

Paper: Visual Journals

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Plan an Artful Retreat Everyday

Find stress relief in stolen moments. Take time to create a visual journal. In summer, for example, it is a peaceful way to spend a coffee break in the park or on a patio and an excellent way to explore different art materials while capturing thoughts and visual ideas. Colour, texture, poetry and even simple shopping lists combine to create an interesting altered book. Set aside between 2 and 20 minutes a day for creating mini-art moments on the pages of a small sketchbook or journal. By the end of summer you will have created a little treasure.

Here are some suggestions for getting started...

- Don't hesitate. Start by filling several pages with colour. It is a great way get over your fear of the white page.
- Doodle freely with pencil crayons, watercolour or inks to cover the pages with solid colour, light renderings, patterns or brush marks. Experiment with oil pastel and wax crayon resists. Try rubbings and masking.
- Next collage and layer paper materials such as maps, ticket stubs, photos, newspaper clippings, stamping and even wedding invitations – there is no limit to the variety of items to include. Other found objects such as feathers, leaves, petals or lace may be included. Additional pages can be sewn, buttoned or inserted by creating folds, layers and envelopes.
- Make the muse come to you. Paint the weather. Paint your mood. Draw to music or meditate and paint your dreams. Do what is relevant to you.
- Challenge yourself to create a different composition for each page — centered, off-centered, wrap around.

Warning: If too much is added to a book it may split at the seams. A few pages may have to be removed in order avoid cracking the spine of a hardcover book. Remove them with style — torn, deckled, and folded.

Keep at it until the book is full, then start a new book.

See next page for more ideas!



More Journal Page Ideas!

