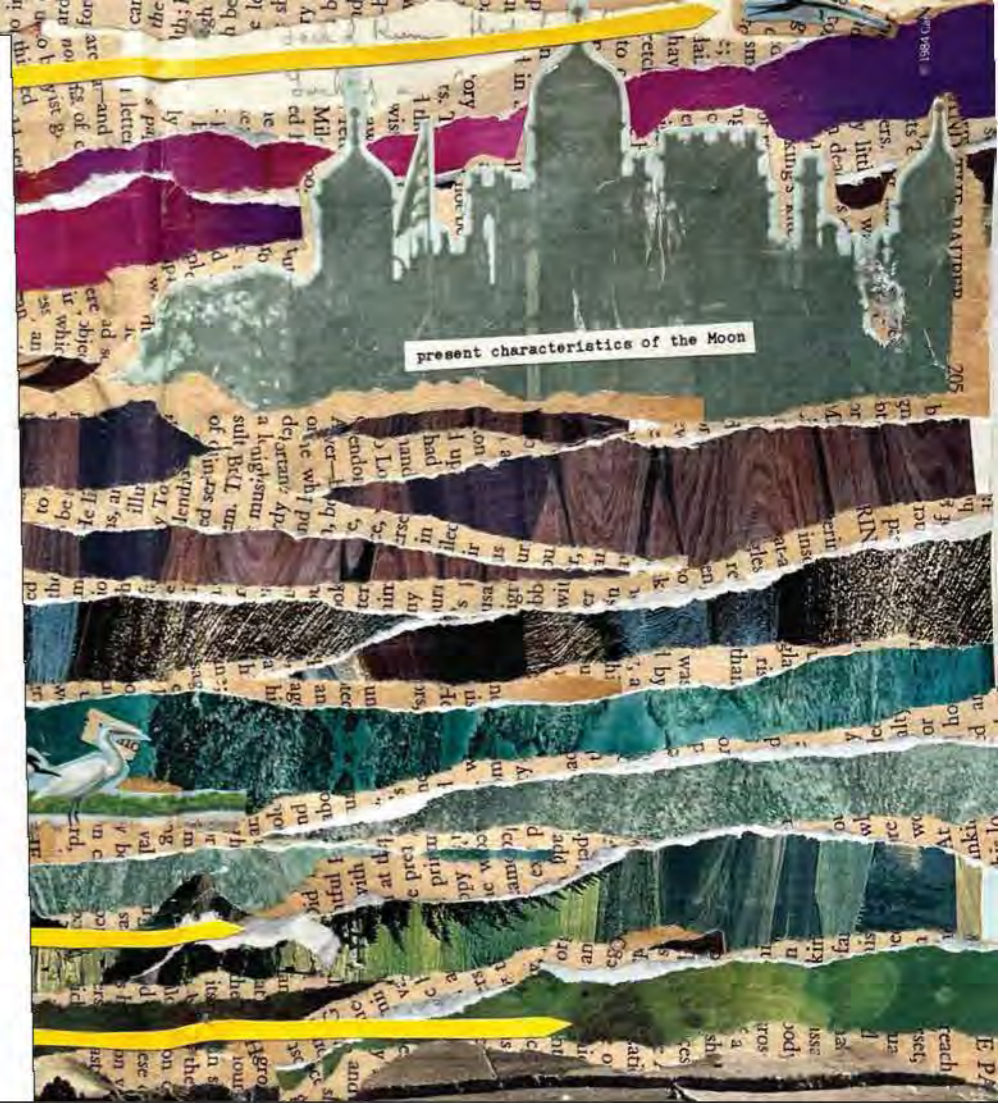
**2. SPACE FOR TEXT:** Cut book pages into strips or rectangle shapes, glue them down, and write on them! Create a space to add and emphasize text in your visual journal, sketchbook or work of art.



**3. RIPPED EDGE:** Emphasize a ripped edge by adding a ripped book page behind it. Rip out collage material, magazines, collage paper, or similar, glue a piece of book page behind it with an edge sticking out. Rip the book page to follow the edge of the collage material. Use in a journal, sketchbook, or artwork.



**4. CLEAN EDGE:** For cleaner collage, cut out an object from a magazine, print out a similar, glue it on top of a book page. Cut around the object leaving an edge of book page showing. Glue it in your visual journal, sketchbook, or artwork for a layered look.



# USING BOOK PAGES

INFORMATION ON THE FRONT, EXAMPLES ON THE BACK



WHAT'S YOUR ALL-TIME FAVORITE MEAL?  
CREATE A VISUAL JOURNAL PAGE ABOUT IT.

DIP A STRING IN INDIA INK. RANDOMLY DROP IT ALL OVER YOUR BOOK PAGES TO CREATE LINES. FILL THE SHAPES THE LINES CREATED WITH DOODLES, COLORS, AND PATTERNS.

*Draw a picture of the shoes you currently have on.*

Find a black and white picture in a magazine that you like, cut it out. Use gesso to paint your pages white. Let it dry. Glue the picture on top of the white background. Add designs to the background using black sharpie.

WHAT IS YOUR FAVORITE CITY IN THE WORLD?  
CREATE A VISUAL JOURNAL PAGE ABOUT IT. TIP: LOOK UP SKYLINE PICTURES ONLINE, PRINT THEM, CUT THEM OUT, AND COLLAGE WITH THEM IN YOUR VISUAL JOURNAL.

**What's your favorite planet?  
Make a visual journal page about it.**

*What is your beverage of choice?  
Create a visual journal page about it.*

WHAT IS YOUR FAVORITE PART OF YOU?  
CREATE A VISUAL JOURNAL PAGE ABOUT IT.

USE WATERCOLOR OR BLEEDING TISSUE PAPER TO CREATE A  
ADD MASKING TAPE TO CREATE LINES.  
OUTLINE THE MASKING TAPE WITH SHARPIE.

visual journal

VISUAL JOURNAL

# GENERAL PROMPT LIST:

87 PRINTABLE PROMPTS, 12 PAGES

HOW TO & TIPS

# WATERCOLOR

## SUPPLIES:



Watercolor, water, paintbrush, tissues, Sharpies, gel pens, or paint pens, rubber cement or masking fluid, straw



**1. TIE DYE STYLE**  
For a more loose, tie dye base, paint a layer of white on your paper. While the paper is wet, add color. Add water to the pigment, dip your brush in, paint over the wet paper. Wipe your brush between adding colors. Let the colors slowly blend. Allow the paper to dry.



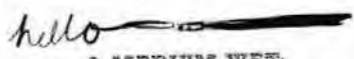
## 2. DRY BRUSH:

For a more textured look lightly wet your watercolors. Take a dry brush, dip it in the paint, and apply to your paper. The texture of the paintbrush bristles will be emphasized.



