



# 10

## *ideas to start your art journal*

**Grab a sketchbook or journal and make some art! Remember to keep it loose and play. There's no wrong or right. Here are some ideas to get you going:**

1. Look around your home for objects with different textures, like walls, tile, or fabrics. Use crayons to make textured rubbings on your page.
2. Get your mail. Make a collage using the junk mail. Look for images, words, and patterns.
3. Close your eyes and draw a squiggle. Open your eyes. Does the squiggle remind you of something? Draw the rest of it.
4. Add a coloring page in your journal and color it. Decorate around the page too.
5. Take a letter, magazine, or book page and create a poem or message for yourself by blacking out most of the words.
6. Start writing. Write about anything you want. What's on your mind? Make the letters big or small, messy or neat, just write.
7. Paint or draw on top of a magazine page.
8. Pick a shape. Draw the shape over and over on the page. Change colors, make the shape neatly, make the shape messy, big, small... play around.
9. Write out your favorite song lyrics and decorate.
10. Glue ribbons and lace onto your page. Let them dry and then layer more over them.

*have fun creating*