

# Journaling

## Art project

As part of the PRU Lockdown project it might be a great idea to start a art journal.  
When we all come back together we will be able to compare our experiences.



# What is a journal? How do I get inspired?

Journals are not written for an **audience** but rather for yourself. By keeping a journal, you get personal freedom and space to be creative as well as develop your artistic skills, critical thinking, self reflection, communication, collaboration, resourcefulness, research and lots more...

Your journal can be based around the lockdown theme. Think about things like...

1. Things are you missing
2. Home life
3. Music you've been listening to during lockdown
4. Dreams you have for when lockdown is over

If you have access to the internet you could watch this video to get some ideas.

<https://www.youtube.com/watch?v=eahtnxsg2GE>

# Gathering materials

**Task:** Gather paper to make your own journaling book.

Search your house for different types of paper, such as: train tickets, envelopes, takeaway menus, gift tags, old letters, magazine pages, wrapping paper, old homework or even toilet paper (if you have any).

Try to gather at least 5 'crazy' types of paper.

You will also need regular paper (ideally plain, but can be lined or dotted).

Make sure you have at least 10 sheets of this.

At least 15 sheets total.



# Making your book

**Task:** Use this the sheets of paper you have gathered to make yourself a journaling book.

Watch this video if you can to help build your own:  
[https://www.youtube.com/watch?v=EOHZZv9ArTM\](https://www.youtube.com/watch?v=EOHZZv9ArTM)

**Before you start, you will need:**

1. Your gathered paper
2. Some type of card - old greetings card, cardboard (from food/cereal box) anything that slightly thicker than paper.
3. A binding item - elastic band or hair band works best! You can use a bulldog clip, paper clip, hair grips, string, floss, staples - anything you can get to work!
4. Scissors or a craft knife and a ruler





# Example books



# Theme

I want you to take charge of your own creativity.

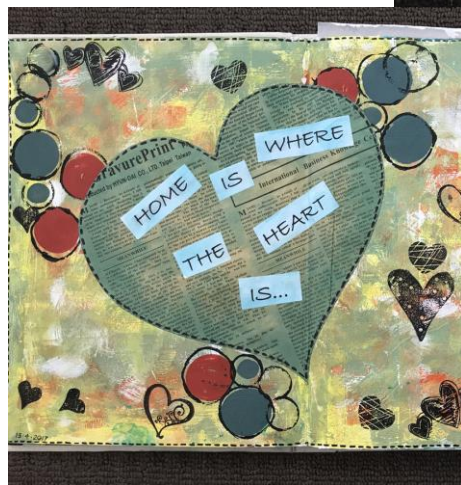
**Task:** Choose a starting point for the lockdown theme from the list below.

Be as creative as you like and try to make all the activities relate to this theme. Discuss this with your family or a friend. Make sure it's something you can be passionate about...

1. Things are you missing
2. Home life
3. Music you've been listening to during lockdown
4. Dreams you have for when lockdown is over

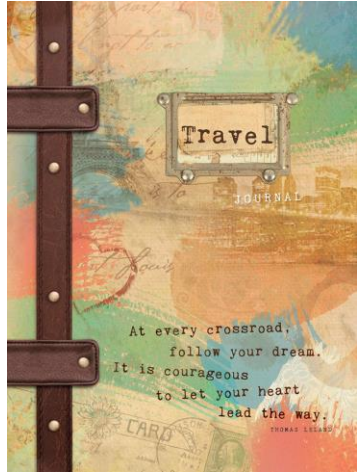


# Get inspired





# Get inspired



Watch for  
inspiration:

<https://www.youtube.com/watch?v=a-iZcweTvLU>





# The front cover

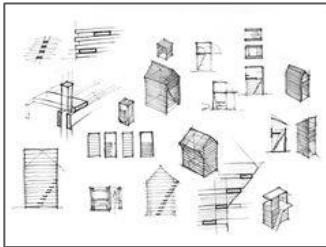
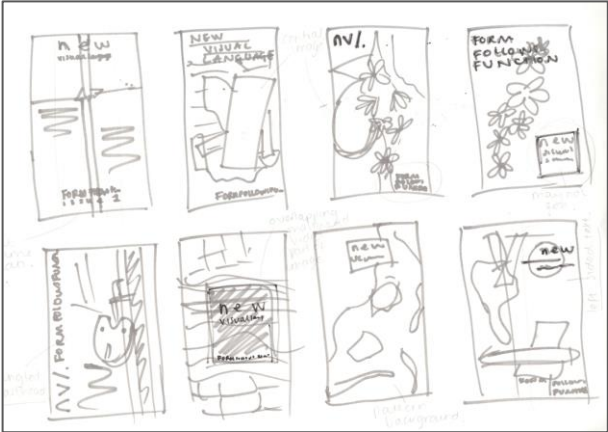
Explore a few ideas before you do the real thing.

**Task:** Draw at least 3 thumbnail sketch designs for your front cover. Do this on the first page of your journal. The messier, the better! See the next page for examples.

Artists, designers, architects and many other types of jobs use thumbnail sketches so they can show and share ideas visually and quickly. It's a great way to collaborate with others. Show your work to a family member, ask if they can understand your ideas.

Definition: "thumbnail sketch" describes a small drawing on paper (usually part of a group) used to explore multiple ideas quickly.

## Thumbnail sketch examples



# The front cover

**Task:** Choose your best thumbnail design and recreate it on the cover of your journal. Make sure it really expresses your chosen theme. Add your chosen theme as a title.

Think... how can you use the materials you have access to, to make this cover a masterpiece? This will help inspire you throughout the project, so make it really special.

Watch this video for help with **fonts & calligraphy** for the title:

[https://www.youtube.com/watch?v=qchR\\_voCF0s](https://www.youtube.com/watch?v=qchR_voCF0s)