

VISUAL JOURNAL

36 WEEK COURSE
EVERY WEEK
FOR A YEAR

VISUAL
JOURNAL
PAGE ONE
with Whitney Panetta

VISUAL
JOURNAL
PAGE TWO
ideas & instructions

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JOURNAL
PAGE THREE
collaging tips

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incorporate text

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magazine fold

VISUAL
JOURNAL
PAGE SIX
using acrylic paint

VISUAL
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using india ink

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bubble print collage

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THREE
connecting pages

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prompt jar

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using pastels

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using stencils

VISUAL
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unusual materials

VISUAL
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TWO
two prompts

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oil pastels

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using stamps

VISUAL
JOURNAL
PAGE THIRTY
FIVE
16 things about me

VISUAL
JOURNAL
WEEK THIRTY
SIX
book cover design

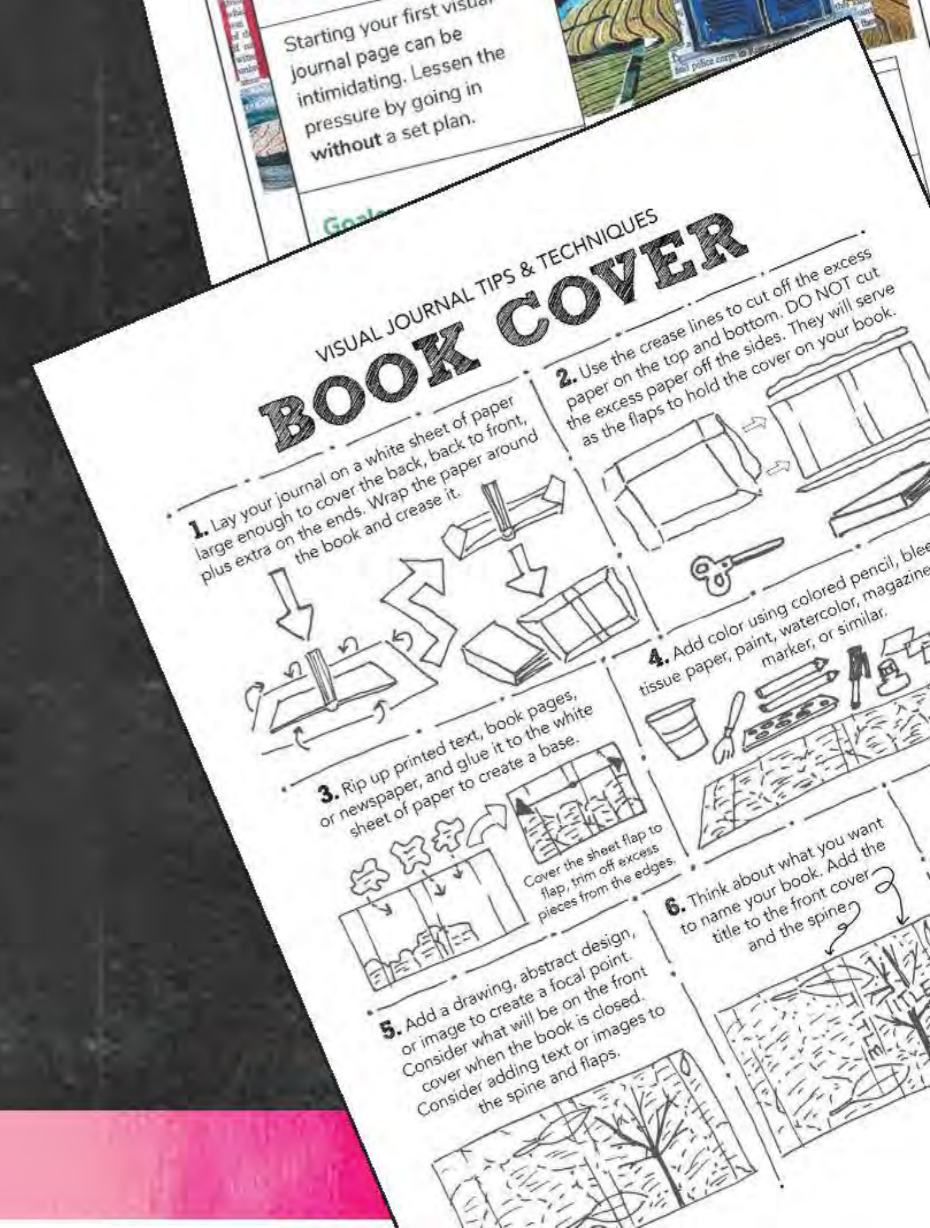


INTRODUCING VISUAL JOURNALS & GOING IN DEPTH
36 LESSONS, INTRODUCING BASIC TECHNIQUES

WHAT YOU GET

Each lesson pack includes:

- ✓ 1 visual journal video (15-30 min each)
- ✓ Instruction sheets (1 page)
- ✓ Technique guides (1-2 pages)
- ✓ Checklists (1 page)



VISUAL JOURNAL COURSE



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



No visual journal experience needed! Learn everything you need to start and work in a journal with this course.



Demo video in every lesson, 15-30 minutes long.



Every Friday covered for a school year.

CREATING VISUAL JOURNALS



INTRODUCTION TO VISUAL JOURNALS

Your First Page

Starting your first visual journal page can be intimidating. Lessen the pressure by going in without a set plan.

Goals:

VISUAL JOURNALS WEEK 1 INSTRUCTIONS

INSTRUCTIONS:

- Review the PowerPoint presentation to look at what a visual journal is and look at examples.
- Write a list of 16 things about you to keep on hand to inspire pages if needed.
- Review the introduction video.

VISUAL JOURNAL WEEK 1 CHECKLIST

- Only magazines and book pages were used to create the visual journal.
- A visual journal page (either a single page or a spread, 2 facing pages) was created to reflect the topic.
- The visual journal page has a focal point.



WEEK ONE:

INTRODUCTION TO VISUAL JOURNALS

HOW TO SELECT & START YOUR BOOK



VISUAL JOURNAL TIPS: DEVELOPING IDEAS

IDEAS & INSPIRATION

- Use your favorite quote or any quote you find inspirational, interesting or connect to.
"Add the quote then decorate the page around it."
- Add song lyrics from your favorite song.
"Add song lyrics here, then add decoration that visually reflects the song."
- Use magazines images.
Cut out interesting images and collage them together.
- Doodle!
- Look online.
- Experiment!
- Consider your daily life. Is it fall? Is it your birthday? A Wednesday? Is a



VISUAL JOURNALS WEEK 2 INSTRUCTIONS

INSTRUCTIONS:

- Watch the demonstration video, Visual Journal-2-Incorporating a Quote
- Reference the Ideas and Instructions handout, pick an option from the handout you want to use in your visual journal this week.
- Collect the supplies needed for your page. Always grab:
 - Your visual journal
 - Book pages (if previously ripped out)
 - Glue
 - Scissors
 - Collage materials
- Start working on your page! Layout your design first, decide what you want to keep, omit, or change before you glue materials down.
- 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.

VISUAL JOURNAL WEEK 2 CHECKLIST

- 1 topic was selected out of 10 options on the Ideas and Instructions handout.
- A visual journal page (either a single page or a spread, 2 facing pages) was created to reflect the topic.
- The visual journal page has a focal point.
- Any text included looks intentional and is well incorporated into the page.



WEEK TWO:

IDEAS & INSTRUCTIONS TO INSPIRE PAGES



VISUAL JOURNALS WEEK 3 INSTRUCTIONS

INSTRUCTIONS:

- Watch the demonstration video, Visual Journal-3-Collaging Instructions.
- Reference the Collage How To handout, pick an option from the handout you want to use in your visual journal this week.
- Collect the supplies needed for your page. Always grab:
 - Your visual journal
 - Book pages (if previously ripped out)
 - Glue
 - Scissors
 - Collage materials
- Start working on your page! Layout your design first, decide what you want to keep, omit, or change before you glue materials down.
- 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.

HOW TO & TIPS HOW TO COLLAGE

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

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

3. Use your collage paper to the edge, glue it to a color.

4. Include a range of different sizes and shapes to create a focal point.



VISUAL JOURNAL WEEK 3 CHECKLIST

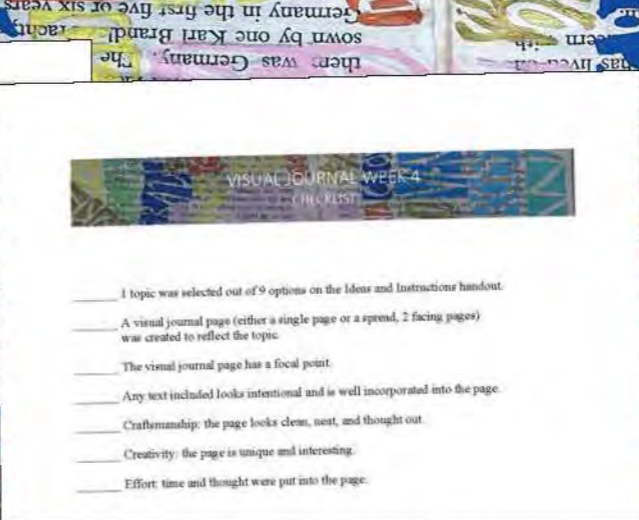
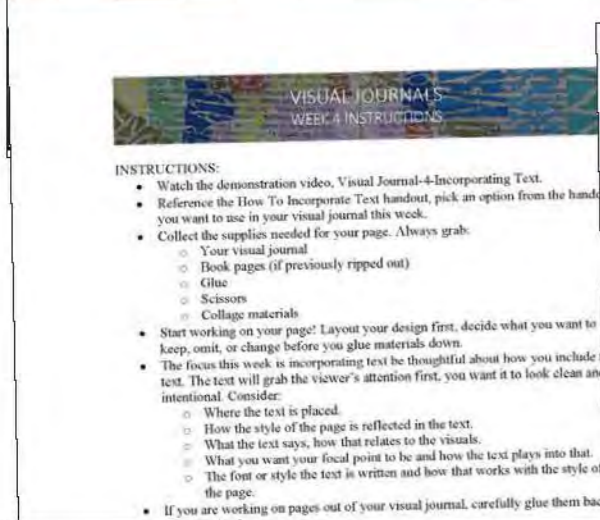
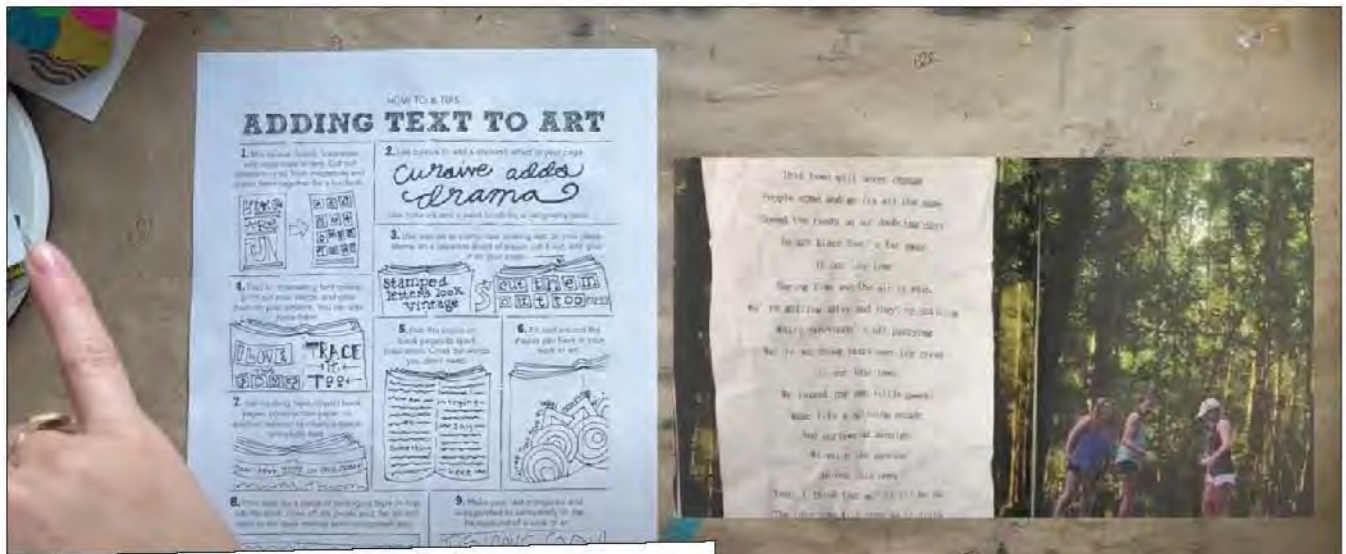
- 1 topic was selected out of 6 options on the Collage How To handout.
- A visual journal page (either a single page or a spread, 2 facing pages) was created to reflect the topic.
- The visual journal page has a focal point.
- Any text included looks intentional and is well incorporated into the page.
- 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.

HISTORICAL EXAMINATION

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 He publishes ...
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 an edition of ...
 College, Oxford, and ...
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 with the ...
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WEEK THREE:

COLLAGING IMAGES TIPS & TECHNIQUES



WEEK FOUR:

HOW TO INCORPORATE TEXT INTO YOUR ARTWORK



VISUAL JOURNALS
WEEK 5 INSTRUCTIONS

- INSTRUCTIONS:**
- Watch the demonstration video, Visual Journal-5-Magazine Fade How To.
 - Referencethe Fade How To handout, follow the steps to create your magazine fade as the base of your visual journal.
 - 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:
 - Magazines
 - Or paint, paper, paintbrush
 - Start working on your page!
 - Pull out pages from magazines that have the colors you want.
 - Follow the instructions to get the fade/ombre look on the base of your page.
 - Work on the rest of your design. Think about what you want to add on top, if you want to include words, and similar.
 - Lay the elements on your page, decide what you want to keep, omit, or change before you glue materials down.
 - 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.

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.