## 4. FILL A SHAPE:

Paint a shape using plain water. Add water to your watercolor. Dip a damp brush in the paint, touch it to the water shape. Watch the shape fill with color. Try adding two different colors.



## 3. MEDIUM WET:

For watercolor that can easily be controlled to write a word or paint a specific shape, add water to your paint, dip your brush in water, dab on a paper towel to remove the excess water, and dip into the paint. Apply the paint to your paper. Clean your brush between colors.



## 5. BLOTTING:

Wet your watercolor. Use a wide brush to dip in the paint and paint a section of your paper. Crumble a tissue and press it on the paper while it's wet to create an organic shape in the paint. It can look like clouds!



## 6. SPLATTER:

Dip a paintbrush in wet watercolor and splatter it on your paper using a slinging motion. Watch out for splattering those around you! For more controlled splatter add a bit of very wet paint to your paper and blow it using a straw.

HOW TO & TIPS

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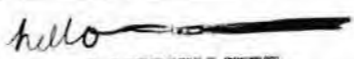
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# WATERCOLOR GUIDE

INFORMATION ON THE FRONT, EXAMPLES ON THE BACK  
WATERCOLOR AND WATERCOLOUR SPELLINGS

HOW TO & TIPS

# PAINT PENS & SHARPIES



**SUPPLIES:**

Gel pens, paint pens, Posca markers, Sharpies, in thick, fine, and extra fine a range of line thickness.

**TIP:** Keep a scrap piece of paper nearby to scribble your pens before using them to make sure they aren't dried out and to get paint pens flowing.

**1. WRITING:** Paint pens, Sharpies, and similar are great for adding text to your artwork. Think about the style you are writing the words and make sure it fits the style of the artwork. Think creatively about your text such as the color, outlining it, or adding shadow lines.

ART



**2. REPEATING LINES:**

Create an interesting pattern that emphasizes your subject by creating a repeating line pattern. Start drawing a line around the object, follow the contour, or outline, of the object. Leave little space and draw another line following the same shape repeat. Use the same colors or alternate between a range of colors. Have fun with the style!

**3. SCRIBBLES:**

Add a fun style that creates a sense of movement by scribbling on your artwork. Add scribbles around the subject to emphasize it or add scribbles inside the object to add an interesting pattern.



HELLO

**4. NEGATIVE SPACE:**

Create words and shapes by filling the space around them with pen, leaving the words or shapes the color of the paper to play with positive and negative space.



**5. LAYER PATTERNS:**

Repeat lines, shapes, and patterns on top of other parts of your artwork to create a layered pattern design in your artwork.



HOW TO & TIPS

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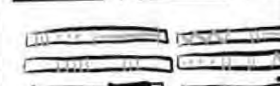
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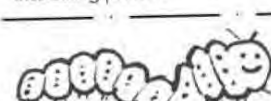
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# PAINT PENS & SHARPIES

INFORMATION ON THE FRONT, EXAMPLES ON THE BACK

COLOR AND COLOUR SPELLINGS

# HOW TO & TIPS USING BOTANICALS

## 1. PRESS & DRY

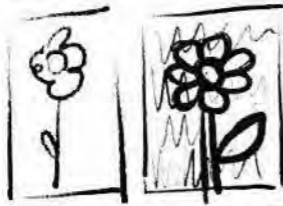
### STEP ONE:

Pick a fresh leaf or flower. Place it in a book. TIP: Sandwich it between paper inside the book to protect the book.



### STEP TWO:

Weight it down with other books. Leave it until the botanical is fully dry.



### STEP THREE:

Check it after a few days or weeks. Once it's fully dry, incorporate it into any work of art. Glue it down with hot glue or Elmer's glue.

## 2. QUICK DRY

### STEP ONE:

Gather fresh flowers. TIP: Look for bright, colorful flowers. Avoid white petals.



### STEP TWO:

Remove the petals and place them between 2 sheets of paper.



### STEP THREE:

Use an iron, no water, medium heat, to flatten & heat up the petals. Go over the paper multiple times. Don't stay in one spot longer than a few seconds.



### STEP FOUR:

TIP: after ironing the petals, place them between the paper, books on top for 24 hours, then the petals to your work of art.

## 3. PANSY PRINT



**STEP ONE:** Gather fresh pansies or other bright colored flowers. Contrast in colors works well!



### STEP TWO:

Place the flowers between paper.



### STEP THREE:

Hammer your flowers!



### STEP FOUR:

Peel the flowers from the paper. Cut out the flower print and collage with it.

## 4. SCAN & PRINT



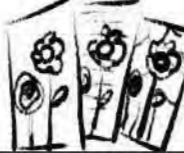
### STEP ONE:

Place fresh flowers on a scanner.



### STEP TWO:

Either scan and print your flowers to cut up and collage the paper.



### STEP THREE:

Cut out your flower prints and collage them with the paper. BONUS TIP: Glue collaged paper on watercolor paper.



# USING BOTANICALS

INFORMATION ON THE FRONT, EXAMPLES ON THE BACK

HOW TO & TIPS  
**PRINTMAKING**

**1. MARKER PRINT:**

**STEP ONE:** Use washable markers, like Crayola, on a sheet of foil. Think blocks of colours, not small patterns.



**STEP TWO:** Spray your design with a spray bottle, a light coat will do!



**STEP THREE:** Lay a sheet of paper on the sheet of foil and press the sheet down.



**STEP FOUR:** Enjoy your color print! Either add design using a waterproof marker such as Sharpie, before you print or after you print on the paper dries.

**2. POTATO PRINT:**

**STEP ONE:** Cut a potato in half.



**TIP:** You will need a sharp knife for this, be careful! Get help from an adult.



**STEP TWO:** Either draw a design using a Sharpie or press a cookie cutter into the potato.



**STEP THREE:** Cut away the potato around your design to create a raised section.



**STEP FOUR:** Let your potato dry out. When it's longer damp to the touch add a layer of paint to your design.



**STEP FIVE:** Press it to paper to create a stamp design! This technique can be applied to sponges, linoleum, & sponges to create stamps too!

