



## Get Smart with Art Lesson

### Creating Journals

Lesson Created by the Virgin Valley Artists Association of Mesquite, NV

For Parents: In this lesson, students will explore self-expression through journal writing/drawing. Each student will design and complete a small journal.

Supplies Needed: Paper, string or yarn, and markers, crayons, or paint. Students may embellish their journals with glitter, stickers, small buttons, etc. Recyclable materials are a good source of embellishments. If your child would like to paint the cover, use a heavier paper for the cover. Assist students while they make their journals in a book-type fashion, using a hole punch or stapler to keep the journal together. If your child needs supplies for this lesson, send email to [lindaharrisvvaa@gmail.com](mailto:lindaharrisvvaa@gmail.com).

### For Students:



Have you ever recorded your thoughts, feelings and ideas in a journal? A journal is similar to diary, but it has less form and is more about ideas and feelings. Your journal is personal, and you can find what works for you. Journals can include drawings which reflect your feelings, or your feelings can be expressed by art alone. Journals are a playground for your ideas. Some students write about or draw their favorite holidays, crazy ideas, favorite animals, trips, or what they like to do for fun. Journals can contain words according to your mood, inspirational words or poems, and realizations or light-bulb moments.

### Now it's your turn.

- 1) Use 3- 4 pieces of blank paper to make a small journal. If you want to paint your cover, be sure to use a sheet of watercolor paper or heavier paper for the cover. Fold the papers in half, and use a hole punch and string to hold

the journal together. Tie the string loose enough so that the journal can be opened easily. If you don't have string, you can use a stapler.

- 2) Close your eyes and think for a few minutes about what you would like to write or draw in your journal. Design your cover to reflect your feelings and to show what your journal will be about.
- 3) Now have fun drawing or writing about your ideas, feelings and thoughts! Be sure to put your name and a date on your journal so that you can look at it sometime in the future and reflect on it again.

Here are some examples of student journals which were designed in the Get Smart with Art classroom in Mesquite, Nevada.



Brandy wrote about her family life and what she liked to do.



Michael wrote about the crazy ideas he sometimes has.



Alondra wrote about her favorite holiday.