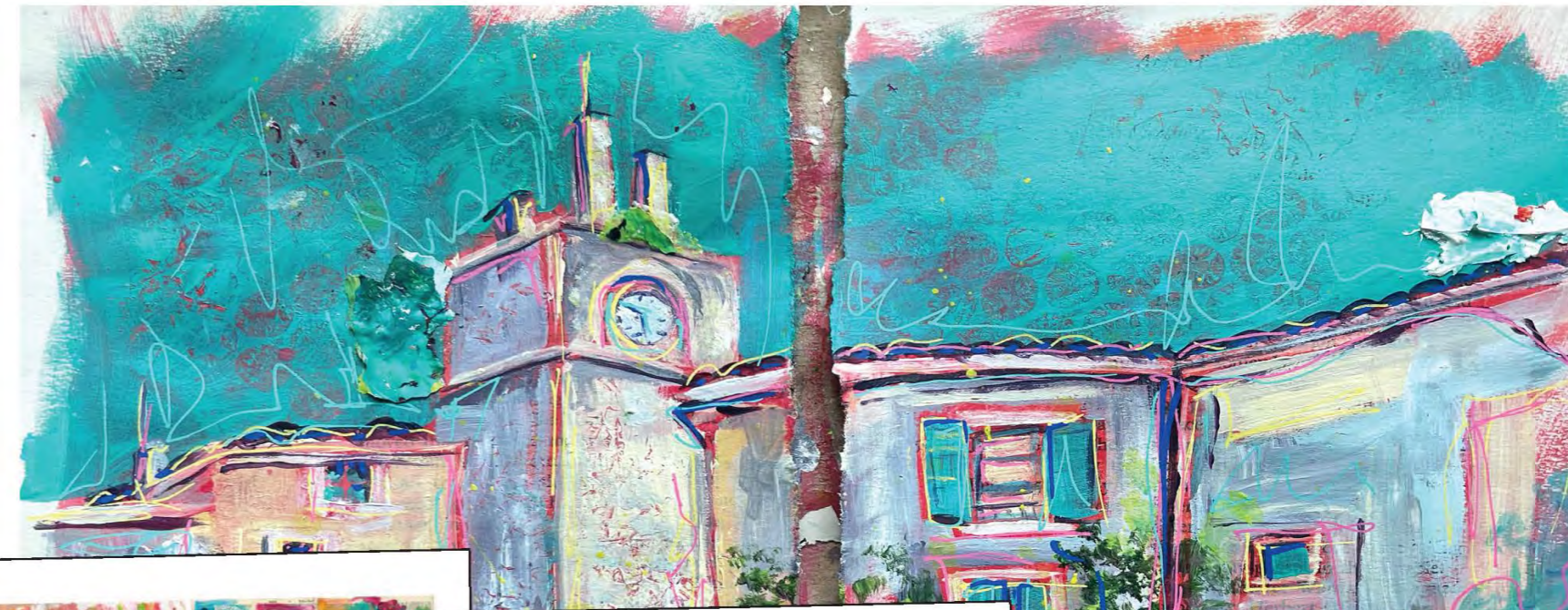


VISUAL JOURNAL WEEK 5
CHECKLIST

- The steps were followed on the magazine fade handout to create a transition between colors and/or value.
- A visual journal page (either a single page or a spread, 2 facing pages) was created that incorporates the magazine fade technique into the visual journal.
- Additional materials were added on top to complete the page. The added design enhances the visual journal page and works well with the fade base.
- 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.

WEEK FIVE:

CREATE A MAGAZINE FADE



VISUAL JOURNALS
WEEK 6 INSTRUCTIONS

- INSTRUCTIONS:**
- Watch the demonstration video, Visual Journal-6- Incorporating Acrylic Paint.
 - Reference the Acrylic Paint How To handout, pick an option from the handout you want to use in your visual journal this week.
 - 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:
 - Acrylic paint (or tempera paint if you don't have acrylic)
 - Paintbrushes
 - Water
 - Paper towel
 - Texture supplies: bubble wrap, plastic wrap, foil, and similar.
 - Start working on your page!
 - Consider painting a base using acrylic paint.
 - Think about how else you want to incorporate acrylic paint, into your subject matter, to add texture, paint on top of magazine images, gluing down dried paint and similar.
 - Work on the rest of your design. Think about what you want to add on top, if you want to include words, etc.

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).

STAMPS 	BUBBLE WRAP 	PAPER TOWELS 
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3. Water down acrylic paint and splatter paint with it.
 
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.
 



VISUAL JOURNAL WEEK 6
CHECKLIST

- _____ A technique or multiple techniques were included from the acrylic paint how to handout.
- _____ A visual journal page (either a single page or a spread, 2 facing pages) was created that incorporates acrylic paint techniques into the visual journal.
- _____ Optional: Additional materials were added on top to complete the page. The added design enhances the visual journal page and works well with the acrylic paint base.
- _____ 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.



WEEK SIX:

HOW TO USE ACRYLIC PAINT



VISUAL JOURNAL INDIA INK INSTRUCTIONS

INSTRUCTIONS:

- Watch the demonstration video, Visual Journal: 7-Using India Ink.
- Reference the India Ink handout, pick an option from the handout you want to use in your visual journal this week.
- 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:
 - India Ink
 - Rubber cement (Mod Podge, crayons also work for a resist)
 - Paintbrush
 - Water
 - Paper towels
 - Optional: calligraphy pen
- Start working on your page!
- Experiment with India ink on scrap paper before you start in your journal.
- Remember, you can always create designs on a separate page, cut it out, and collage with it on your journal page.
- Follow the instructions to incorporate India ink in different ways in your page.
- Work on the rest of your design. Think about what you want to add on top, if you want.

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 to add fancy swirls and loops.



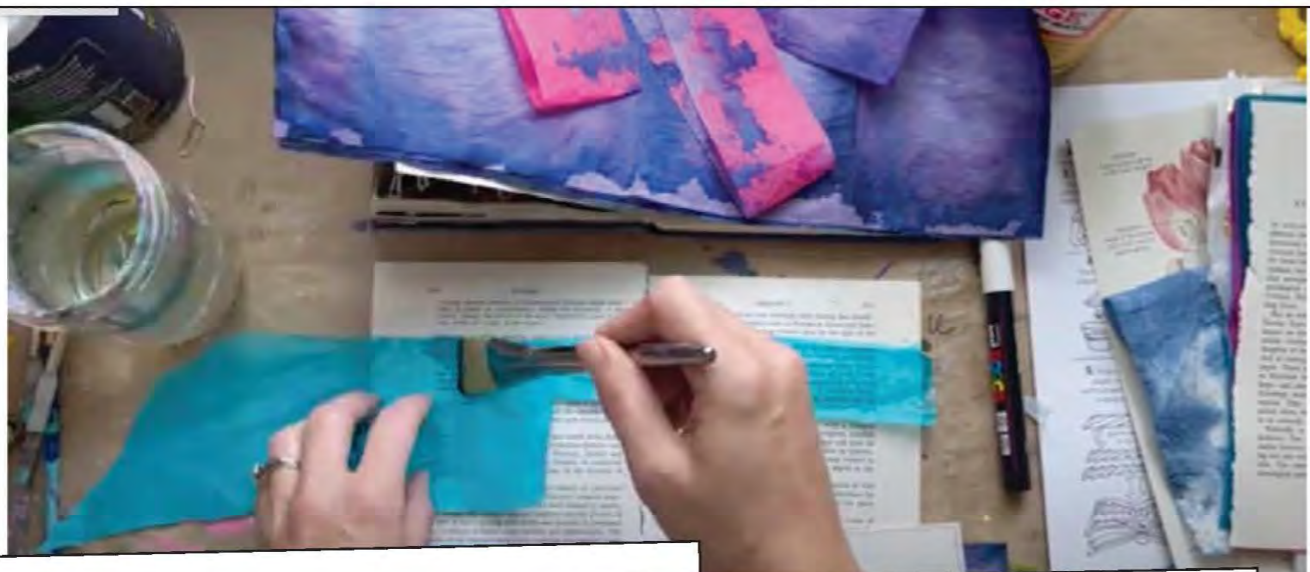
VISUAL JOURNAL INDIA INK CHECKLIST

- The steps were followed on the India ink handout to use India ink in a variety of ways.
- A visual journal page (either a single page or a spread, 2 facing pages) was created that incorporates at least one India ink technique into the visual journal.
- Additional materials were added to complete the page. The added design enhances the visual journal page and works well with the India ink.
- 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.



WEEK SEVEN:

HOW TO USE INDIA INK



VISUAL JOURNAL BLEEDING TISSUE PAPER INSTRUCTIONS

- INSTRUCTIONS:**
- Watch the demonstration video, Visual Journal-8-Bleeding Tissue Paper.
 - Reference the bleeding tissue paper handout, pick an option from the handout you want to use in your visual journal this week.
 - Collect the supplies needed for your page. Always grab:
 - o Your visual journal
 - o Book pages (if previously ripped out)
 - o Glue
 - o Scissors
 - o Collage materials
 - For this page also grab:
 - Bleeding tissue paper
 - Paintbrush
 - Water
 - Paper towels
 - Optional: watered down paint
 - Start working on your page!
 - o TIP: Rip book pages out of your book, create your page, let it dry, glue it on top of pages still attached to your book to add them back in. Bleeding tissue paper can stain other pages in your book if you work on pages still attached.
 - Experiment with bleeding tissue on scrap paper before you start in your journal.
 - Try stacking colors, wetting the stack, and letting it dry before collaging.
 - Remember, you can always create designs on a separate page, cut it out, and collage with it on your journal page.

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 towards 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 to dye book pages.**
- 7. Use the bleeding tissue paper to dye book pages.**



VISUAL JOURNAL INDIA INK CHECKLIST

- The steps were followed on the handout to use bleeding tissue paper different ways.
- A visual journal page (either a single page or a spread, 2 facing pages) was created that incorporates at least one bleeding tissue paper technique in a page.
- Additional materials were added to complete the page. The added design enhances the visual journal page and works well with the bleeding tissue paper.
- The visual journal page has a focal point.
- Any text included looks intentional and is well incorporated into the page.
- Craftmanship: the page looks clean, neat, and thought out.
- Creativity: the page is unique and interesting.
- Effort: time and thought were put into the page.

WEEK EIGHT:

INTRODUCTION TO VISUAL JOURNALS
HOW TO SELECT & START YOUR BOOK



VISUAL JOURNAL PACKAGING TAPE TRANSFER INSTRUCTIONS

- INSTRUCTIONS:**
- Watch the demonstration video, Visual Journal-9-Packaging Tape Transfer.
 - Reference the packaging tape transfer how to handout, walk through the steps to create packaging tape image transfer to use in your visual journal this week.
 - 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:
 - Packaging tape
 - A printed image (laser printer ideally) or magazine image
 - Water
 - Paper towels
 - Start working on your page!
 - TIP: place your tape transfer over a text background. Your image will be semi-transparent, show off that feature by having part of the base of your page showing through.
 - Use glue to glue your tape transfer to your page. Don't use rubber cement! A reaction occurs that makes the ink smudge on the tape. Use Elmer's glue or Mod Podge to adhere.
 - Work on the rest of your design. Think about what you want to add on top, if you want include words, magazine cut outs, drawn images, or similar.
 - Lay the elements on your page, decide what you want to keep, omit, or change before

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.

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

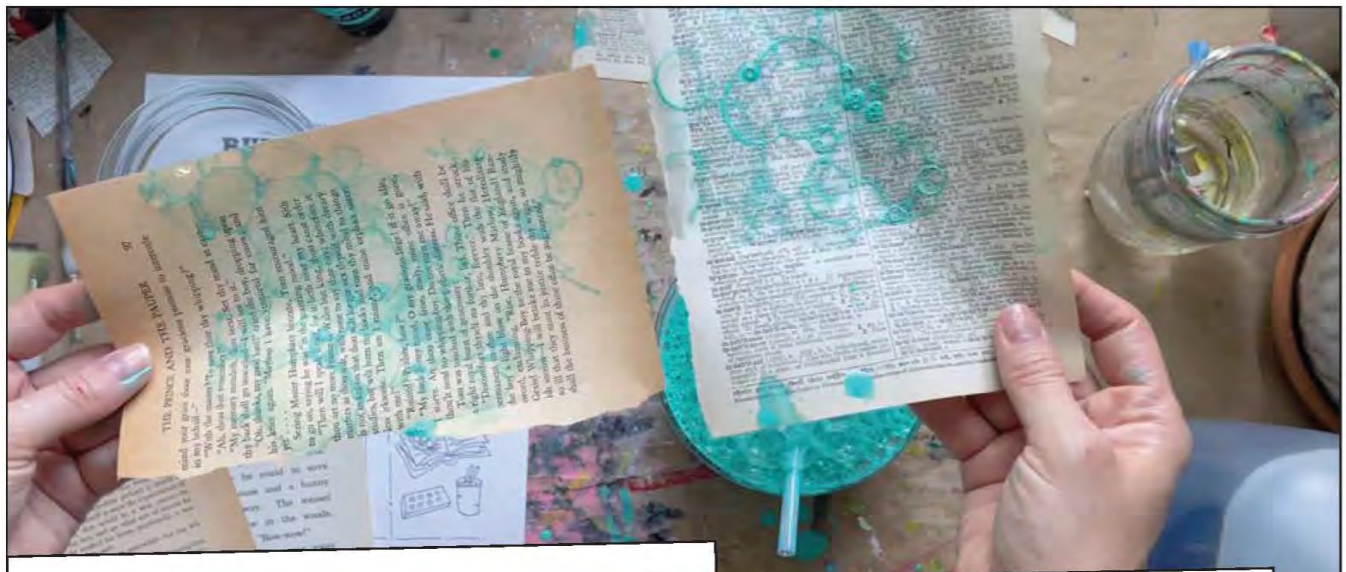
STEP 4. Trim off any excess paper you don't need.

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



WEEK NINE:

HOW TO CREATE A TAPE TRANSFER



VISUAL JOURNAL BUBBLE PRINT INSTRUCTIONS

- INSTRUCTIONS:**
- Watch the demonstration video, Visual Journal-10-Bubble Print.
 - Reference the bubble print how to handout, walk through the steps to create a bubble print to use in your visual journal this week.
 - 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:
 - Dish soap such as Dawn
 - Paint (acrylic, tempera, or liquid watercolor work)
 - Water
 - A shallow dish
 - Straw
 - Scrap paper to test bubbles on
 - Paper towels
 - Start working on your page!
 - TIP: create bubble prints on separate sheets of paper to allow you to test your solution and pick and choose the bubble prints you want to collage with.
 - Cut or rip up your bubble prints and glue them into your visual journal.
 - Work on the rest of your design. Think about what you want to add on top, if you want to include words, magazine cut outs, drawn images, or similar.

VISUAL JOURNAL TIPS & TECHNIQUES BUBBLE PRINT



VISUAL JOURNAL BUBBLE PRINT CHECKLIST

- The steps were followed on the bubble print handout to create a bubble print to use in your visual journal page.
- A visual journal page (either a single page or a spread, 2 facing pages) was created that incorporates bubble prints.
- The bubble prints are well defined and contrast against the paper they are printed on.
- Additional materials were added to complete the page. The added design enhances the visual journal page and works well with the tape transfer.
- 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.