**3. BUBBLE WRAP:**

**STEP ONE:** Paint a sheet of bubble wrap.



**STEP TWO:** Press it to paper to create a pattern.

**4. LEAF PRINT:**



**STEP ONE:** Paint a leaf.



**STEP TWO:** Press it to a sheet of paper to create a leaf print.

**TIP:** For bubble wrap and leaf prints, lay different color prints on top of each other.

**5. SHAVING CREAM PRINT:**

**STEP ONE:** Spray an even



**STEP TWO:**



**STEP THREE:**



**STEP FOUR:**



**STEP FIVE:** Use a ruler or

**STEP SIX:** Let your print dry and

HOW TO & TIPS  
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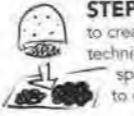
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**QUICK PRINTMAKING**

INFORMATION ON THE FRONT, EXAMPLES ON THE BACK  
COLOR AND COLOUR SPELLINGS

HOW TO & TIPS

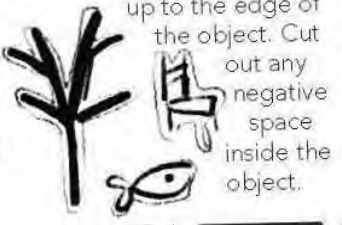
# COMBINING MAGAZINE

## 1. CLEAN COLLAGE



**STEP ONE:** Flip through magazines, pull out any images that catch your eye.

**STEP TWO:** Select objects to cut out. Cut right up to the edge of the object. Cut out any negative space inside the object.



**STEP THREE:** Layer the objects together and glue them down.



## 2. LAYER IMAGES:



**STEP ONE:** Select a base image. Find other images to layer on top.



**STEP TWO:** Cut out the objects you plan to layer on top of the base.



**STEP THREE:** Glue the objects on top of the base layer to create a creative, layered design.

## 3. WEAVE



**6. WEAVE**  
**STEP ONE:** Find two magazine images to combine together.

**STEP TWO:** Cut one image into vertical strips. DO NOT cut the way through the image, a small section attached at top. Cut the image into horizontal strips.

**STEP THREE:** Start weaving your images together. You will take your vertical strips and weave them through the horizontal strips.



# COMBINING MAGAZINE IMAGES

INFORMATION ON THE FRONT, EXAMPLES ON THE BACK

COLOR AND COLOUR SPELLINGS



HOW TO & TIPS  
**COLORED PENCILS**

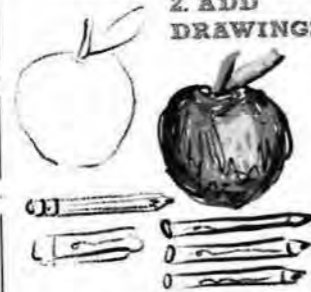
**1. WRITING**

Colored pencils are a great tool to add text to a work of art. It can easily be controlled and you have access to a variety of colors and values. Try writing in cursive, block letters, add cast shadows, outline, or shapes to highlight text.



**2. ADD DRAWINGS**

Use colored pencils to draw objects, scenes and similar. Build layers overlapping color.



**3. BUILDING VALUE:** Fluidly move from black to gray to white.



**STEP ONE:** Use a pencil to lightly draw your base shape.  
**STEP TWO:** Start with your dark value to add shadows. Don't press down hard, start light.  
**STEP THREE:** Add a slightly lighter value, overlap the lighter color on the edge of the dark value to blend them.  
**STEP FOUR:** Layer another lighter value, moving from dark to light. Go back over the colors to layer and darken the colors. Overlap the colors to blend them.

**4. BLEND COLORS:**



Follow the steps in building value but use color. Select colors next to each other on the color wheel for even transition.  
**Example:** Blue to light green or purple to pink.

**6. BLEND PHOTOS**



HOW TO & TIPS  
**COLOURED PENCILS**

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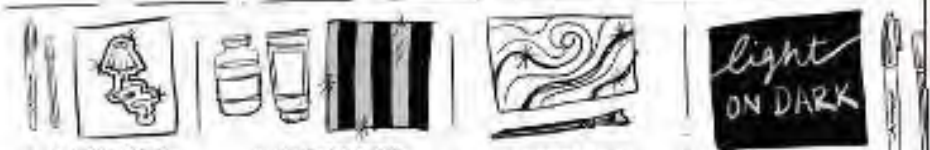
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# USING COLORED PENCILS

INFORMATION ON THE FRONT, EXAMPLES ON THE BACK  
 COLOR AND COLOUR SPELLINGS

HOW TO & TIPS  
**USING METALLICS**



**1. OUTLINES:** Emphasize your focal point by adding a metallic outline using metallic pens or Sharpies.

**2. PATTERNS:** Create background patterns by using metallic paint with non-metallic paint to add an interesting flair.

**3. SWIRLS:** Add metallic watercolor or watered down metallic acrylic paint to add glittery accents to your painting.

**4. LAYER:** Use metallic pens to write or add patterns on top of black or dark backgrounds.

**5. GLITTER:**

**STEP ONE:** Create a design using Elmer's glue.

**STEP TWO:** Sprinkle glitter over your glue design.

**STEP THREE:** Top your glue design paper on top of a blank sheet of paper to catch the excess glitter.

**STEP FOUR:** Pour the glitter back to use for your project. Use your glitter design in next work of art.



**6. GOLD LEAF**

If you want to try a unique material try gold leaf (imitation gold) you can also use copper and silver colors.

**STEP ONE:** Apply a layer of glue where you want to place the gold leaf.

**STEP TWO:** Lay the gold leaf down on the glue, rip off any excess and let for later. Use gold leaf to emphasize area or fill the background. Carefully paint a layer of watered down Elmer's glue on top to protect the gold leaf.



# METALLICS GUIDE

INFORMATION ON THE FRONT, EXAMPLES ON THE BACK

# HOW TO & TIPS PERSONAL PHOTOGRAPHS



## 1. CUT & LAYER:

Print out a photograph. Cut out the subject along the edge or leave an intentional, even border around the subject. Layer it over a new painted, collaged, or similar background.



## 2. ADD A FRAME:

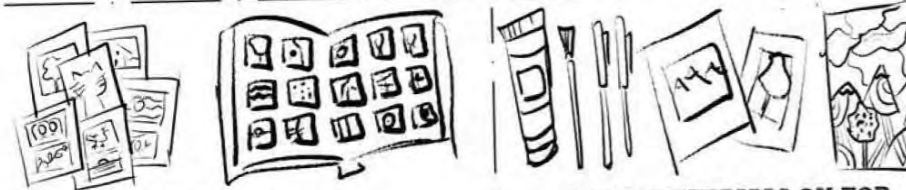
Find a frame picture online. Print out the frame and your picture. Cut the center out of the frame. Cut out the picture, tape it to the center of the frame. Add it to a work of art.



