

Art Journaling/Syllabus for Olli

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Objective: To express yourself and create your own unique art journal entries using various mediums through a combination of text and visual images.

Goal: Each week, in and outside of class, create an entry in your art journal; whether it be 1-2 pages. Prompts will be given in class for each week's assignment in addition to other suggestions below in this syllabus.

Note: Every artist works at a different pace. Depending on time or prompt, sometimes your work will need to be completed outside of class. At the end of each period, if time, you will have the opportunity to lay your journal entry out on the table and share with other participants. Though this is NOT mandatory, I encourage you to let others see your work, as the final process can be very inspiring and fun to share for all.

What is an art journal? It is a place to visually express your ideas, thoughts, memories, ideas..etc through any type of art form you enjoy. It can be used daily or on occasion to record your emotions, drawings, thoughts, etc.. There are endless possibilities for artistic experimentation as your journal can be as unique as you are! Make it fun! Make it serious. Make it scary! It is ultimately up to you to create your own sacred space within your journal. You can write, draw, sketch, paint, scribble, collage, photograph, rip, tear, stamp, glue, print and create in any way you choose.

Art Journaling Reminders:

There are no mistakes or rules. Let go of perfectionism if you can. Your journal is a place to experiment. There are plenty of pages to try new things or collage/paint over something if you do not like a page you created.

Your journal is an expression of you. A diary, so to speak. No one sees this but you (unless you want to share). You don't have to be an 'artist' to create or express yourself in an art journal.

Finally, don't be afraid to put something down in your journal that looks ugly, scary, weird, expressive, etc...this is not a scrap book. It does not have to look ideal. BE OPEN and HONEST.

Tips of the trade:

- 1) Always use thick or watercolor paper if possible, unless you are only using colored pencils or crayons. Sharpie markers, watercolors or acrylic paint will dilute or leak through thin paper causing it to show on the other side if it is not heavy (140lbs).
- 2) Keep it simple. Having too much ephemera can be overwhelming and sometimes bog you down. Decide on a few magazine pages, a limited palette of colors, and 1-2 art mediums when beginning.
- 3) Lay out all your materials first (magazine clippings, water, brushes, crayons, etc..) This will help keep your 'mojo' flowing once you begin to work. Prevent unnecessary distractions so you don't have to stop/get up and retrieve other items you forgot.

- 4) If you feel a page is disjointed, apply a thin wash of watercolor paint to the entire page or over the area. Also, use crayons/colored pencils/markers to rid of any negative space.
- 5) Drawing or scribbling around any hard edges will help soften them.

Suggested Prompts in addition to class:

- 1) 10 Random Facts about me
- 2) 3-5 Things that make me happy (use photos, magazine clippings or draw)
- 3) Use only up to 3 colors to express your mood (2 mediums of your choice)
- 4) Write and paint about an experience in your life that has made you more resilient
- 5) Pick one or all themes: flowers, nature, or trees
- 6) Create in black and white (use different mediums for texture and value)
- 7) Write a poem or use a famous one (Robert Frost, Langston Hughes, Maya Angelou...etc)
- 8) Dream vacation/retreat
- 9) Stamps, stickers and/or rub-on letters
- 10) Make a list of NO REGRETS

Schedule:

Week 1: Introduction/Basics/Supplies

*Working with watercolor background and quote prompt

Week 2: Layers/Paper

*Creating different layers using different techniques/mediums

Week 3: Photo/Magazine Collage

*Using photos (personal or random) to create a collage or message

Week 4: Gratitude/Art practices for home

*Using your journal as a source for gratitude by using text/photos/color

Suggested books:

“Playing with Paints: Acrylics”, by Courtney Burden

“Art Journal Courage: Fearless Mixed Media Techniques for Journaling Bravely”, by Dina Wakely

“Intuitive Painting: Techniques for Uncovering Your Own Unique Painting Style”, by Flora Bowley

“Paint Mojo: Creative Layering Techniques for Personal Expression”, by Tracy Verdugo

“Art for Self-Care: Create Powerful, Healing Art by Listening to Your Inner Voice”, by Jessica Swift

****Supply list sent separately***