WEEK TEN: HOW TO CREATE A BUBBLE PRINT



VISUAL JOURNAL MOD PODGE TRANSFER INSTRUCTIONS

INSTRUCTIONS:

- Watch the demonstration video, Visual Journal-11-Mod Podge Transfer.
- Use the Mod Podge Transfer Guide handout to follow the steps to create a Mod Podge image transfer.
- Collect the supplies needed for your page. Always grab:
 - o Your visual journal
 - o Book pages (if previously ripped out)
 - o Glue
 - o Scissors
 - o Collage materials
 - o For this page also grab:
 - Mod Podge
 - Paintbrush
 - Book pages or similar to collage with under the transfer.
 - A sheet of paper to transfer to, a book page, printer sheet of paper to collage on, or similar.
 - High quality magazine image or printed image (ideally a laser printed image, but inkjet works as well).
- Start working on your page!
- **TIP:** If using an inkjet printer or magazine image add 2 layers of Mod Podge to the image, drying in between, and a layer of Mod Podge on the surface you are transferring to, letting it dry. Add a final coat on the image, while it's wet lay it on the surface you transferring to and let it dry before peeling off the paper. This provides extra layers for the ink to stick to, to create a successful transfer.

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.



VISUAL JOURNAL MOD PODGE TRANSFER

— The steps were followed on the Mod Podge Transfer How To guide.

— A visual journal page (either a single page or a spread, 2 facing pages) was created that incorporates a Mod Podge image transfer.

— The image transfer includes a range of value and enhances the collage layers.

— Additional materials were added to complete the page. The added design enhances the visual journal page and works well with the tape transfer.

— The visual journal page has a focal point.

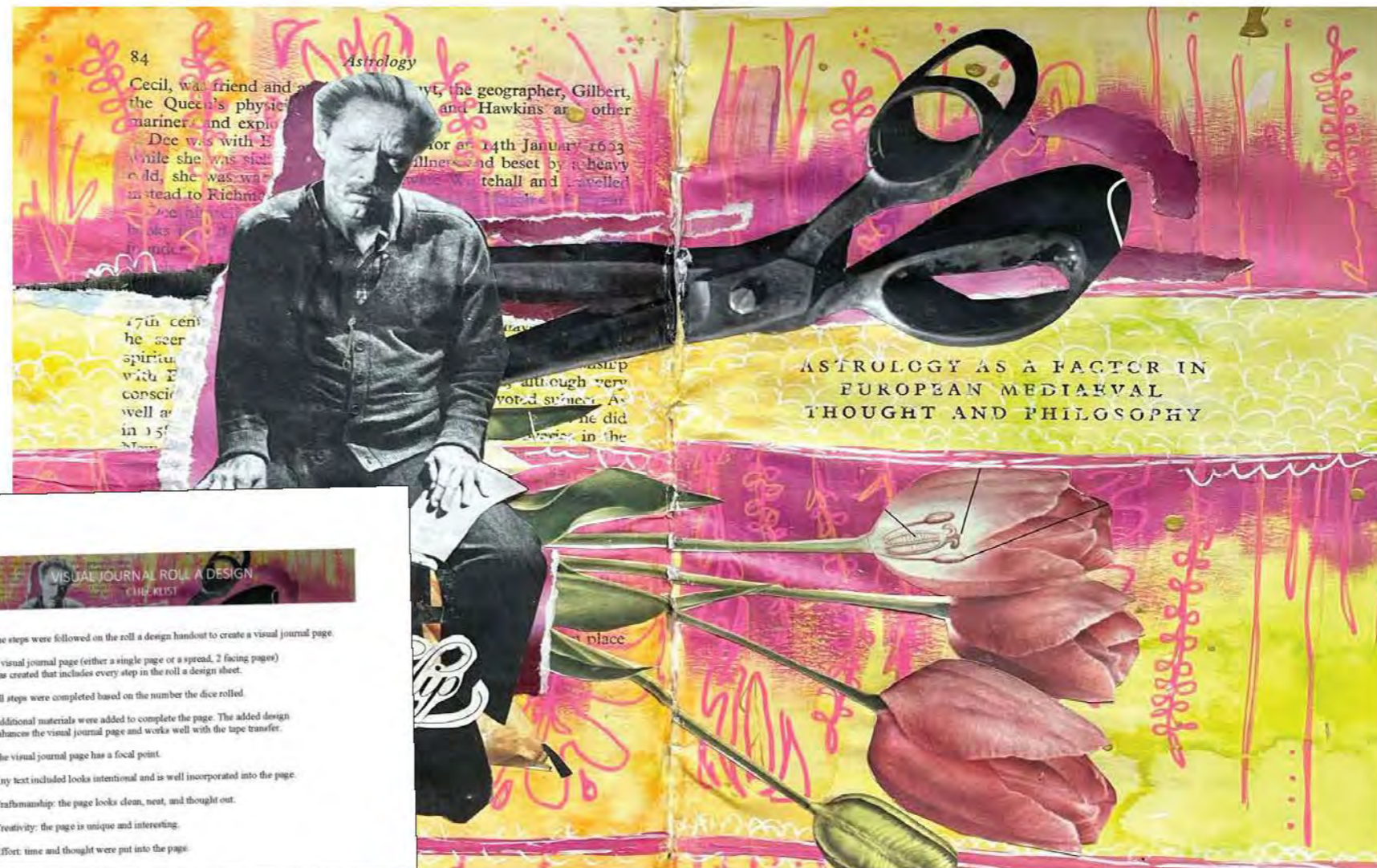
— Any text included looks intentional and is well incorporated into the page.

— Craftsmanship: the page looks clean, neat, and thought out.



WEEK ELEVEN:

HOW TO CREATE A MOD PODGE IMAGE TRANSFER



THE VISUAL JOURNAL ROLL-A-DESIGN
INSTRUCTIONS

- INSTRUCTIONS:**
- Watch the demonstration video, Visual Journal-12-Roll A Design.
 - Use the roll a design guide to determine what to do in your page based on the number rolled with the dice.
 - 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:
 - Dice
 - Paint (watercolor, acrylic, tempera, or similar)
 - Sharpie
 - India Ink
 - Gel Pen
 - Paint Pen
 - Newspaper
 - Magazine
 - Scrapbook Paper
 - Collage Paper
 - Start working on your page!
 - You can either roll every step before you start your page to allow you time to plan how you want it to look or you can roll a number and complete a step as you go.

VISUAL JOURNAL INSPIRATION
ROLL A DESIGN

Roll your die at every step to determine what direction your design will go. You have to stick with what you roll! Get creative and make the selection work for your design and aesthetic.

1. Pick a base color scheme. Use paint to cover your pages.

2. Pick a color pop. Let the base layer dry before you add the color pop.

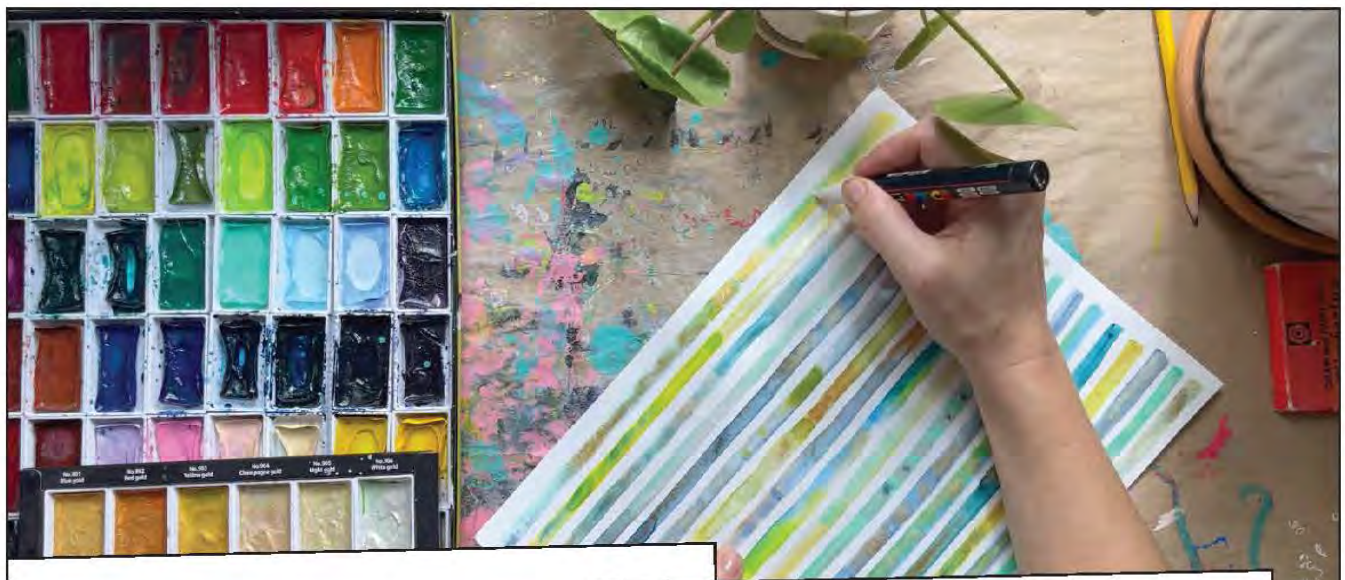
3. Pick 2 materials.

VISUAL JOURNAL INSPIRATION
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- The steps were followed on the roll a design handout to create a visual journal page.
- A visual journal page (either a single page or a spread, 2 facing pages) was created that includes every step in the roll a design sheet.
- All steps were completed based on the number the dice rolled.
- Additional materials were added to complete the page. The added design enhances the visual journal page and works well with the tape transfer.
- 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.

WEEK TWELVE:

ROLL-A-DESIGN ACTIVITY 1



VISUAL JOURNAL WATERCOLOR CHECKLIST

INSTRUCTIONS:

- Watch the demonstration video, Visual Journal-13-Watercolor.
- Use the watercolor technique guide to help you experiment with watercolor 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 the techniques you want to use in your page:
 - Paintbrushes
 - Watercolor
 - Check out my favorite watercolor set or a lower priced, but nice range of color watercolor set.
 - Water
 - Paper towel and tissue
 - Gel Pen, Sharpie, or Paint Pen
 - Rubber cement or masking fluid
 - Straw
- Start working on your page!
- You can focus on one watercolor technique or multiple. Don't be afraid to experiment. Use the elements on your page, decide what you want to keep, omit, or change before

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 style, paint a layer of color on your paper. While the paper is wet, add color. Add water to the pigment. Dip your brush in, paint over the wet paper. Wiggle your brush between adding colors. Let the color 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.

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.

hello



VISUAL JOURNAL WATERCOLOR CHECKLIST

- One or multiple techniques were tested on the watercolor handout to create a visual journal page.
- A visual journal page (either a single page or a spread, 2 facing pages) was created that reflects watercolor techniques.
- Experimentation with the material is evident in the page.
- Additional materials were added to complete the page. The added design enhances the visual journal page and works well with the watercolor.
- 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.

WEEK THIRTEEN:

HOW TO USE WATERCOLOR



VISUAL JOURNAL PAINT PENS & SHARPIES

- INSTRUCTIONS:**
- Watch the demonstration video, Visual Journal-14-Paint Pens and Sharpies.
 - Use the point pens and Sharpies technique guide to help you experiment with pens in your visual journal.
 - Collect the supplies needed for your page. Always grab:
 - o Your visual journal
 - o Book pages (if previously ripped out)
 - o Glue
 - o Scissors
 - o Collage materials
 - For this page also grab the following materials depending on the techniques you want to use in your page and the materials you have on hand:
 - Sharpies
 - Paint Pens (Pisca brand is my favorite)
 - Gel Pens
 - Felt-tip pens
 - Ballpoint pens
 - Start working on your page!
 - You can focus on one technique or multiple. Don't be afraid to experiment!
 - Lay the elements on your page, decide what you want to keep, omit, or change before you glue materials down if you are incorporating collage.
 - 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

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 colour, outlining it, or adding shadow lines.

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 colours or alternate between a range of colours. Have fun with the style!

3. SCRIBBLES: Add a fun style that creates a sense of movement by scribbling on your



- TECHNIQUES:**
- One or multiple techniques were tested from the point pens and Sharpies 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 pen or markers into the design.
 - Experimentation with the material is evident in the page.
 - Additional materials were added to complete the page. The added design enhances the visual journal page and works well with the pen and/or Sharpie.
 - 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.

WEEK FOURTEEN:

USING SHARPIES & PAINT PENS



VISUAL JOURNAL BASIC PRINTMAKING INSTRUCTIONS

- INSTRUCTIONS:**
- Watch the demonstration video, Visual Journal-15-Basic Printmaking.
 - Use the printmaking guide to help you decide which printmaking technique(s) you want to experiment with this week.
 - Collect the supplies needed for your page. Always grab:
 - o Your visual journal
 - o Book pages (if previously ripped out)
 - o Glue
 - o Scissors
 - o Collage materials
 - For this page also grab the following materials depending on the techniques you want to use in your page and the materials you have on hand:
 - Marker print: foil, permanent marker, washable marker, paper, water spray bottle
 - Potato print: Potato, cookie cutter, sharp knife, paintbrush, paint or ink, paper
 - Bubble wrap print: Bubble wrap (ideally in a range of size and shapes), paintbrush, paint or ink, paper
 - Leaf print: Freshly picked leaf (look for defined stems, veins, texture, and an interesting outer shape), paintbrush, paint or ink, paper
 - Shaving cream print: Shaving cream, food coloring, toothpick, try or foil (sort of flat surface to spray the shaving cream on), plastic or metal ruler or a strip of cardboard, paper
 - Water and oil print: Shallow dish or tray, water, cooking oil, food coloring, forks, small dishes to mix oil and food coloring, paper
 - Start working on your page!

HOW TO & TIPS PRINTMAKING

- 1. MARKER PRINT:**

STEP ONE: Use washable markers, like Crayola, on a sheet of foil. Think blocks of colors, 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 colorful print! Either add a 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 around your design to create a raised section.

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! This technique can be applied to sponges, linoleum, & tin to create stamps too!
- 3. BUBBLE WRAP:**

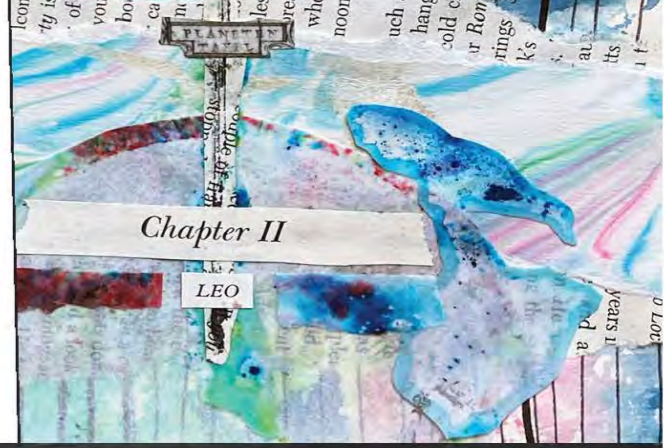
STEP ONE: Press it to a sheet of paper to create a print.