## 3. IMAGE TRANSFER

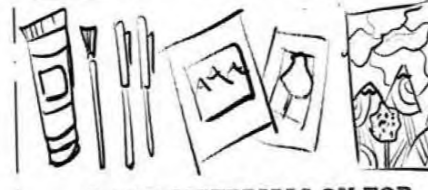
**TEST AN IMAGE TRANSFER:** Use Mod Podge or packaging tape to create a semi-transparent image to collage with.  
**TAPE TRANSFER:** Tape packaging tape to the front of your printed image. Wet the back of the paper. Peel off the wet paper. The ink will remain stuck to the tape, light areas will be transparent, dark areas semi-transparent.

**MOD PODGE TRANSFER:** Paint three layers of Mod Podge on top of your printed image, letting them dry between each layer. Paint a fourth layer, lay it face down on the surface you want to transfer to, let it dry. Wet the back of the paper. Peel the paper off. The ink will be stuck to the new surface.



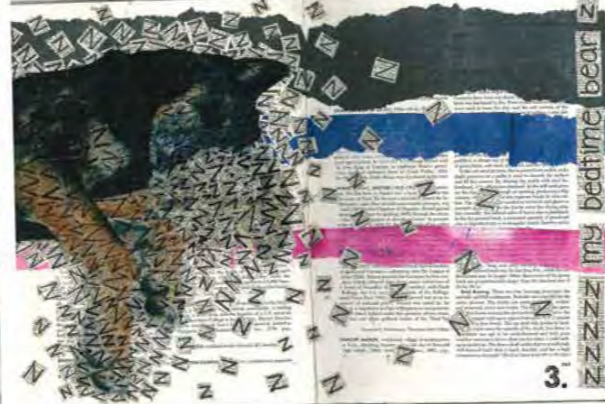
## 4. SPLICE PICTURES

Take multiple pictures, cut or rip them into basic shapes such as squares, strips, or similar. Glue them down in a pattern in your visual journal, sketchbook, or artwork.



## 5. ADD MATERIALS ON TOP

Print out a personal photograph. Add artistic elements on top using paint, paint pens, Sharpies, colored pencils, or similar.



# USING PICTURES

INFORMATION ON THE FRONT, EXAMPLES ON THE BACK

# HOW TO & TIPS CONNECTING PAGES

## SUPPLIES:

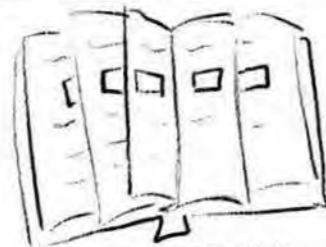
Sketchbook, visual journal book, or similar to experiment with. Scissors and tools to cut out of the center of the page such as an Xacto knife, hole punch, and similar.



**1. CUT PATTERN:** Draw a pattern on your page, use Xacto knife to cut out the shapes. TIP: place a piece of cardboard under the page to prevent cutting other pages. For a thick stencil design glue two pages together before cutting the design.

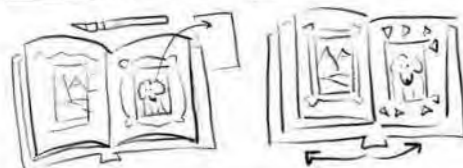


**2. PAGE CUT SHAPE** Draw a design in the center of your book spread (two pages that face each other) or print, cut out, and glue an image to the center of your spread. Cut around the shape on the right side page, exposing the page behind it. Add decoration to the page behind the cut out.



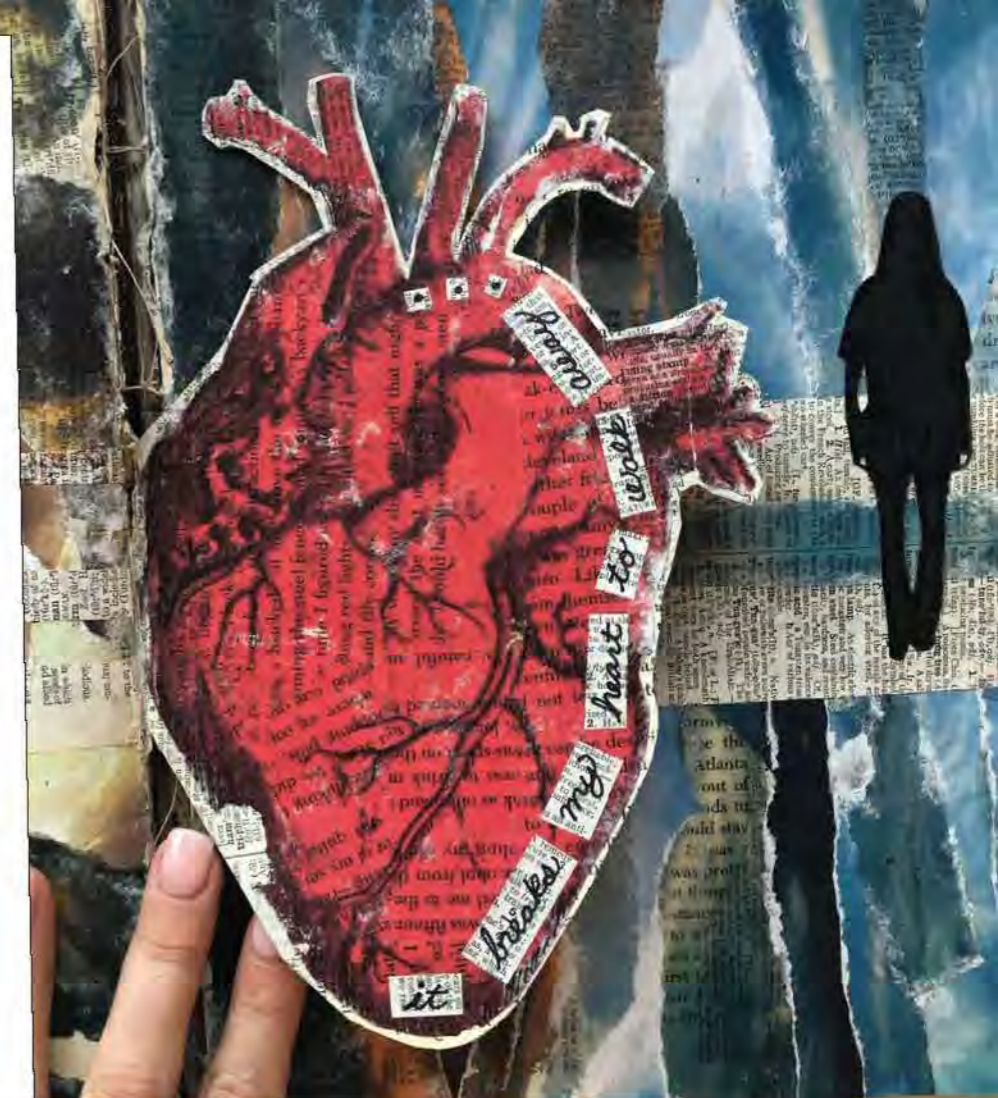
## 3. CONNECT MORE THAN TWO

Push yourself to connect more than two pages together. Decide how many pages you want to tie together. Glue an image or create a design on the bottom page. Measure the location of the added design, draw a box or similar to align with the opening. Use an Xacto knife to cut the opening. Trace this shape on the back of the next page. Cut through with an Xacto knife. Repeat with the pages you want to include. Add other decoration making each page unique, be sure to highlight the through design element.



