

## Journal Assignments

Below you will find a list of journal prompts. If there is no mention of media, use whatever you like.

1. Write a poem in the style of Dr. Seuss about a creature named Fred who keeps jumping on your head. Illustrate Fred.
2. Use half of a photograph, and draw in the other half realistically, abstractly, surrealistically, or fantastically.
3. Stream of conscious write for twenty (20) minutes. Skim the writing and circle or highlight ten (10) words. Use marker to write or draw these words large on the same page. Find and glue in photographs you feel are connected to the words. Add color, patterns, and more.
4. Randomly pick a word out of the dictionary, and react to that word using a mix of media.
5. React to a poem.
6. React to a piece of music.
7. Acrylic exploration. Try to include all of the following: overlapping, pattern, tints, shades, balance, repetition, color mixing to get a secondary or tertiary color.
8. Find a quote by a famous person, and react to it.
9. Alter a photograph by cutting, tearing, and gluing, and add mixed media.
10. Create a Pop-Up page.
11. Create a page on an artist. Include a short biography and at least three examples of the artist's work.
12. Doodle on one page over an entire week.
13. Use "trash" and collage an entire page.
14. Use a child's medium such as marker, crayon, or finger paint, and create a sophisticated piece of art.
15. Choose a page from a newspaper. Cut out thirty (30) words. Glue these words into a short poem, and fill the rest of the space with mixed media.
16. React to the question: What is an artist?
17. Blind contour 4 to 10 objects on one page using black pen or marker. Allow drawings to overlap and turn the journal to fill the entire page. Strengthen the lines, and explore with marker or watercolor pencil to create a balanced composition.

18. Cut out a photograph at least 5" x 7". Cut it into random pieces (squares and rectangles) of various sizes. Glue down randomly into a rectangular format. Let some pieces touch, but do not overlap. Try to fill the entire page.
19. Fill a page with cartoon faces.
20. Create a realistic self-portrait using pencil and shading.
21. Create a self-portrait by collaging images and words from magazines filling ALL the white space.
22. Create a cartoon self-portrait. Outline it with black marker and fill with bold, solid color.
23. Create an abstract self-portrait using markers.
24. Create a tessellation (see the work of M.C. Escher).
25. Respond to a masterwork.
26. With a someone else, create a collaborative piece by passing the journal back and forth.
27. Create a value drawing of a room.
28. Visit a museum or gallery and create a page with photos, post cards, flyers, sketches and observations.
29. Set up three eggs, shine a bright light on them, and draw them with pencil. Shade carefully, and do not forget about the negative space.
30. Draw a bunch of raw broccoli using pencil. Shade carefully.
31. Set up and draw a still life of objects that represent you. Shade carefully.
32. Blind contour drawing of yourself (use a mirror). Add mixed media.
33. Create a construction paper collage of anything that you want.
34. Collect flyers, post cards, wrappers, photos, labels, stickers, trading cards, menus, tickets, etc. and collage a page.
35. Draw and shade your name in one point perspective.
36. Fill a page with two point perspective forms allowing them to overlap.
37. Draw and shade your hand three times. Hold an object in at least one of the poses.

38. Find ten (10) to fifteen (15) photographs of people. Sketch each portrait small enough so that all will fit on one page. Spend no more than 5 minutes per portrait.
39. Draw and shade your foot three times - twice barefoot, and once with a shoe.
40. Sit at the park, in the mall, at a sporting event, or on a bench outside, and draw the scene you see.
41. Create a page about a place.
42. React to the word "nostalgia."
43. Fill a page with quotes that mean something to you. Explore different writing styles and sizes.
44. Create a page about a number.
45. Use pencil, and draw a tree. Shade it very carefully paying attention to the textures of the bark, branches, and leaves.
46. Make a window, door, or opening in a page, and fill the rest of the page with inspiration from the opening.
47. Use pencil to explore value. Fill the entire page, use hatching or cross-hatching, use no obvious lines (only edges of forms). Create a non-objective composition. Show at least one penetrating space, one overlap, one transparency, one area of gradual value change, one area of abrupt value change, one cast shadow, one concave surface, and one convex surface.
48. Draw a composition using only one type of shape - i.e. draw a composition using only triangles. Use any medium of choice, but explore value, texture, and variety.
49. Glue in an envelope. Create a "treasure" to go into the envelope and fill the rest of the page with hints about the "hidden treasure."
50. Paint with your fingers.
51. Create a page on an author.
52. Cover an entire page with newspaper, and create a work of art on top of the newspaper using at least three different media.
53. Create a scene by collaging in only images from magazines - no words, cartoons, or artwork. Cover all white spots.
54. Collage in a map or bits of a map, and create a mixed media composition using the map as inspiration.
55. Fill a page with your favorite things - i.e. favorite movies, favorite foods, etc. Add artistic embellishments - pictures, doodles, colors, lettering styles, etc.

56. Create a page in the style of a famous artist. Don't forget to identify the artist.
57. Create a page and reflect on the last year, the last month, or the last week.
58. Choose a random word, and create a page about the word.
59. Respond to one of these quotes: "Nothing ventured, nothing gained." "The greatest risk of all is not taking one."
60. Create a page on a possible career choice - a "When I grow up. . ." page.
61. Create a watercolor painting of a flower or flowers.
62. Create a personal timeline of your life.
63. Create a self-portrait using contour lines (no shading). Be very detailed and outline with black pen or marker.
64. Draw a scene from your favorite movie.
65. Draw your dream house.
66. Respond to a dream you once had.
67. Experiment with glue, and use mixed media to complete the page.
68. Research your favorite artist and mimic his or her style.
69. Using a mirror draw a self-portrait. Use pencil on half and use mixed media on the other half.
70. React to your favorite band, singer, or musical group.
71. Sit in a secluded spot and draw what you hear.
72. Experiment with depth.
73. Create a page about a letter in the alphabet.
74. Take a bite out of a piece of fruit like an apple or pear, and draw it.
75. Collage your thoughts over an entire day.
76. Create a page about an animal or animals.