TIP: For bubble wrap print, use a variety of bubble sizes.



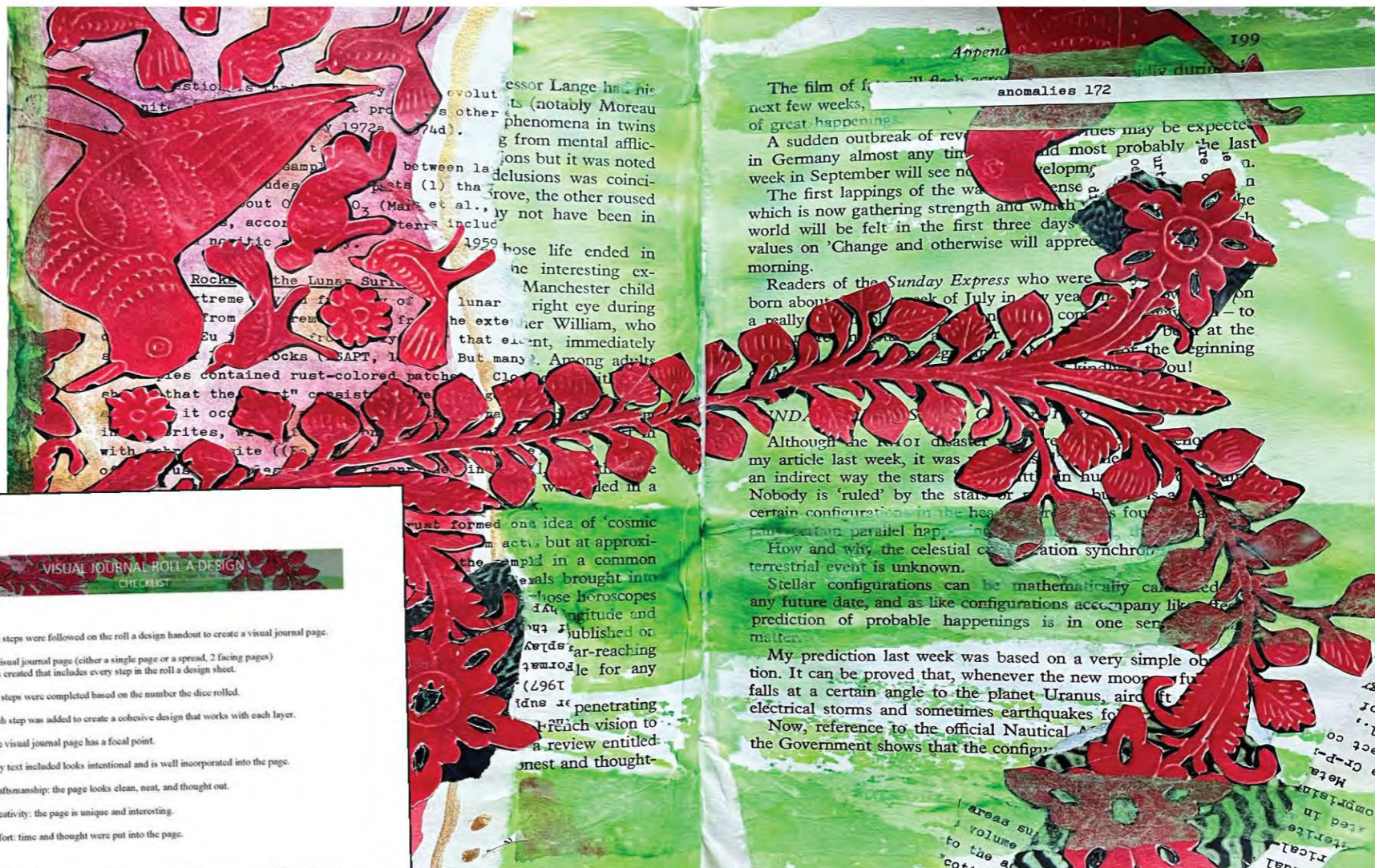
VISUAL JOURNAL BASIC PRINTMAKING INSTRUCTIONS

- One or multiple techniques were tested from the printmaking handout to create a visual journal page. Their space was well cleaned up after printing.
- A visual journal page (either a single page or a spread, 2 facing pages) was created that incorporates prints into the design.
- Experimentation with the material is evident in the page.
- Additional materials were added to complete the page. The added design enhances the visual journal page and works well with the prints.
- 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.



WEEK FIFTEEN:

6 WAYS TO USE PRINTMAKING IN YOUR JOURNAL



VISUAL JOURNAL ROLL A DESIGN 2
INSTRUCTIONS

- Watch the demonstration video, Visual Journal-16-Roll A Design-2.
- Use the roll a design guide to determine what to do in your page based on the number rolled with the dice.
- Collect the supplies needed for your page. Always grab:
 - o Your visual journal
 - o Book pages (if previously ripped out)
 - o Glue
 - o Scissors
 - o Collage materials
 - o For this page also grab: *Supplies will vary based on what you roll.*
 - Dice
 - Tempera, acrylic, or similar paint with more solid coverage.
 - Watercolor
 - Check out [my favorite watercolor set](#) or and a [lower priced, but nice range of color watercolor set](#)
 - Pastels
 - Bleeding Tissue Paper
 - Sharpie
 - Paint Pens
 - Washable Markers
 - Colored Pencils
 - India Ink
 - Newspaper
 - Magazine
 - Book Pages
- Start working on your page! If you don't have access to dice, cut up paper with numbers from a die and use those numbers from a bowl.

VISUAL JOURNAL INSPIRATION
ROLL A DESIGN

Roll your die at every step to determine what direction your design will go. You have to stick with what you roll! Get creative and make the selection work for your design and aesthetic.

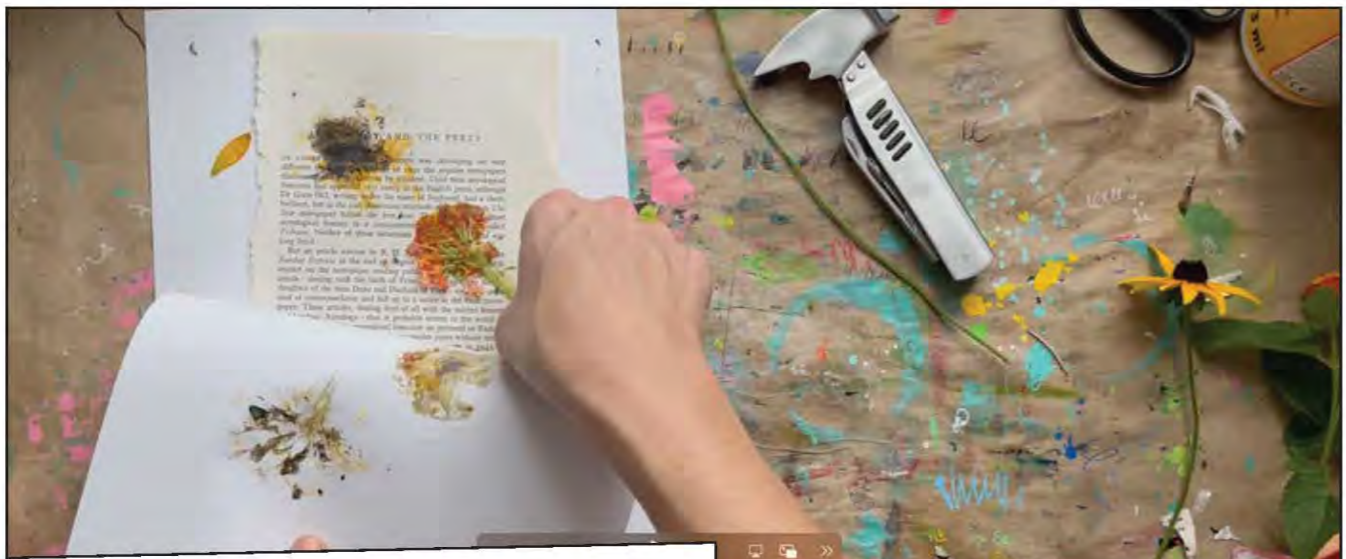
- 1. Pick a base material**
 - 1. Paint
 - 2. Sharpie
 - 3. Markers
 - 4. Watercolors
 - 5. Pastels
 - 6. Bleeding Tissue Paper
- 2. Pick a main color. Use your base material from step 1 in this color to cover your book pages.**
 - 1. BRIGHT GREEN
 - 2. SEA FORTH GREEN
 - 3. CORN BLUE
 - 4. BRIGHT ORANGE
 - 5. YELLOW
 - 6. BRIGHT PURPLE
- 3. Pick a material. Rip it up and glue it down overlapping on a section of your page.**
 - 1 or 2. Newspaper
 - 3 or 4. Book Pages
 - 4 or 6. White or Neutral Color Paper

VISUAL JOURNAL ROLL A DESIGN
CHECKLIST

- _____ The steps were followed on the roll a design handout to create a visual journal page.
- _____ A visual journal page (either a single page or a spread, 2 facing pages) was created that includes every step in the roll a design sheet.
- _____ All steps were completed based on the number the dice rolled.
- _____ Each step was added to create a cohesive design that works with each layer.
- _____ 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.

WEEK SIXTEEN:

ROLL-A-DESIGN 2 ACTIVITY



VISUAL JOURNAL USING BOTANICALS
INSTRUCTIONS

- INSTRUCTIONS:**
- Watch the demonstration video, Visual Journal-17-Using Botanicals.
 - Use the botanicals technique guide to help you experiment with pens in your visual journal.
 - 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 the techniques you want to use in your page and the materials you have on hand:
 - Fresh flowers or leaves
 - Printer paper
 - Books
 - Hammer
 - Iron
 - Paint and paintbrush and/or inkpad
 - Scanner, printer, computer, and access to a photo editing program such as Adobe Photoshop, Piclr, or Canva.
 - Start working on your page!
 - You can focus on one technique or multiple. Don't be afraid to experiment!
 - TIP: petals are very delicate! Help protect your petals by coating the page with a layer of Mod Podge or Elmer's glue. BUT this may cause your pages to stick together. Once th

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 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 to set the petals to your work of art.

3. DRY FRINGE:

STEP ONE: Peel the flowers...

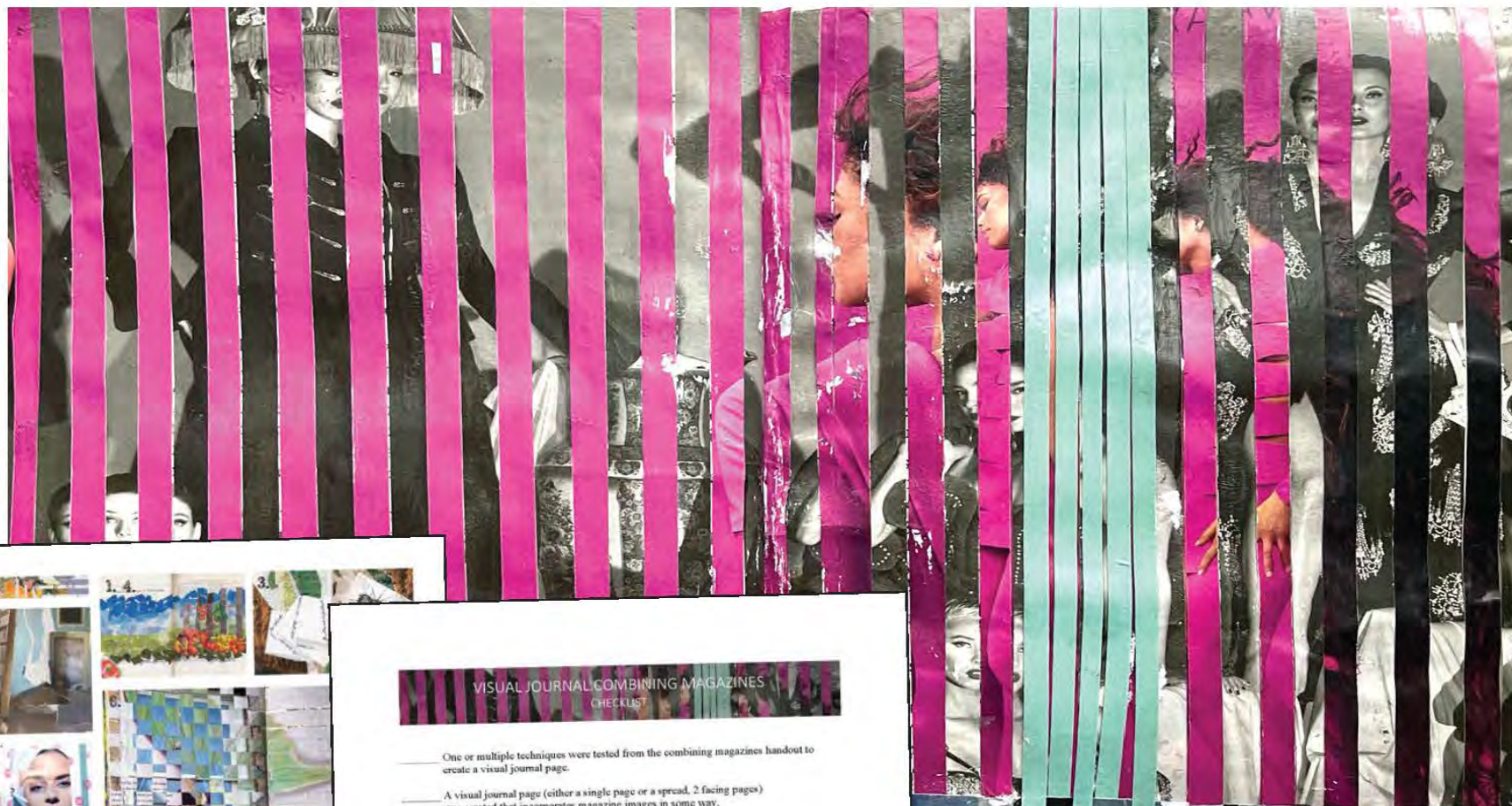


VISUAL JOURNAL USING BOTANICALS
INSTRUCTIONS

- One or multiple techniques were tested from the botanicals 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 petals, leaves, or similar in some way.
- Experimentation with the material is evident in the page.
- Additional materials were added to complete the page. The added design enhances the visual journal page and works well with the petals and/or leaves.
- 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.