## 4. CUT AN INTENTIONAL SHAPE

Consider how a cut shape can highlight a design on the next page. For example, glue a picture, cut an opening for a frame, add a frame design around the opening.



# CONNECTING PAGES

INFORMATION ON THE FRONT, EXAMPLES ON THE BACK

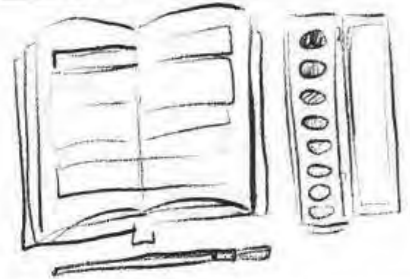
# HOW TO & TIPS USING GESSO

### SUPPLIES:

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



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



**2. PAINT OVER:** Add gesso to a surface paint, wouldn't ordinarily stick to, such as a slick surface, to enable you to add paint. Gesso can also help add a thicker layer to surfaces such as thin paper and book pages. Once the gesso dries add paint on top, see how the gesso absorbs and holds the paint.



**3. TONE DOWN:** If you have a busy background use gesso to help tone it down. Use gesso straight from the tub for a thick, more opaque white layer. Mix water into gesso to create a thinner, more transparent layer over your background. Use a paintbrush to apply it to your background.



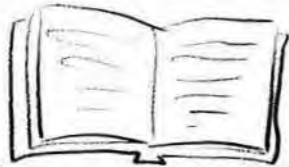
# USING GESSO GUIDE

INFORMATION ON THE FRONT, EXAMPLES ON THE BACK

# 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.

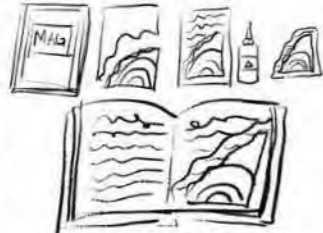


**1. BACKGROUND:** For a more interesting layered book pages from other books in your visual journal or sketchbook. Cut the pages in strips, rip them up, or glue them in as a full page. TIP: Find books with slightly different page colors to layer together.



## 2. SPACE FOR TEXT:

Cut book pages into strips or rectangle shapes, glue them down, and write on them! Create a space to add and emphasize text in your visual journal, sketchbook or work of art.



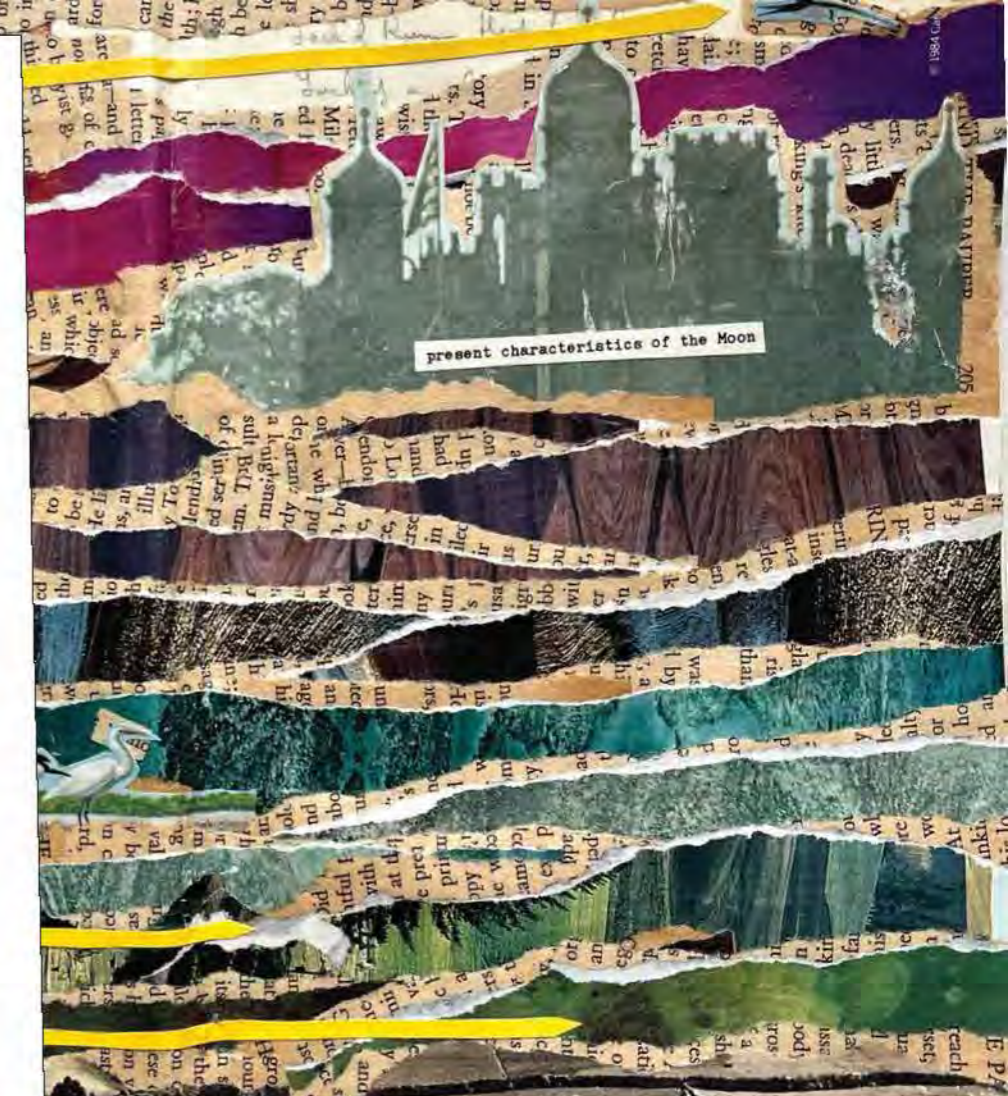
## 3. RIPPED EDGE:

Emphasize a ripped edge by adding a ripped book page behind it. Rip out collage material, magazines, collage paper, or similar, glue a piece of book page behind it with an edge sticking out. Rip the book page to follow the edge of the collage material. Use in a journal, sketchbook, or artwork.



