

## Journalling Art Ideas

Here is a selection of ways to get Art Journalling. Pick one that you like the look of and make a page in your journal to get creative...

### Idea 1: All in My Head

This a really great way to try and capture those thoughts that keep whirring around your head!  
Draw your face and fill in the gaps with your thoughts.



## Idea 2: I Can't Imagine Life Without...

This is a beautiful way to illustrate all the things that are really important to you. This is a way to really value them and celebrate them.....



## Idea 3: The 30 Day Drawing Challenge

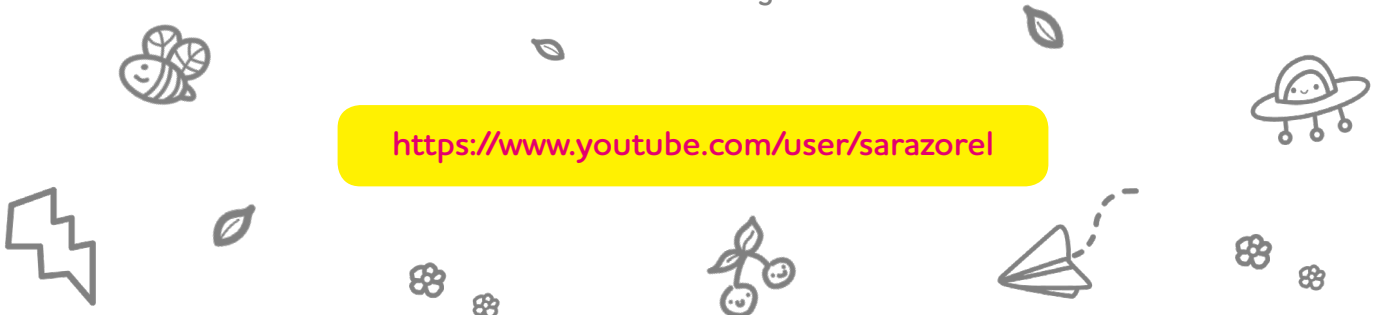
Every day take on the next item on the list and spend a minimum 10 minutes really trying to get as much detail as you can!

- |  |   |
|--|---|
| <input type="checkbox"/> <b>YOURSELF</b>     | <input type="checkbox"/> <b>ROBOT</b>             |
| <input type="checkbox"/> <b>BOOK</b>         | <input type="checkbox"/> <b>INSECT</b>            |
| <input type="checkbox"/> <b>BEACH</b>        | <input type="checkbox"/> <b>FAIRYTALE</b>         |
| <input type="checkbox"/> <b>MOVIE</b>        | <input type="checkbox"/> <b>MAMMAL</b>            |
| <input type="checkbox"/> <b>SUPERHERO</b>    | <input type="checkbox"/> <b>TV-SHOW</b>           |
| <input type="checkbox"/> <b>DINOSAUR</b>     | <input type="checkbox"/> <b>FLOWER</b>            |
| <input type="checkbox"/> <b>ZOMBIE</b>       | <input type="checkbox"/> <b>BIRD</b>              |
| <input type="checkbox"/> <b>SEA CREATURE</b> | <input type="checkbox"/> <b>OBJECT</b>            |
| <input type="checkbox"/> <b>INSTRUMENT</b>   | <input type="checkbox"/> <b>DRAGON</b>            |
| <input type="checkbox"/> <b>SKULL</b>        | <input type="checkbox"/> <b>FOSSIL</b>            |
| <input type="checkbox"/> <b>ZODIAC SIGN</b>  | <input type="checkbox"/> <b>MONSTER</b>           |
| <input type="checkbox"/> <b>PLANT</b>        | <input type="checkbox"/> <b>FISH</b>              |
| <input type="checkbox"/> <b>COUNTRY</b>      | <input type="checkbox"/> <b>MYTHICAL CREATURE</b> |
| <input type="checkbox"/> <b>MUSICIAN</b>     | <input type="checkbox"/> <b>PET</b>               |
| <input type="checkbox"/> <b>FRUIT</b>        | <input type="checkbox"/> <b>CONGRATS BANNER</b>   |

## Idea 4: “Doodles are good for your Moodles”

Doodle starter ideas! If you're ready to dive into a whole new world, click here for hours of doodling ideas:

<https://www.youtube.com/user/sarazorel>



## Idea 5: 30 Arty Ideas

Use a new page for each of these. This is when you can get creative using all sorts of materials.

- 1. Go on a walk and collect some flowers. Press those flowers in a page of your art journal.
- 2. Fill an entire page with doodles.
- 3. Collect shopping lists, to do lists, or any lists you have lying around, and paste them on a page.
- 4. Find an old magazine and cut out some words that inspire you. Paste them all in a page of your art journal.
- 5. Fill a page with receipts, with little notes about why each purchase was special.
- 6. Collect your fortunes from fortune cookies & paste them in a page of your art journal.
- 7. Try and draw your favourite toy from memory.
- 8. Create your own map, of a world real or imaginary.
- 9. Peel some labels off items in your fridge. Paste them in your art journal.
- 10. Draw a pie chart of your stomach. Illustrate your favourite foods.
- 11. Fill a page with your favourite inspirational quotes.
- 12. Have any old notes? Paste them on a page, maybe add some heart stickers.
- 13. Illustrate one of your favourite song lyrics.
- 14. Gather brochures & cards from places you've visited. Paste them all on a page.
- 15. Find a poem that you love, write it down, and then illustrate it.
- 16. Design your dream outfit.
- 17. Keep the tags on the end of tea bags, especially the ones with nice messages on them, paste them on a page.
- 18. Make a design out of kitchen foil.
- 19. Save your movie ticket stubs and paste them on a page.
- 20. Try and render one of your favourite paintings.
- 21. Collect airline tickets and train tickets to document your travels.
- 22. Sort out paint and fabric swatches and past them on a page.
- 23. Get out a needle and thread... stitch a design on to your page!
- 24. Collect some leaves, press them, and paste them on a page.
- 25. Grab the stickers off your fruit & make a design with them.
- 26. Cut out some comics from a Sunday newspaper and past them on a page.
- 27. Use a stapler to staple a design on to one of your pages.
- 28. Find old photos and polaroid's & doodle on them.
- 29. Cut out pieces of fabric that you like and paste them on a page of your art journal.
- 30. Cover a page with stripes of coloured tape