WEEK SEVENTEEN:

HOW TO USE BOTANICALS & FLOWERS IN YOUR JOURNAL



VISUAL JOURNAL COMBINING MAGAZINES
INSTRUCTIONS

- INSTRUCTIONS:**
- Watch the demonstration video, Visual Journal-18-Combining Magazines.
 - Use the combining magazine images technique guide to help you experiment with magazines in your visual journal.
 - 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 the techniques you want to use in your page and the materials you have on hand:
 - Multiple magazines to flip through to find inspiration.
 - Start working on your page!
 - You can focus on one technique or multiple. Don't be afraid to experiment!
 - **TIP:** Keep your hands as clean as possible as you work with the magazines. Any thin magazine pages will rip easily if you have sticky fingers or are too rough.
 - Keep the shapes and sizes of your magazine cut outs consistent for a clean, intentional look. Cut close to the edge of objects or leave a consistent width border around them.
 - Lay the elements on your page, decide what you want to keep, omit, or change before you glue materials down if you are incorporating collage.
 - 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

HOW TO & TIPS
COMBINING MAGAZINES

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

STEP ONE: Find two magazine images to combine together.

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

STEP THREE: Start weaving your images together. You will take your vertical strips and weave one in on top of the first horizontal



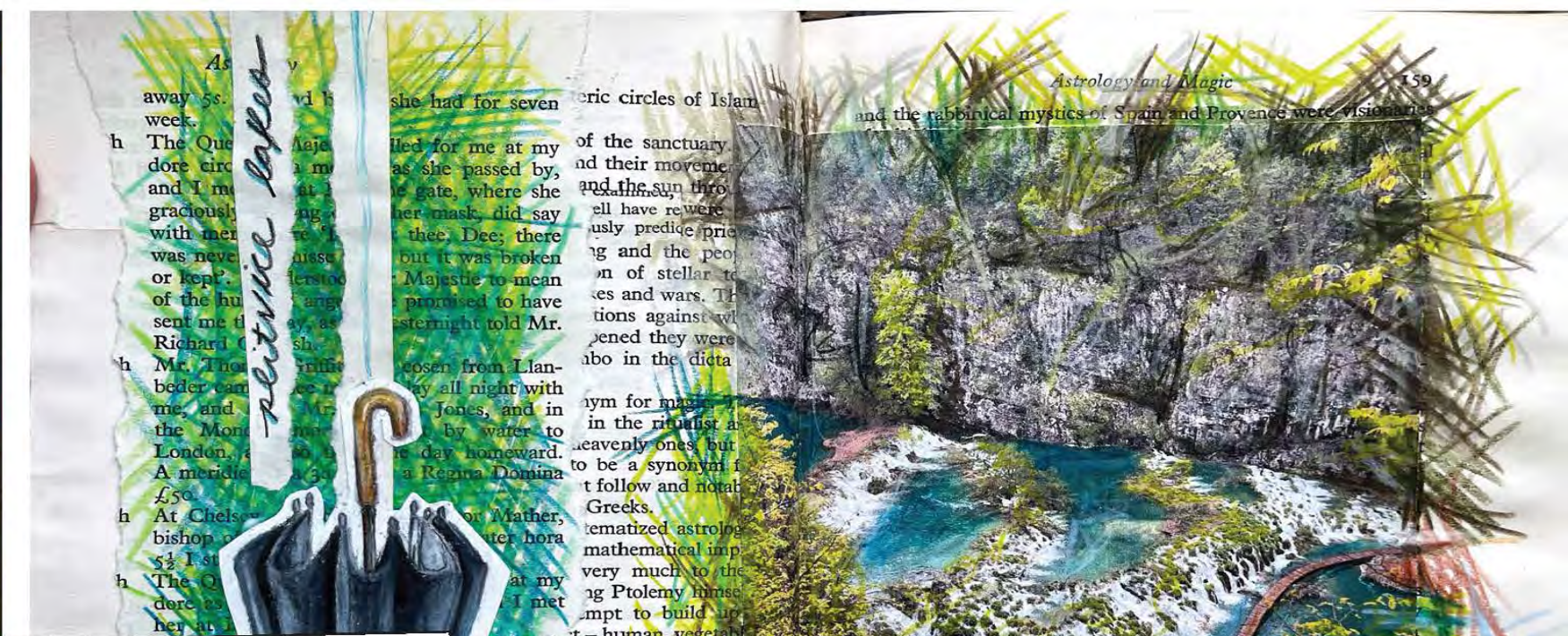
VISUAL JOURNAL COMBINING MAGAZINES
CHECKLIST

- One or multiple techniques were tested from the combining magazines 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 magazine images in some way.
- Experimentation with the material is evident in the page.
- Additional materials, text, or images were added to complete the page. The added design enhances the visual journal page and works well with the combined images.
- 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.



WEEK EIGHTEEN:

COMBINING MAGAZINE IMAGES



VISUAL JOURNAL USING COLORED PENCILS
INSTRUCTIONS

- INSTRUCTIONS:**
- Watch the demonstration video, Visual Journal-19-Colored Pencils
 - Use the colored pencils technique guide to help you experiment with drawing in your visual journal.
 - 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:
 - Colored pencils (always have black and white in addition to colors you want to include)
 - Pencil Sharpener

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, shapes, and similar light and dark. Build up detail and detail you press hard too. The colored pencil will longer stay the way it is. Build layer overlapping color.

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

4. BLENDING COLORS

2. 4. 6.

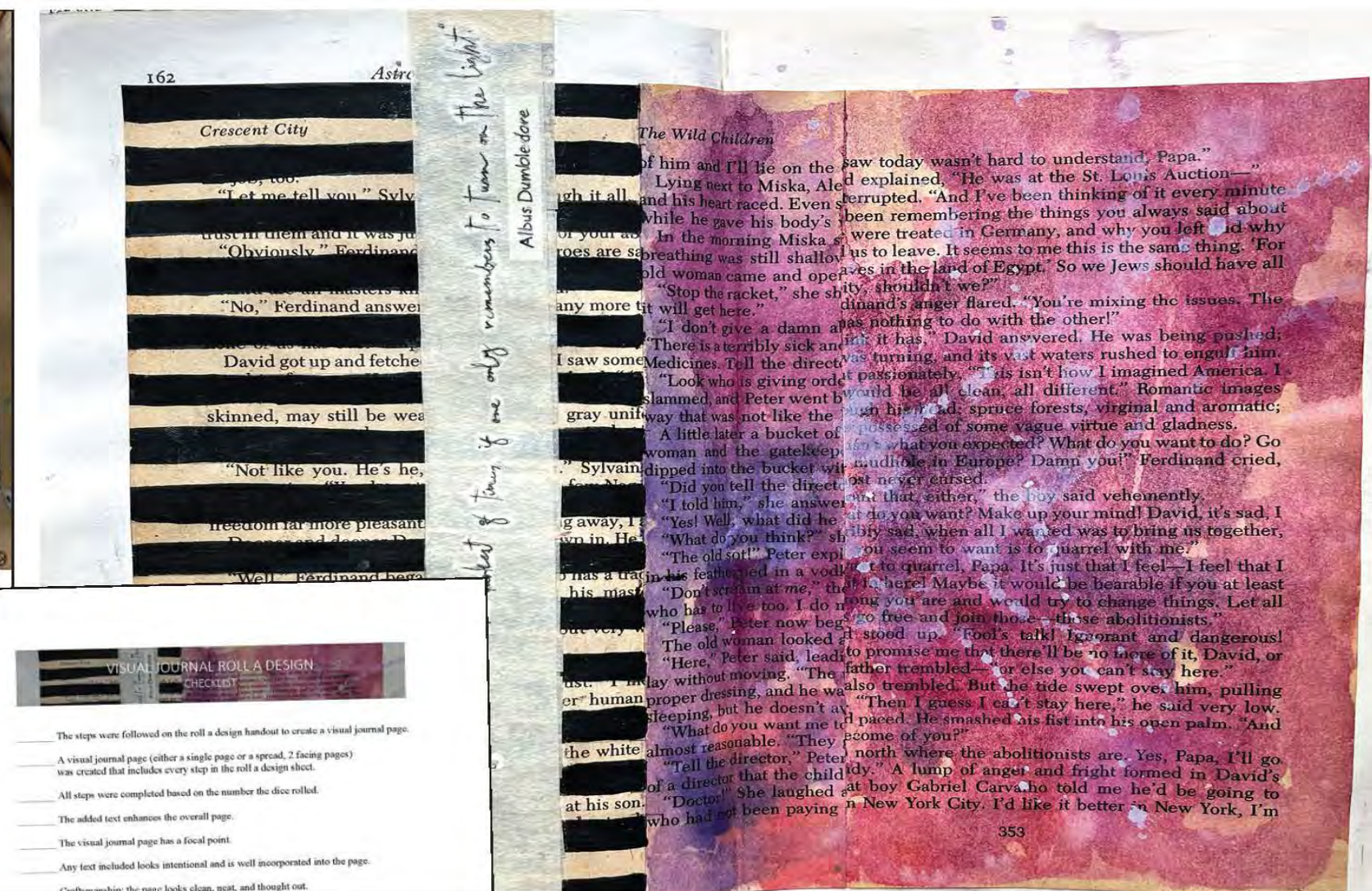
3. 4. 5.

VISUAL JOURNAL USING COLORED PENCILS
CHECKLIST

- One or multiple techniques were tested from the colored pencils 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 colored pencils in some way.
- Experimentation with the material is evident in the page.
- Additional materials, text, or images were added to complete the page. The added design enhances the visual journal page and works well with the colored pencils.
- The visual journal page has a focal point.

WEEK TWENTY:

USING COLORED PENCILS



VISUAL JOURNAL ROLL A DESIGN INSTRUCTIONS

INSTRUCTIONS:

- Watch the demonstration video, Visual Journal-20-Roll A Design 3.
- Use the roll a design guide to determine what to do in your page based on the number you rolled with the dice.
- Collect the supplies needed for your page. Always grab:
 - o Your visual journal
 - o Book pages (if previously ripped out)
 - o Glue
 - o Scissors
 - o Collage materials
- For this page also grab:
 - Dice
 - Paint (watercolor, acrylic, tempera, or similar)
 - Check out [my favorite watercolor set](#) or a [lower priced, but](#)

VISUAL JOURNAL INSPIRATION ROLL A DESIGN

Roll your die at every step to determine what direction your design will go. You have to stick with what you roll!

Get creative and make the selection work for your design and aesthetic.

Use a pencil and ruler to divide your visual journal pages into two sections. Match the layout of the below picture you roll.

After dividing your pages into two sections, pick a color group. Paint these colors in the larger section on your visual journal pages.

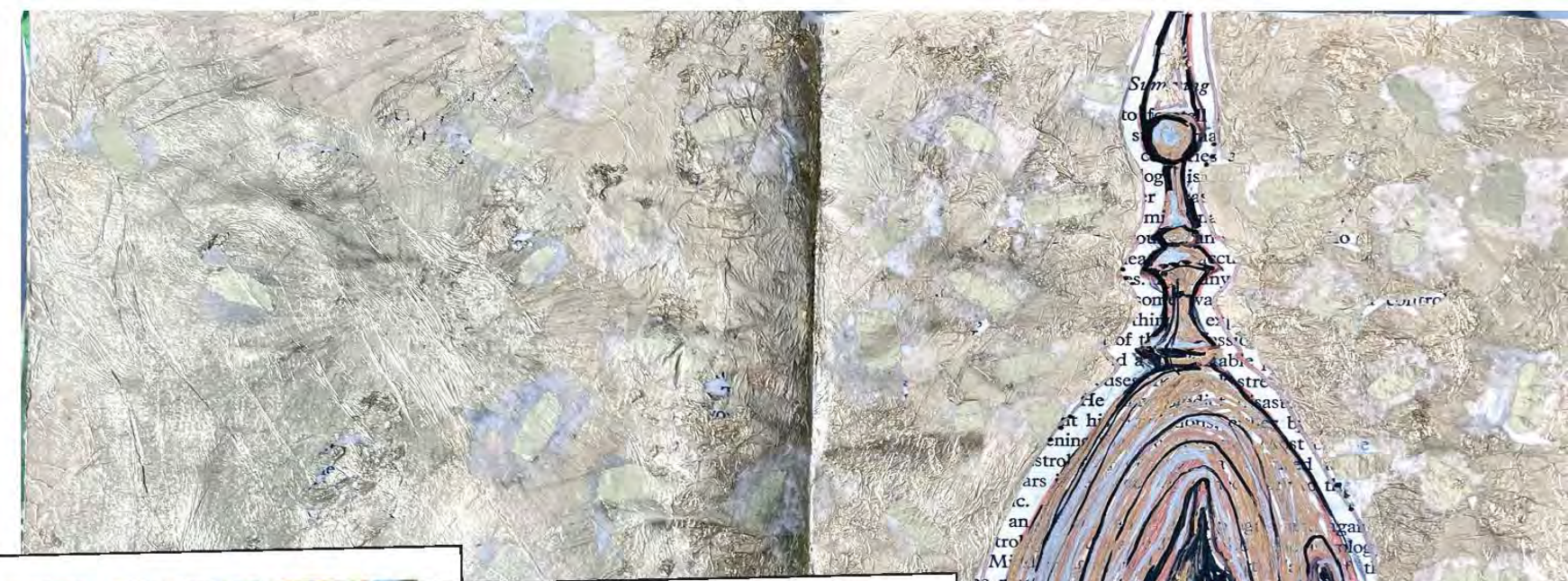
1. BRIGHT GREENS
2. REDS & PURPLES
3. TURQUOISES
4. MUSTARD YELLOWS
5. NAVY BLUES
6. ORANGES

VISUAL JOURNAL ROLL A DESIGN CHECKLIST

- The steps were followed on the roll a design handout to create a visual journal page.
- A visual journal page (either a single page or a spread, 2 facing pages) was created that includes every step in the roll a design sheet.
- All steps were completed based on the number the dice rolled.
- The added text enhances the overall 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.

WEEK TWENTY ONE:

ROLL A DESIGN ACTIVITY



VISUAL JOURNAL USING METALLICS
INSTRUCTIONS

INSTRUCTIONS:

- Watch the demonstration video, *Visual Journal-21-Using Metallics*.
- Use the metallics technique guide to help you experiment with metallic materials in your visual journal.
- 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 the techniques you want to use in your page and the materials you have on hand:
 - Metallic Sharpies
 - Metallic paint pens
 - Metallic watercolor
 - Metallic acrylic paint or tempera paint
 - Metallic ink pads
 - Gold leaf, copper leaf, silver leaf (you could also glue down foil!)
 - White tissue paper with metallic designs
- Start working on your page!
- You can focus on one technique or multiple. Don't be afraid to experiment!
- TIP: Keep your hands as clean as possible as you work with the gold leaf. The gold leaf will stick to your fingers and tear as you try to apply it if you have sticky fingers.
- Be sure to include other colors to contrast with the metallic. Either add metallics on top of other colors or use other colors on top of metallics. If you use black, include black on top of metallics.