## 4. CLEAN EDGE:

For cleaner collage, cut out an object from a magazine, print out, or similar, glue it on top of a book page. Cut around the object leaving an edge of book page showing. Glue it in your visual journal, sketchbook, or artwork for a layered look.



# USING BOOK PAGES

INFORMATION ON THE FRONT, EXAMPLES ON THE BACK

## HOW TO & TIPS USING PASTELS

### SUPPLIES:

- Pastels, a variety of colours
- Pastel pencils (optional)
- Paper with a little bit of texture (if it's too smooth the pastels won't stick)
- Tissue, Q-tip, or blending stump
- Paintbrush
- Water
- Fixative



### WAYS TO USE PASTELS:

- Add a background colour
- Create an blend from one colour to another
- Add a colour blocked design
- Draw and colour an object
- Blend over a collaged layer to highlight and torn edges of the paper
- Add lines and patterns
- Write words (easiest with pastel pencils)



### STEP ONE:

Lightly draw a shape or object you want to add colour to. Either layer one solid colour or add multiple colours. TIP: If using multiple colours, add them to different areas of your drawing, blend them in step 2.



### STEP TWO:

Use a tissue or blending stump to blend and smooth larger areas of your drawing. Use a Q-tip to blend small areas. Blend colours into each other.



### STEP THREE:

Once blended, add details such as lines, patterns, texture, or sharpen up highlights and shadows using the edge of your pastel or a pastel pencil.



**STEP ONE:**  
Draw your base shape.



**STEP TWO:**  
Block and layer your colors.



**STEP THREE:**  
Blend colors, layer, blend, repeat.



# HOW TO USE PASTELS

INFORMATION ON THE FRONT, EXAMPLES ON THE BACK  
COLOR AND COLOUR SPELLINGS

# HOW TO & TIPS USING OIL PASTELS

## SUPPLIES:

- Oil pastels, a variety of colours
- Baby oil, stand oil, or mineral spirits (optional)
- Q-tips (optional)
- Toothpicks, palette knife, or other pointed objects to scratch lines into the drawing. (optional)
- Paper
- Fixative



## WAYS TO USE OIL PASTELS:

- Add a background colour.
- Create a blend from one colour to another.
- Add a colour blocked design.
- Draw and colour an object.
- Blend over a collaged layer to highlight and torn edges of the paper.
- Add lines and patterns.
- Write words (easiest when writing large words).



### STEP ONE:

Lightly draw a shape or object you want to add colour to. Stick with colours in the object you are drawing or choose a fun, bright colour that peeks out around the edges of your drawing for a pop of colour.



### STEP TWO:

Block in colours, slightly overlapping them as you go. With oil pastels it's best to work light to dark. Colours can easily become muddy if you try to work dark to light.



### STEP THREE:

Use light colours to blend the layers of oil pastel together. Once blended, add details such as lines, patterns, texture, or sharpen up highlights and shadows using the edge of your oil pastel.



**STEP ONE:** Draw your base shape. Don't be afraid to pick a fun colour!



**STEP TWO:** Block and layer your colours. Work light to dark. Going too dark too fast will make your drawing muddy coloured.



### STEP THREE:

Build up to your darker values. Slightly overlapping your colours will help them start to blend.



**STEP FOUR:** Add your darkest values and continue to overlap colours.



**STEP FIVE:** Layer lighter values on top to blend colours together. TIP: Colour the oil pastel on a clean sheet of paper to clean it off.



**STEP SIX:** Add a cast shadow. Continue to layer lights and darks to blend colours together.



# OIL PASTELS GUIDE

INFORMATION ON THE FRONT, EXAMPLES ON THE BACK  
COLOR AND COLOUR SPELLINGS



HOW TO & TIPS  
**USING UNUSUAL MATERIALS**



**1. BAND AIDS:**  
 Add CLEAN band aids to a work of art to create a space for text, add a focal point, and add an interesting detail.



**2. FABRIC:**  
 Add ribbon, lace, or fabric. Paint over it to help blend it into your artwork or leave it as a focal point. Use hot glue to attach it.



**3. PAPER TOWELS:**  
 Next time you use a paper towel to clean up paint or clean a brush, keep it! The color and texture can add an interesting look.



**4. DRIED PAINT:**  
 Peel dried acrylic paint from used palettes and hot glue it to your work of art for color and texture.



**5. BOTANICALS:**  
 Press leaves or flowers between books until they are dry and collage with them. Try pressing a fresh leaf or flower into ink and print with it.



**6. SEWING:**  
 Add lines and texture to your work of art by sewing into it. Emphasize a focal point, add a design, or write with it.



**7. GOLD LEAF:**  
 Gold leaf creates a beautiful, metallic look when applied. Carefully lay the sheet down onto your work of art. Protect it from scratching by sealing it with Mod Podge or varnish.



**8. TAPE:**  
 Use painters tape or masking tape to create a space for text or a design in your work of art. Use the straight lines of the tape to draw the viewer's eye around your art.



**9. PRINTABLE TRANSPARENCIES:**  
 You can print images and text onto transparencies, or clear plastic.



**10. ANY FLAT MATERIAL:**



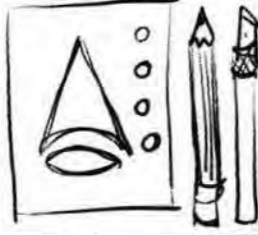
# UNUSUAL MATERIALS GUIDE

INFORMATION ON THE FRONT, EXAMPLES ON THE BACK

# HOW TO & TIPS MAKING & USING STENCILS

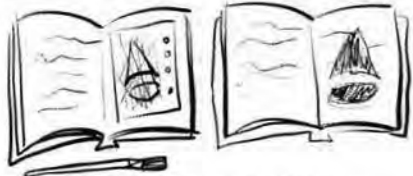
## SUPPLIES:

Poster board or cardboard, Xacto knife or box cutter, scissors, ruler, pencil, additional supplies such as drawing materials, paint, spray paint, and similar.



## CREATE A STENCIL:

1. Draw a design on a thicker paper such as poster board, cardboard, or cardstock.
2. Use an Xacto knife and/or scissors to cut the design out.
3. Use the entire stencil to add a design, or cover up part of the stencil and only use a portion of it.



## 1. PAINT A DESIGN:

Lay your stencil over the space you are working on. Either tape the stencil in place or hold it in place. Paint over the cut opening of your stencil. Remove the stencil to reveal your design. Let it dry.