77. Take a well-known painting and interpret it into a different style and medium.
78. Use the lyrics of a song in a mixed media piece.
79. Draw with your non-dominant hand, and then use your dominant hand to add color, texture, pattern, and more.
80. Create your own cartoon character and draw the character in action.
81. Draw a realistic view of any place or object using charcoal. Smudge it until it is not recognizable, and embellish the results to create an abstract piece.
82. Superimpose 3 or more similar objects on a page. Add color or shade in value.
83. Respond to the word “time.”
84. Cover a marble in paint and roll it around your paper. Follow the path left by the marble and write down your thoughts. Add mixed media.
85. Design a robot or a multitude of robots.
86. Draw your inner personality – use a variety of media.
87. Pick a childhood fairytale and imagine yourself as the main character. Create the cover of the book.
88. Create a color wheel by collaging in pictures from magazines.
89. Respond to the word “passion.”
90. Use an unconventional material like nail polish, food coloring, coffee, tea, or make up.
91. Pretend that your life story is being made into a movie, and create the poster for it.
92. Create a diary entry for a particular day without using any words.
93. Choose one of your favorite memories and depict it in any possible way.
94. Create a page about a feeling or emotion.
95. Design a new invention that will solve a particular problem.
96. Respond to the following question: What would be an ideal or perfect world?
97. Research the work of J.R.R. Tolkein, and create your own fantasy world. Create a map of that land.

98. Create a page that incorporates natural objects such as flowers, leaves, grass, and such.
99. Paint a landscape while looking at an actual landscape or at least a photo of one.
100. Draw with your eyes closed while listening to a piece of music. Open your eyes, and finish the piece with different materials.
101. Create a page about your favorite sport(s) or sports team.
102. Create a mosaic.
103. React to the word “imagination.”
104. Research a culture of interest and create a page based on your findings.
105. Create your own comic strip or comic page, ink it, and add color.
106. Create a page about something that scares you.
107. Use a black and white photograph and render it in pencil and/or pen using good shading and a full range of values.
108. Create a page about family.
109. Choose an unusual view of your bathroom, and render it in pencil using good shading and a full range of values.
110. Draw your own imaginary animal by using various parts of real animals. Draw its habitat and its food source.
111. Make a page of plant studies like Leonardo da Vinci.
112. Create a page of something that is important to you.
113. Design the car of the future.
114. Research a particular geographical location, and create a page based on your research.
115. Create an interpretation of someone you admire.
116. Use only geometric shapes to create a page. Add color and value.
117. Glue different pieces of fabric, wallpaper, or patterned paper. Use a drawing and/or painting medium to create a piece of artwork from it. Look at the collage pieces by Pablo Picasso and Georges Braque.

118. Cut out heads from photographs (such as magazines) and use as a basis for a page. Perhaps place them onto different bodies, or draw different bodies. Create a scene.
119. Respond to the word “action.”
120. Respond to the theme “Good vs. Evil.”
121. Create a composition that uses blended colored pencil.
122. Explore the word “layers” with a mixed media response.
123. Create a torn paper collage – no cutting. Be careful of your gluing.
124. Choose a word that you are drawn to, and create a page with that word as a theme.
125. Explore the following process:
  - Cover an entire page with watercolor and let dry
  - Add watercolor pencil and let dry
  - Add black pen or black permanent marker
  - Add collage
  - Finish off with acrylic paint
126. Create a page using stick figures.
127. Find and draw a landscape using any chosen media.
128. Create a “jokes” page. (Keep it clean.)
129. Create a page using nothing but candy wrappers.
130. Create a timeline of your life.
131. Create a page about some current event.
132. Create a cityscape.
133. Fill a page with dynamic human poses.
134. Create a page about a color.
135. Create a page using a “scribble” as a springboard.
136. Record a day in your life.
137. Create a page about a season.

138. Create a page that revolves around a personal symbol. Create your own symbol.
139. Think about an important experience in your life (good or bad), and create a page.
140. Explore human anatomy – bones and muscles.
141. Create a page of fashion designs.
142. Design a logo for yourself.
143. Create a page about the food you ate yesterday.
144. What will the world look like in 20 years? 50? 100? 500?
145. Design a city.
146. If your life were a cartoon . . .
147. Experiment with a medium with which you have little or no experience.
148. Create a page about your last weekend.
149. Explore graffiti.
150. Respond to the word “transformation.”
151. Dedicate a page to a worthy cause.
152. Create a super hero.
153. Create a political cartoon.
154. Redesign an album cover of your favorite singer or band.
155. If I could change one thing . . .
156. Draw the world from an ant’s point of view.
157. Write a story and illustrate it.
158. Reflect on what you can do to make yourself a better artist.
159. Draw an inside-out portrait of yourself. This is no ordinary portrait, but one that will involve a lot of insight into who you are, rather HOW you see yourself.



160. Reflect on your greatest triumph.
161. Reflect on your greatest tragedy.
162. Illustrate 5 good things that happened to you yesterday.
163. Complete a portrait study of a friend or relative by having that person sit for you. Finish the page in any way you see fit.
164. Fill a page with random drawing studies.
165. Respond to the question: "Who am I?"