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 add patterns on top of black or dark backgrounds.

GLITTER: STEP ONE: Create a design using Elmer's glue. STEP TWO: Sprinkle glitter over your glue design. STEP THREE: Tip your glue design paper on top of a blank sheet of paper to catch the excess glitter. STEP FOUR: Pour the glitter back into the container to use for your project. Use your next work of art.

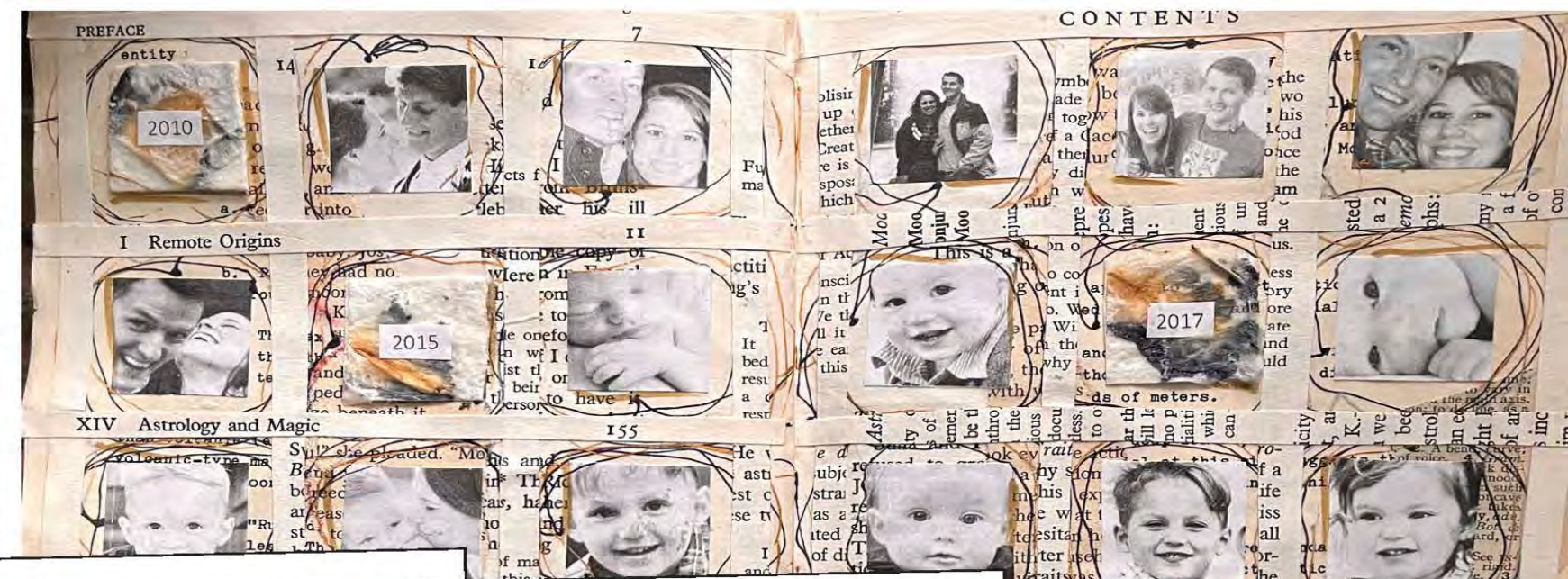
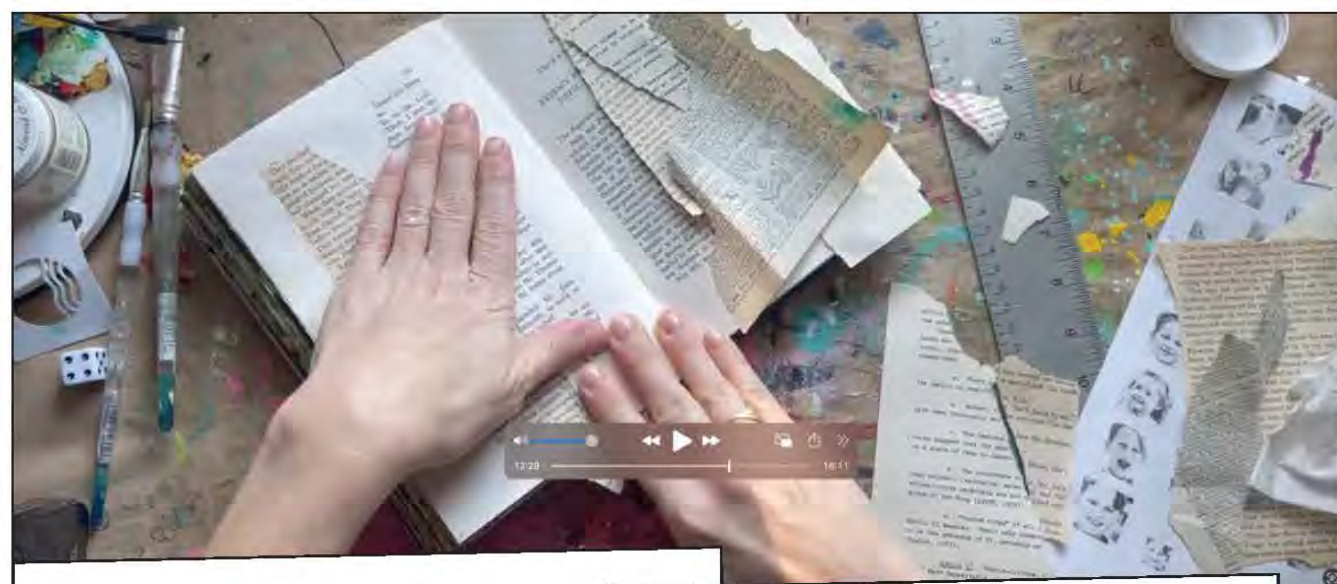


VISUAL JOURNAL USING METALLICS
CHECKLIST

- One or multiple techniques were tested from the using metallics 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 metallics into the design.
- Experimentation with the material is evident in the page.
- Additional materials, text, or images were added to complete the page. The added design enhances the visual journal page and works well with the metallics.
- 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.

WEEK TWENTY TWO:

USING METALLICS



VISUAL JOURNAL USING METALLICS INSTRUCTIONS

- INSTRUCTIONS:**
- Watch the demonstration video, Visual Journal-22-Using Personal Photos.
 - Use the personal photos guide to help give you ideas on how to incorporate photographs in your visual journal page.
 - Collect the supplies needed for your page. Always grab:
 - o Your visual journal
 - o Book pages (if previously ripped out)
 - o Glue
 - o Scissors
 - o Collage materials
 - For this page also grab the following materials depending on the techniques you want to use in your page and the materials you have on hand:
 - Printed photographs (on photo paper or on standard printer paper)
 - Clear packaging tape
 - Mod Podge
 - Paint pens and/or Sharpies
 - Colored pencils
 - Paint
 - Printed images of frames
 - Start working on your page!
 - You can focus on one technique or multiple. Don't be afraid to experiment!
 - TIP! Print more pictures than you think you will need. It helps to have options. If you layer and collage multiple pictures you will likely need more than you think you will!
 - Don't be afraid to draw, paint, collage, and doodle on top of your pictures to help blend.

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 the surface you want to transfer to, let it dry. Wet the back carefully peel the paper off. The ink will be stuck to the new surface.



VISUAL JOURNAL USING PERSONAL PICTURES INSTRUCTIONS

One or multiple techniques were tested from the using personal photos 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 pictures into the design.

Experimentation with the material is evident in the page.

Additional materials, text, or images were added to complete the page. The added design enhances the visual journal page and works well with the photographs.

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.



WEEK TWENTY THREE:

USING PERSONAL PICTURES



VISUAL JOURNAL CONNECTING PAGES
INSTRUCTIONS

INSTRUCTIONS:

- Watch the demonstration video, *Visual Journal-23-Connecting Pages*.
- Use the connecting pages guide to help give you ideas on how to visually connect more than one page in your visual journal page.
- 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 the techniques you want to use in your page and the materials you have on hand:
 - Xacto knife *Use with adult supervision, cut away from your body and hands.*
 - Hole puncher
- Start working on your page!
- You can focus on one technique or multiple. Don't be afraid to experiment!
- **TIP:** Plan out the topic idea for your page first and consider how a cut out or visuals will tie your pages together. Think thoughtfully before cutting the page, you want it to be intentionally included in the design.
- Lay the elements on your page, decide what you want to keep, omit, or change before you glue materials down if you are incorporating collage.
- 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:

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 connect.



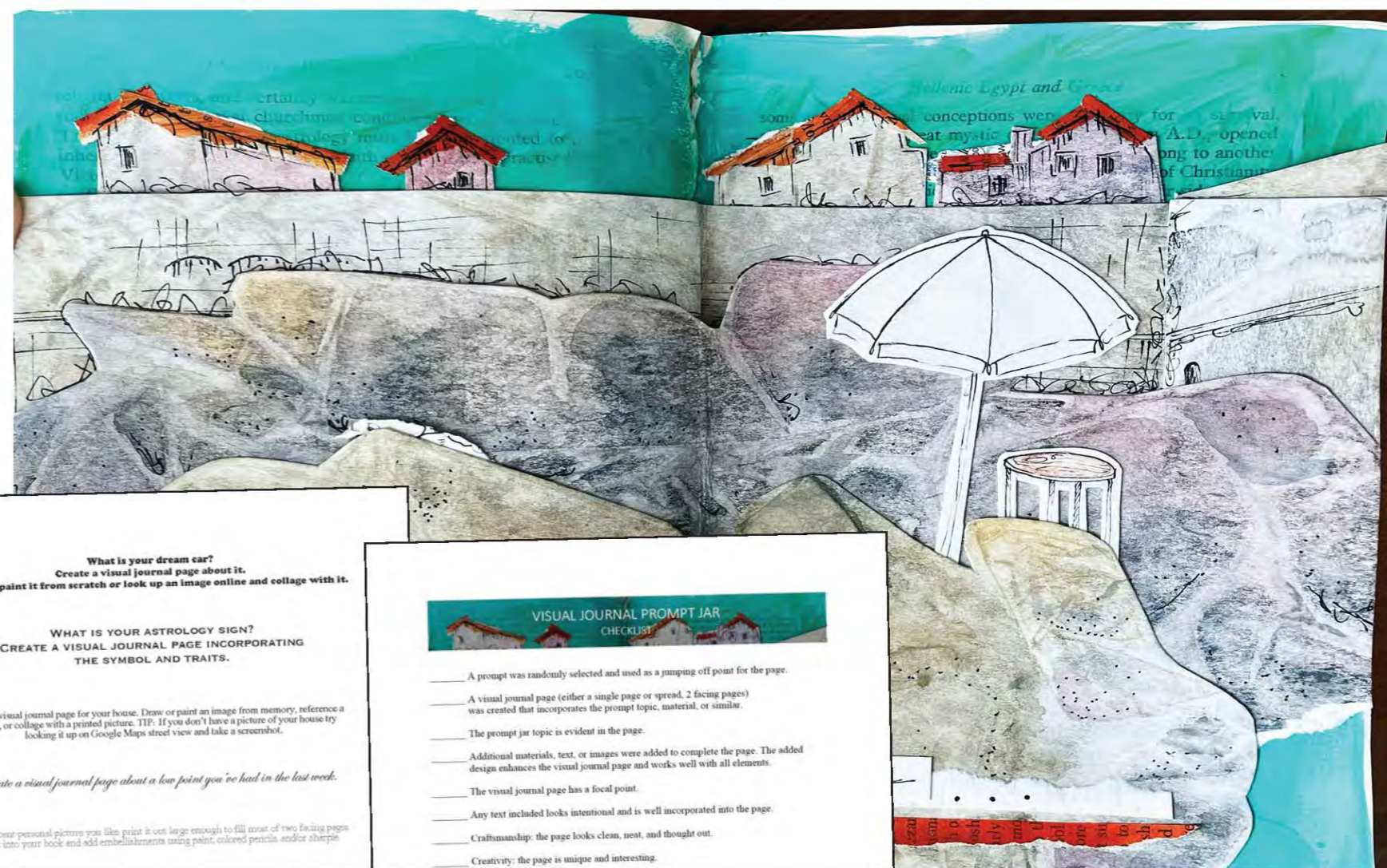
VISUAL JOURNAL CONNECTING PAGES
CHECKLIST

- One or multiple techniques were tested from the connecting pages handout to create visual journal pages.
- 2 or more visual journal pages (either a single page or spreads, 2 facing pages) were created that visually connects the pages together.
- Pages are successfully connected together through cut outs, design, visuals, and similar.
- Additional materials, text, or images were added to complete the page. The added design enhances the visual journal page and works well with the photographs.
- 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.



WEEK TWENTY FOUR:

CONNECTING MULTIPLE PAGES



VISUAL JOURNAL PROMPT JAR
INSTRUCTIONS

- INSTRUCTIONS:**
- Watch the demonstration video, Visual Journal-24-Prompt Jar.
 - Print the prompt list, cut up the prompts, place them in a jar, bowl, or similar. Randomly select a prompt. No matter what the prompt is DO IT!
 - If you don't have materials listed on the prompt, select the closest alternative.
 - If you don't have good alternative material options, redraw a prompt.
 - Collect the supplies needed for your page. Always grab:
 - Your visual journal
 - Book pages (if previously ripped out)
 - Glue
 - Scissors
 - Collage materials
 - Reference the prompt material list for other materials you may need depending on the prompt you draw.
 - Start working on your page!
 - You can focus on one technique or multiple. Don't be afraid to experiment!
 - TIP: Take a minute to brainstorm ideas based on your prompt before jumping straight into drawing. Consider what came to mind as you first read the prompt. Did a visual, memory, or similar pop into your head?
 - Lay the elements on your page, decide what you want to keep, omit, or change before you glue materials down if you are incorporating collage.
 - If you are incorporating text, be thoughtful about how you include the text. The text should 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

Visual Journal Prompts

CREATE A VISUAL JOURNAL PAGE ABOUT YOUR FAVORITE CHILDHOOD MEMORY.

Dedicate a visual journal page to your favorite book or magazine.

Pick purple, gold, or navy blue and create a collage of images using only these colors and variations of them!

'Unicorn, Centaur, or Troll'

Pick one and create a visual journal page about it.

Create a visual journal page about the last dream you remember having.