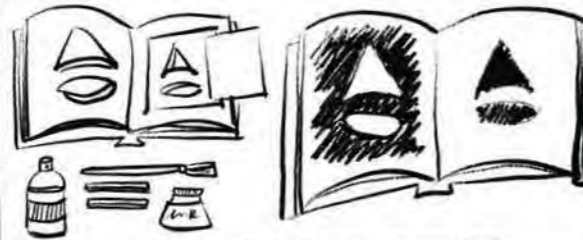
## 2. SPRAY PAINT:

Lay your stencil over the space you are working on. Either tape the stencil in place or hold it in place. Spray over the design. TIP: Let the first layer dry, move your stencil to another space on your artwork and spray it again. Repeat to create a stencil pattern.



## 3. TRACE:

Lay the stencil down. Using a...



## 4. POSITIVE/NEGATIVE SHAPE:

Use a stencil that includes opposites. Place your stencil on one area...



# MAKING & USING STENCILS

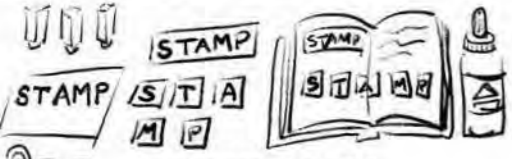
INFORMATION ON THE FRONT, EXAMPLES ON THE BACK

HOW TO & TIPS  
**USING STAMPS**

- SUPPLIES:**
- Stamps
  - Ink pad
  - Sketchbook, Paper, work of art, or visual journal
  - Optional supplies for DIY stamps: Potato & knife, or linoleum & linoleum cutter, or cardboard, Xacto knife, hot glue, or sponge & scissors



**1. REPEATING PATTERN**  
 Stamp one stamp multiple stamps in repeating design to create a pattern. This is a great way to create an interesting background for your work of art.



**2. STAMP WORDS:**

Use letter stamps to create a vintage look for text in your work of art. TIP: Rather than stamping directly on your artwork, stamp on a separate sheet. Spell out full words and cut them out to collage with or stamp individual letters, cut them out, and piece together words.



**3. FOCAL POINT:**

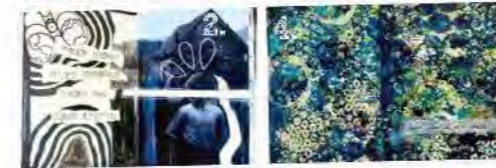
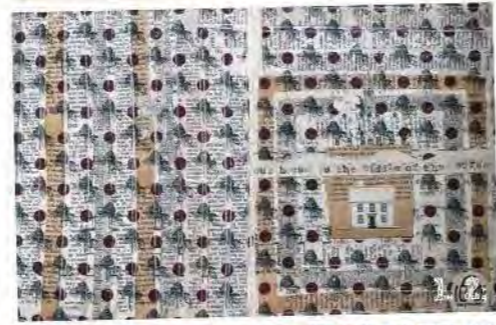
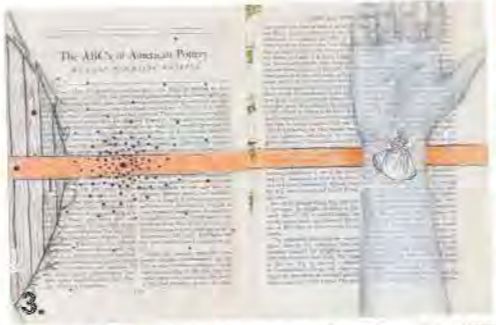
A larger stamp can make a strong focal point. Use dark colored ink to grab the viewer's attention. Use the stamp as the focal point and layer the focal point over the stamped image.



**4. ABSTRACT**



**5. DIY STAMPS:** Try making your own stamp! Use a potato (see instructions below), carve into linoleum (an art material, get a linoleum cutter and adult supervision!), cut out a design from cardboard, hot glue it to another piece of cardboard to create an area for you to hold while you stamp.



# USING STAMPS

INFORMATION ON THE FRONT, EXAMPLES ON THE BACK  
 COLOR AND COLOUR SPELLINGS

Name: \_\_\_\_\_

### ARTIST RESEARCH

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: \_\_\_\_\_

1. Describe the style:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. Describe the purpose behind the style (ex: to study the changing light during the day)

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3. What material are they using?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

4. What is the time period this artist worked or are they still working (current, 1450-1510, etc.)?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

5. Why is this style appealing to you?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Name: \_\_\_\_\_

Name of the artist: \_\_\_\_\_

1. Describe the style:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. Describe the purpose behind the style (ex: to study the changing light during the day)

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3. What material are they using?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

4. What is the time period for this artist (current, 1450-1510, etc.)?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

5. Why is this style appealing to you?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

6. How can you put your own twist on this style?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Consider which artist captured your attention most. Consider which art style you felt you could recreate in your own vision and style. Create a work of art using one artist's work as a jumping off point for your

## 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*

# ARTIST RESEARCH

## RESEARCH 2 ARTISTS, ARTIST/ARTWORK LIST FOR IDEAS



## 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.
- Your dreamhouse.
- A garden.
- The solar system.
- A view underwater.
- What you did last weekend.
- Your favorite place.
- A goal for the year.
- Your dream vacation.
- Your last trip (big, beach, or small, grocery store)
- Something you fear.
- What you would use to cross the ocean.
- The rain
- What you
- now.
- What you
- around t
- A line fr
- A quote
- A locati
- Your fav
- Your fav
- Somethi
- to,
- Your fav

## 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
- Strange
- Inspire
- Black and white

## 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
- Masking tape
- Washi tape
- Packaging tape
- Stamps
- Botanicals (leaves, flowers, or similar)
- Something shiny
- A picture of you

# MATERIAL-SUBJECT-WORD

STUDENTS PICK ONE PER JAR OR FROM 1 OR 2 JARS

35 MATERIALS, 34 SUBJECTS, 38 WORDS

HOW TO & TIPS

# 16 THINGS INSPIRATION

## ACTIVITY:

Write a list of 16 things about you. They can be big, small, simple, or complex.  
When you don't have an idea for your visual journal, turn to this list.  
Pick one of the 16 things to inspire a page in your sketchbook or visual journal.  
Or turn the inspiration into a larger work of art.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.
- 15.
- 16.

16 THINGS ABOUT ME EXAMPLE:



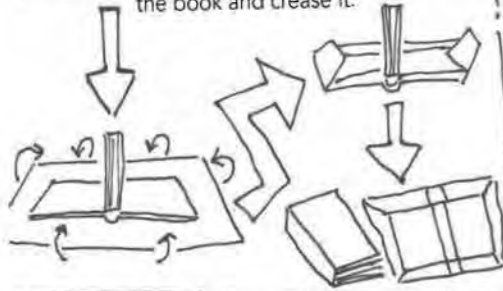
# 16 THINGS ABOUT ME

INFORMATION ON THE FRONT, EXAMPLES ON THE BACK  
ACTIVITY AND EXAMPLES

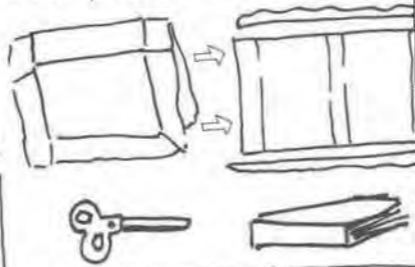
VISUAL JOURNAL TIPS & TECHNIQUES

# BOOK COVER

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



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 your book.



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



Cover the sheet flap to flap, trim off excess pieces from the edges.

4. Add color using colored pencil, bleeding tissue paper, paint, watercolor, magazine images or similar.



5. Add a drawing, abstract design, or image to create a focal point.

6. Think about what you want to name your book. Add the title to the cover.

7. Laminate your finished product for protection.



# BOOK COVERS

GUIDE, PRESENTATION, LESSON PLAN, RUBRIC

# VISUAL JOURNAL SUPPLIES

USE THESE SUPPLIES TO CREATE WORKS OF ART IN YOUR VISUAL JOURNAL BOOK. EXPERIMENT, HAVE FUN, & EXPRESS YOURSELF



# VISUAL JOURNAL EXAMPLES



# VISUAL JOURNAL CHALLENGES

1. Make a list of 16 things about you. 3. Use a page that incorporates the blue, yellow, and green bleeding tissue paper. Outline the white space using a thin sharpie.

2. Use duct tape, newspaper, two magazine cut outs, and sharpie to create a page.

4. Use a page that incorporates the blue, yellow, and green bleeding tissue paper. Outline the white space using a thin sharpie.

6. Create a visual journal page using blue, yellow, and green bleeding tissue paper. Outline the white space using a thin sharpie.

10. Make a page about your favorite childhood toy.

12. Create a page using a tape transfer of the first image you find online.

14. Make a visual journal page about a lowlight of your week.

18. Make a page about a highlight of your week.

19. Use string or yarn in your next page.

22. Paint a picture of the sky.

23. Draw a picture of a monster insect.

24. Make your lifetime bucket list in your journal.

26. Dedicate a page to your favorite sports team.

28. Dedicate a page to your parent or guardian. Use personal pictures if you have them.

30. Recreate your phone screen in your journal.

32. Make a page about what you ate for breakfast.

34. Make your lifetime bucket list in your journal.

36. Dedicate a page to your favorite sports team.

38. Dedicate a page to your parent or guardian. Use personal pictures if you have them.

40. Include a self portrait.

# VISUAL JOURNAL CHALLENGES

1. Make a list of 16 things about you. 3. Use a page that incorporates the blue, yellow, and green bleeding tissue paper. Outline the white space using a thin sharpie.

4. Use duct tape, newspaper, two magazine cut outs, and sharpie to create a page.

7. Make a visual journal page about your favorite childhood toy.

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.

14. Make a visual journal page about a lowlight of your week.

18. Make a page about a highlight of your week.

19. Use string or yarn in your next page.

22. Paint a picture of the sky.

27. Make a page about your favorite childhood movie.

28. Cut a hole in another page and make a page that connects them in some way.

30. Recreate your phone screen in your journal.

32. Make a page about what you ate for breakfast.

34. Make your lifetime bucket list in your journal.

36. Dedicate a page to your favorite sports team.

37. Make a page about your favorite season.

38. Dedicate a page to your parent or guardian. Use personal pictures if you have them.

39. Make a page about the last movie you watched.

40. Include a self portrait or picture of yourself. Fill in the space with a drawing or painting.

# 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:

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](#)



**VISUAL JOURNAL**  
EVERYTHING YOU NEED TO TEACH

IDEAL & INSPIRATION  
ADDING TEXT TO VISUAL JOURNALS

LOOK BETWEEN THE LINES BY WHITNEY PARNELL

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



**ART ELEMENTARY**  
6 TYPES OF PRINTMAKING UNIT

LOOK BETWEEN THE LINES BY WHITNEY PARNELL

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



**ACTIVITY ELEMENTS OF ART**  
7 WORKSHEETS ELEMENTS OF ART

LOOK BETWEEN THE LINES BY WHITNEY PARNELL

FRONT & BACK WORKSHEETS WITH ACTIVITIES & DIGITAL FILL IN OPTIONS



**VISUAL JOURNAL PROJECT**  
MIDDLE & HIGH SCHOOL

LOOK BETWEEN THE LINES BY WHITNEY PARNELL

WEEKLY, SELF-DIRECTED ART PROJECT



**VISUAL JOURNAL**  
ROLL-A-DESIGN  
3 HANDOUTS  
1 POSTER

LOOK BETWEEN THE LINES BY WHITNEY PARNELL

INSPIRE YOUR STUDENTS TO WORK IN THEIR JOURNALS AND SKETCHBOOKS



**6 SHADING HANDOUTS ACTIVITIES POSTERS**

LOOK BETWEEN THE LINES BY WHITNEY PARNELL

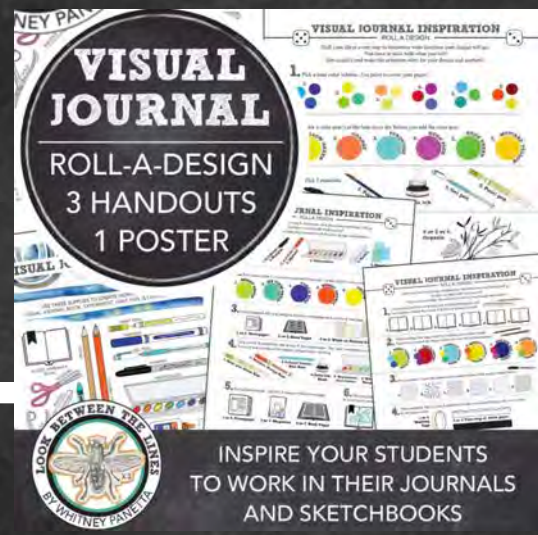
FOR MIDDLE & HIGH SCHOOL ART CLASSES



**VISUAL JOURNAL PROJECT**  
MIDDLE & HIGH SCHOOL

LOOK BETWEEN THE LINES BY WHITNEY PARNELL

WEEKLY, SELF-DIRECTED ART PROJECT



**VISUAL JOURNAL**  
ROLL-A-DESIGN  
3 HANDOUTS  
1 POSTER

LOOK BETWEEN THE LINES BY WHITNEY PARNELL

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LOOK BETWEEN THE LINES BY WHITNEY PARNELL

FOR MIDDLE & HIGH SCHOOL ART CLASSES

# 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).