CREATE A VISUAL JOURNAL PAGE ABOUT YOUR

**What is your dream car?
Create a visual journal page about it.
Draw or paint it from scratch or look up an image online and collage with it.**

**WHAT IS YOUR ASTROLOGY SIGN?
CREATE A VISUAL JOURNAL PAGE INCORPORATING
THE SYMBOL AND TRAITS.**

Create a visual journal page for your house. Draw or paint an image from memory, reference a picture, or collage with a printed picture. TIP: If you don't have a picture of your house try looking it up on Google Maps street view and take a screenshot.

Create a visual journal page about a low point you've had in the last week.

Find a recent personal picture you like, print it out large enough to fill most of two facing pages. Glue it into your book and add embellishments using paint, colored pencils and/or sharpie.

VISUAL JOURNAL PROMPT JAR
CHECKLIST

- A prompt was randomly selected and used as a jumping off point for the page.
- A visual journal page (either a single page or spread, 2 facing pages) was created that incorporates the prompt topic, material, or similar.
- The prompt jar topic is evident in the page.
- Additional materials, text, or images were added to complete the page. The added design enhances the visual journal page and works well with all elements.
- 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.

WEEK TWENTY FIVE:

VISUAL JOURNAL IDEA JAR



VISUAL JOURNAL USING GESSO
CHECKLIST

- 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 the techniques 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 gesso straight out of the tub. For a more transparent look to tone down but not cover up your background, add water. Start with a small amount of water and add more. It's easier to add more water than more gesso.
 - Lay the elements on your page, decide what you want to keep, omit, or change before you glue materials down.
 - If you are incorporating text, be thoughtful about how you include the text. The text will be more legible if it is placed on a light background and is intentional. Consider

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. If you did add details using pencil, charcoal, or similar, pencil and similar.

2. PAINT OVER: Add gesso to a surface paint.

3. TOKE DOWN: If you have a busy background...



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. The added design 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.



WEEK TWENTY SIX:

USING GESSO



VISUAL JOURNAL USING BOOK PAGES

INSTRUCTIONS

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
 - Scissors
 - Collage materials
- For this page also grab the following materials depending on the techniques you want to use in your page:
 - Book pages, ideally a range of color, font styles, and sizes.
- Start working on your page!
- You can focus on one technique or multiple. Don't be afraid to experiment!
- TIP: before gluing anything down to your page, lay out the elements first. Decide if you like the composition or need to make changes before committing to gluing it.
- 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).

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 background, layer 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...
- 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...
- 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...



VISUAL JOURNAL USING BOOK PAGES CHECKLIST

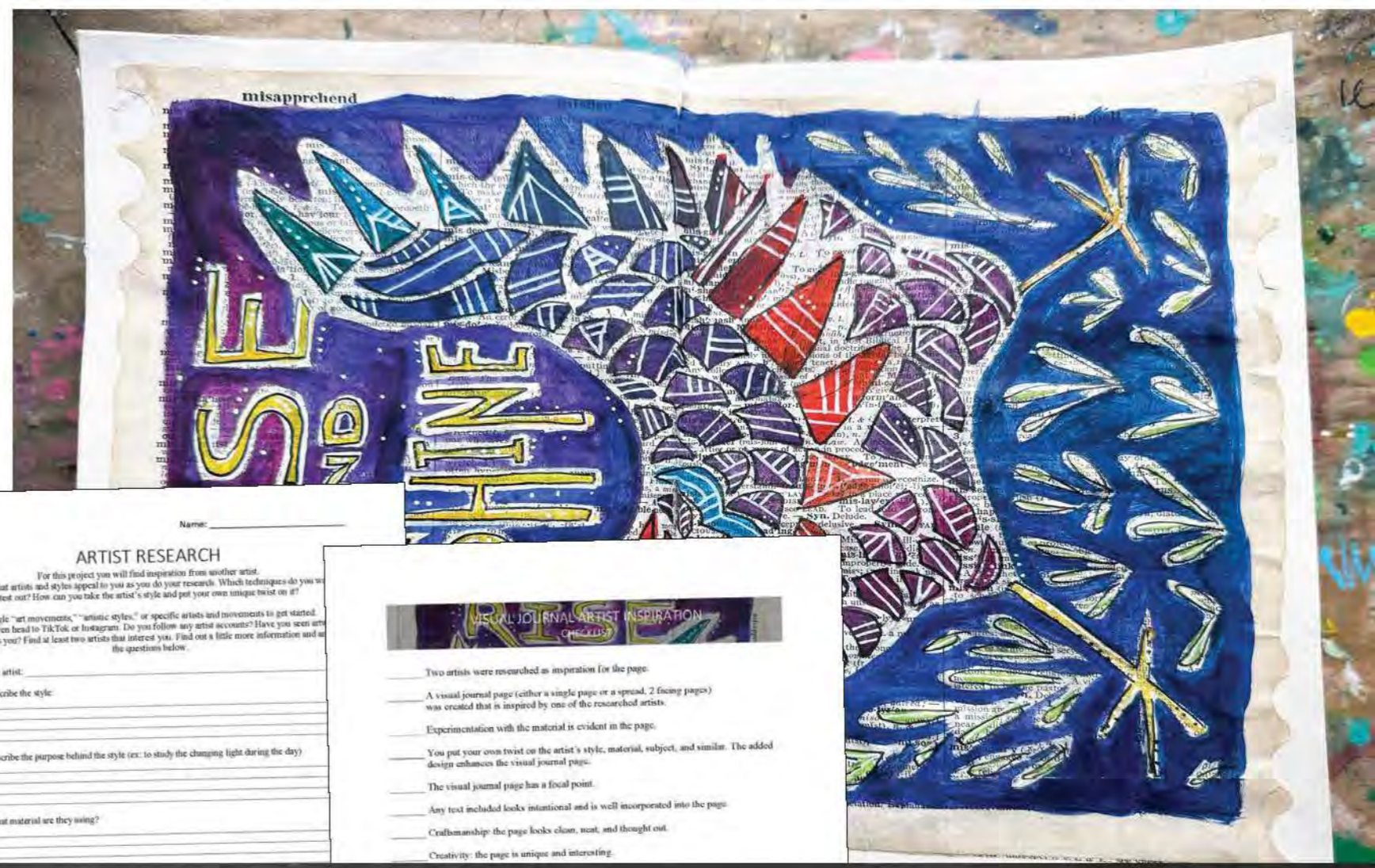
- One or multiple techniques were tested on from the using book pages handout to create a visual journal page.
- A visual journal page (either a single page or a spread, 2 facing pages) was created that incorporates book pages.
- Experimentation with the material is evident in the page.
- Additional materials were added to complete the page. The added design enhances the visual journal page and works well with the book pages.
- 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.



WEEK TWENTY SEVEN:

COLLAGING WITH BOOK PAGES



VISUAL JOURNAL ARTIST INSPIRATION INSTRUCTIONS

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 we 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.

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*
- David LaChapman: *Maybe He Became III*

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 use? 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 art 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: _____

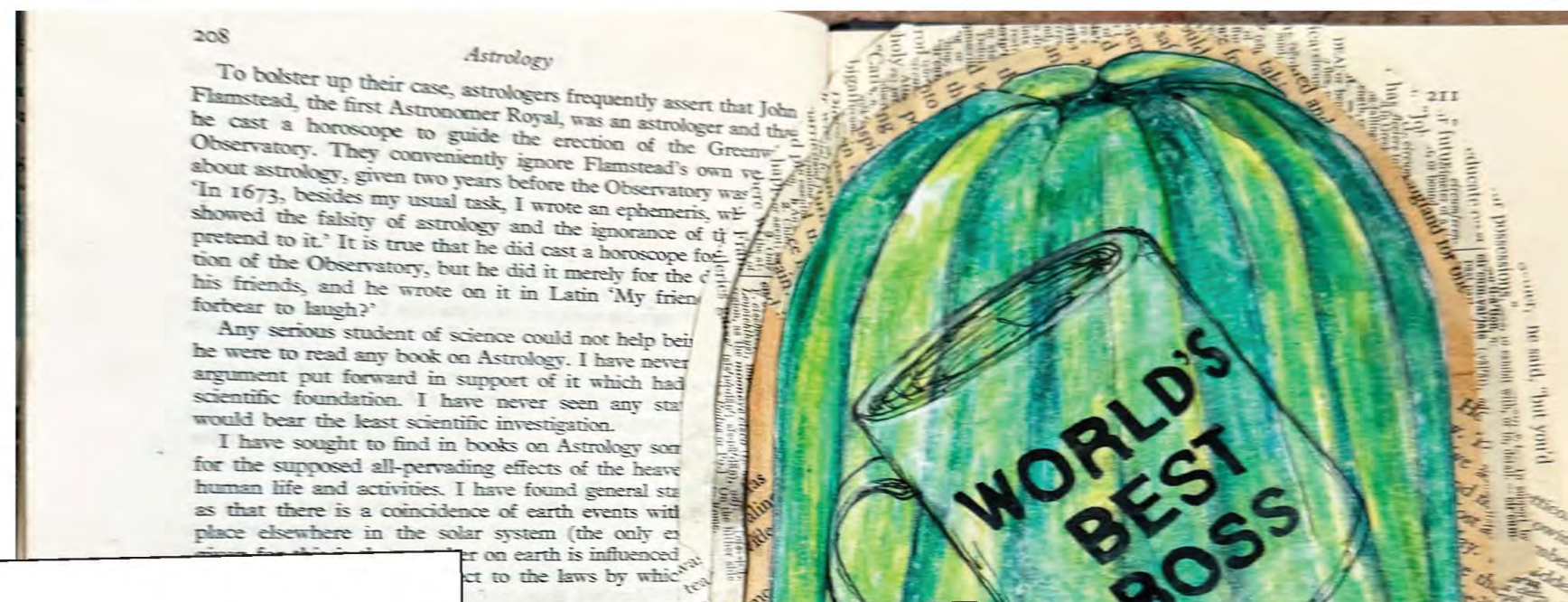
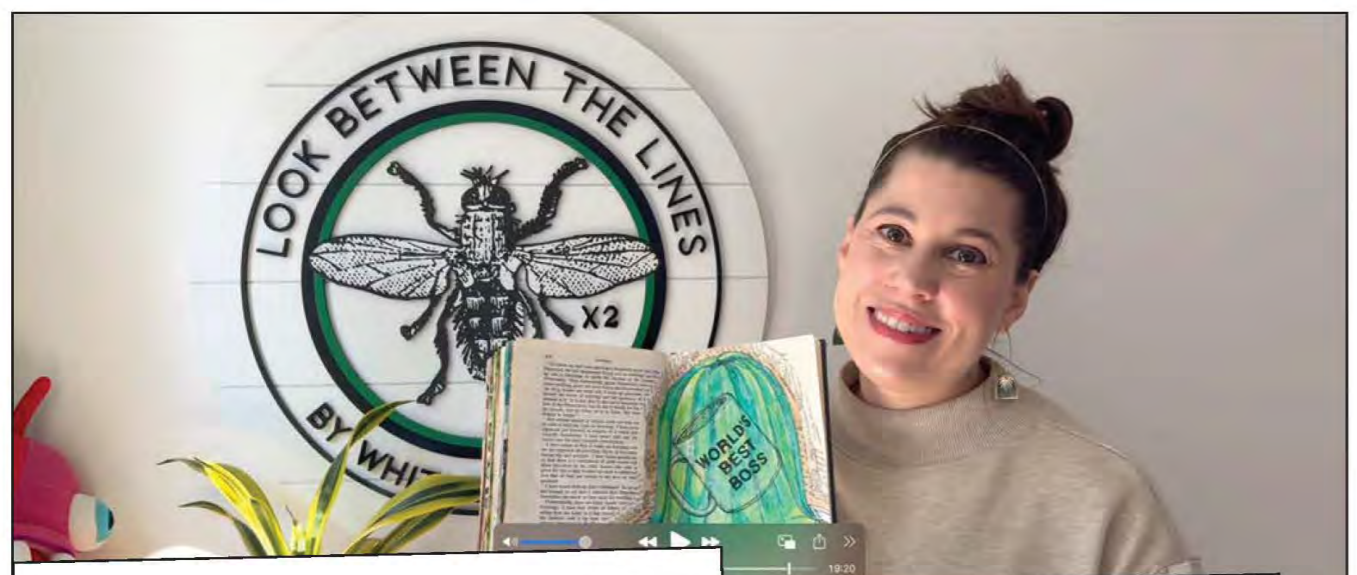
1. Describe the style: _____
2. Describe the purpose behind the style (ex: to study the changing light during the day) _____
3. What material are they using? _____

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.

WEEK TWENTY EIGHT:

ARTIST INSPIRATION



VISUAL JOURNAL 3 PROMPTS
INSTRUCTIONS

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?
- Start working on your page!
- Don't be afraid to experiment!
- TIP: before gluing anything down to your page, lay out the elements first. Decide if you like the composition or need to make changes before committing to gluing it.
- 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

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

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.
- Something you fear.
- What you would use to cross the ocean.
- The rainforest.
- What you wish you were eating right now.
- What you would choose to travel around the world.
- A line from your favorite song.
- A quote from your favorite movie.
- A location from your childhood.

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
- Challenge
- Content
- Breathe
- Strange
- Inspire
- Black and white
- Spontaneous
- Creative
- Wander
- Meander
- Low

WEEK TWENTY NINE:

SUBJECT-MATERIAL-WORD PROMPTS



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), crascer, tissue, Q-tips, fixative
 - Consider how the subject can work with pastels, what subject will compliment them?
 - Start working on your page!
 - Don't be afraid to experiment!
 - TIP: Work from the back forward. Periodically tap the artwork and blow on it to remove excess dust.
 - Don't forget to erase and add clean lines to sharpen your drawing after blending.
 - 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 words!

HOW TO & TIPS USING PASTELS

SUPPLIES:

- Pastels, a variety of colors
- 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 color.
- Create an blend from one color to another.
- Add a color blocked design.
- Draw and color an object.
- Blend over a collaged layer to high 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 color to. Either layer one solid color or add multiple colors. TIP: If using multiple colors 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 colors into each other.

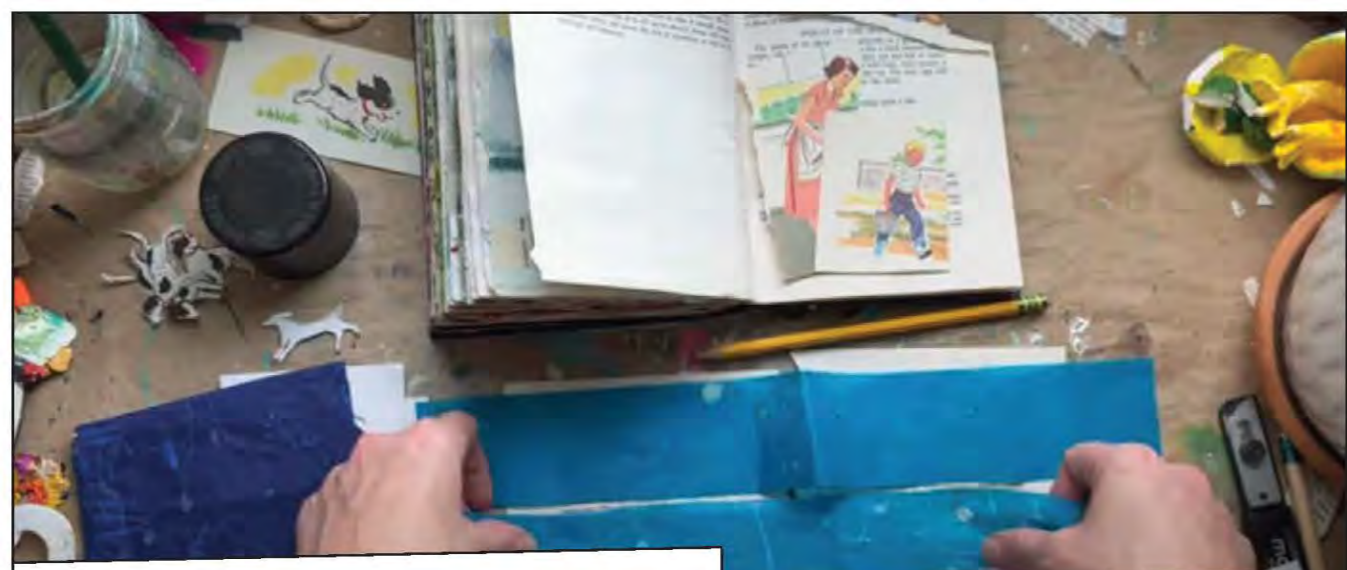
STEP THREE:
Once blended, add details such as lines, patterns, texture, or shadows. TIP: Use a paintbrush to add highlights and shadows to the edge of your pastel or a pencil.



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.

WEEK THIRTY: USING PASTELS



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:
 - Your visual journal
 - Glue
 - Scissors
 - Collage materials
 - For this page also grab:
 - Thicker paper (such as cardstock) or thin cardboard, Xacto knife (with adult supervision), scissors, hole punch or other shape punches, spray paint, paint, or material to layer over the stencil.
 - Consider how the subject can work with stencils and what subjects will work well with graphic look or repeating design.
 - Start working on your page!
 - Don't be afraid to experiment!
 - TIP: hold down the stencil flat to your page to create clean, sharp edges. If using spray paint go outside, you don't want to breathe in the fumes.
 - If you are incorporating text, be thoughtful about how you include the text. The text grabs 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

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 stencils.

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. Spray over the design. TIP: Let the first layer dry, move your stencil to another space on your artwork and spray it again. Repeat 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 the stencil to reveal your design, let it dry.



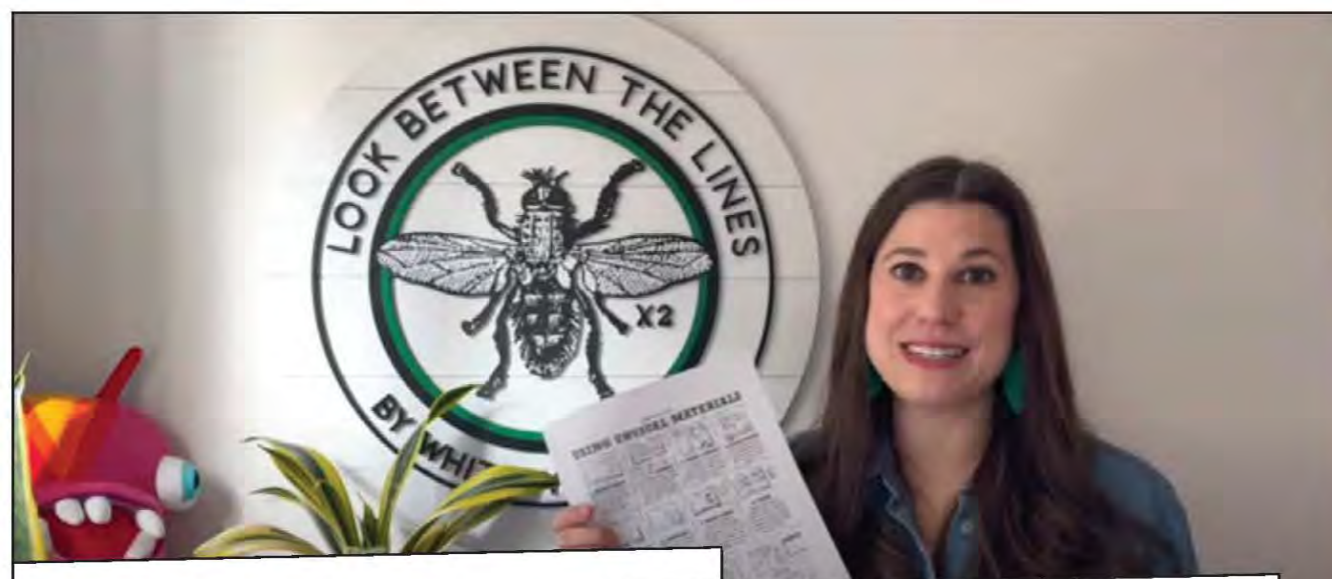
VISUAL JOURNAL USING PASTELS
CHECKLIST

- 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.
- Stencils were used with paint, spray paint, or similar to create a design on 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.



WEEK THIRTY ONE:

MAKING AND USING STENCILS



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 one!) 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 be part of the artwork and should be intentional. Consider...

HOW TO & TIPS
USING UNUSUAL MATERIALS

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



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.

WEEK THIRTY TWO:

UNUSUAL MATERIALS



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!
- TIP: before gluing anything down to your page, lay out the elements first. Decide if you like the composition or need to make changes before committing to gluing it.
- 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 words!

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

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 recurring 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.
- Something you fear.
- What you would use to cross the ocean.
- The rainforest.
- What you wish you were eating now.
- What you would choose to travel around the world.
- A line from your favorite song.
- A quote from your favorite movie.
- A location from your childhood.

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.
- Effort: time and thought were put into the page.



WEEK THIRTY THREE:

MATERIAL & SUBJECT PROMPTS



VISUAL JOURNAL USING STAMPS
INSTRUCTIONS

INSTRUCTIONS:

- Watch the demonstration video, Visual Journal-34-Using Stamps.
- Use the using stamps guide to help you decide which stamp technique(s) you want to experiment with this week.
- 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 the techniques you want to use in your page and the materials you have on hand:
 - Stamps
 - Ink pad
 - Linoleum stamp, linoleum cutter, prisma-mark ink or paint
 - Sponge stamp, sponge, scissors, marker (to draw the design), paint
 - Potato print, potato, cookie-cutter, sharp knife, paintbrush, paint or ink, paper
- Start working on your page!
- You can focus on one technique or multiple. Don't be afraid to experiment!
- I recommend stamping words and letters on separate sheets of paper then cut up the stamps and collage with them in your visual journal.
- Lay the elements on your page, decide what you want to keep, omit, or change before you glue materials down if you are incorporating collage.
- If you are incorporating text, be thoughtful about how you include the text. The text v

HOW TO & TIPS
MAKING & USING STENCIL

SUPPLIES:

- Stamps
- Ink pad
- Sketchbook
- Paper, work of art, or visual journal

Optional supplies for DIY stamps: Potato & cookie cutter, or linoleum & linoleum cutter, or cardboard, Xacto knife, hot glue, re sponge & acrylics

1. STAMP

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 press together on the

3. FOCAL POINT

A larger stamp can make a strong focal point. Use dark colored ink to grab attention. Use the stamp on the layer the focal point over the st

5. DIY STAMPS

By making your own stamp! Use a potato, cookie cutter, or linoleum for art material, get a block



VISUAL JOURNAL USING STAMPS
INSTRUCTIONS

— One or multiple techniques were tested from the using stamps 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 stamps into the design.

— Experimentation with the material is evident in the page.

— Additional materials were added to complete the page. The added design enhances the visual journal page and works well with the stamps.

— The visual journal page has a focal point.

— Any text included looks intentional and is well incorporated into the page.



WEEK THIRTY FOUR:

USING STAMPS



VISUAL JOURNAL 16 THINGS ABOUT ME
INSTRUCTIONS

INSTRUCTIONS:

- Watch the demonstration video, Visual Journal-35-16 Things.
- If you haven't done it previously, fill out the handout with 16 things about you. As you write the list think how they can be translated into a visual. Pick the one that interests you most to inspire your page.
- Collect the supplies needed for your page. Always grab:
 - o Your visual journal
 - o Book pages (if previously ripped out)
 - o Glue
 - o Scissors
 - o Collage materials
 - o Consider what materials will visually reflect the topic you chose. What other materials can you pull into the page?
- Start working on your page!
- You can focus on one technique or multiple. Don't be afraid to experiment!
- Lay the elements on your page, decide what you want to keep, omit, or change before you glue materials down if you are incorporating collage.
- 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:
 - o Writing the text on a separate sheet, choose the nicest looking one, cut it out and glue it in.
 - o Type and print out the text, be thoughtful about the font and size.
 - o Use stamps to write out the word(s).
 - o Use letter stickers to write out the word(s).

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. _____



VISUAL JOURNAL BASIC PRINTMAKING
INSTRUCTIONS

One topic from the list of 16 Things About Me is chosen to inspire the page.

A visual journal page (either a single page or a spread, 2 facing pages) was created that reflects the chosen topic.

Experimentation with the material is evident in the page.

Additional materials were added to complete the page. The added design enhances the visual journal page and works well with the topic.

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.



WEEK THIRTY FIVE:

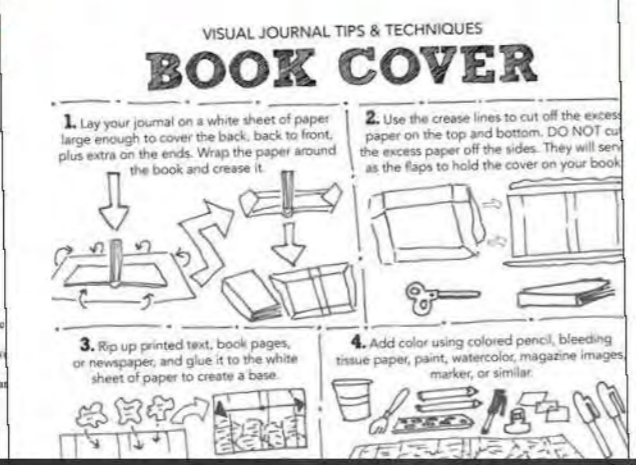
FINDING PERSONAL INSPIRATION



VISUAL JOURNAL BOOK COVER INSTRUCTIONS

INSTRUCTIONS:

- Watch the demonstration video, Visual Journal-36-Book Cover.
- Use the book cover guide to walk you through the steps to create the book cover base and add a design to it.
- Collect the supplies needed for your book cover:
 - Your visual journal
 - Glue
 - Scissors
 - Collage materials
 - Packaging tape or a laminator
 - Additional supplies you want to use to decorate your book cover.
- Start working on your book cover!
- Remember, trim the paper down to fit your book, but be sure to leave extra paper to create flaps. These are necessary to keep your cover on your book.
- Lay the elements on your cover, decide what you want to keep, omit, or change before you glue materials down if you are incorporating collage.
- For the title text, be thoughtful about how you include it and the style of it. 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).



VISUAL JOURNAL BOOK COVER CHECKLIST

- A book cover was created that wraps around the book, and includes book flaps to hold it on the book.
- A design was added to the book cover that connects from the book flap to the front cover to the spine to the back cover to the back book flap.
- A title was added to the front cover and the book spine.
- Additional materials were added to complete the book cover. The added design enhances the visual journal book and works well with the aesthetics of the book.
- The book cover has a focal point.
- The title text look clean, thought out, and is well incorporated into the book.
- Craftsmanship: the page looks clean, neat, and thought out.



WEEK THIRTY SIX:

DESIGNING A BOOK COVER

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.



VISUAL JOURNAL
EVERYTHING YOU NEED TO TEACH

IDEAL & INSPIRATION
ADDING TEXT TO VISUAL JOURNALS

LOOK BETWEEN THE LINES BY WHITNEY PARNELL



ART ELEMENTARY
6 TYPES OF PRINTMAKING UNIT

LOOK BETWEEN THE LINES BY WHITNEY PARNELL



ACTIVITY ELEMENTS OF ART
7 WORKSHEETS ELEMENTS OF ART

COLOR LINE FORM SHAPE VALUE TEXTURE

LOOK BETWEEN THE LINES BY WHITNEY PARNELL



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

LOOK BETWEEN THE LINES BY WHITNEY PARNELL



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

LOOK BETWEEN THE LINES BY WHITNEY PARNELL



FRONT & BACK WORKSHEETS WITH ACTIVITIES & DIGITAL FILL IN OPTIONS

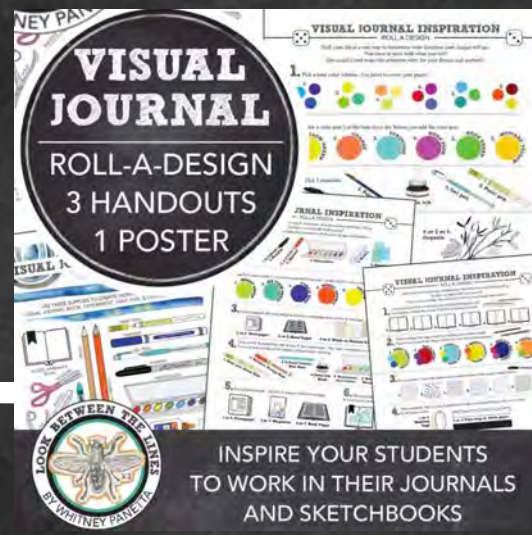
LOOK BETWEEN THE LINES BY WHITNEY PARNELL



VISUAL JOURNAL PROJECT
MIDDLE & HIGH SCHOOL

WEEKLY, SELF-DIRECTED ART PROJECT

LOOK BETWEEN THE LINES BY WHITNEY PARNELL



VISUAL JOURNAL
ROLL-A-DESIGN
3 HANDOUTS
1 POSTER

INSPIRE YOUR STUDENTS TO WORK IN THEIR JOURNALS AND SKETCHBOOKS

LOOK BETWEEN THE LINES BY WHITNEY PARNELL



6 SHADING HANDOUTS ACTIVITIES POSTERS

SHADING CROSS HATCHING HATCHING STIPPLING SCRIBBLING

FOR MIDDLE & HIGH SCHOOL ART CLASSES

LOOK BETWEEN THE LINES BY WHITNEY PARNELL

[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.