

Art RX Journal

Kick back and create. **art + creative writing**

Exercise for art is as important as exercise for sports or rehearsal for theatre, as it fosters a continual pursuit of excellence. In this lesson, to exercise their artistic creativity, students keep a day-by-day art journal. Each page should be a simple statement of a different idea or small thought for the day. Each page need not be a finished work of art. Younger students can put together a journal that contains few words but uses pictures or drawings, and work on them twice a week instead of every day. The exercise becomes more involved as the grade level increases. The size of the journal may also vary depending on the age of the student.

Although the journal in this project contains 80 pages, limit the assignment to just 30 days. The journal requires daily input to be effective — just like physical exercise. Entries can be spontaneous and non-sequential in nature. This is a space where students can create freely, without expectations or judgment.

Encourage students to use a variety of materials, including everyday items that can be used to create a collage or serve as a starting point for a drawing. Pages can be removed as the journal fills to make room for 3-D ideas and textured pages. Within 30 days, the art class techniques learned will make the journals a mini personal reference manual.

The supply list in this lesson plan is meant to provide art materials that can be applied in several forms within the journals. No two pages will look alike!

GRADES K-12

Note: Instructions and materials are based upon a class size of 24 students. Adjust as needed.



Materials (required)

Daler-Rowney Sketch Book, 80 sheets, 5-1/2" x 8-1/2", (11873-1085); 1 per student

Blick Modeling Paste, (00623-1067); share two quarts across class

Blick Scholastic Golden Taklon Brush, 1" (05859-1001); share six across class

Suggested Materials for embellishing the journal cover and pages:

Blickrylic Student Acrylic Paint and Sets (00711-)

Sargent Art Liquid Metal Acrylics, Metallic Gold, 8 oz (00730-9015)

Yarka Semi Moist Watercolor Pan Sets, 12-Color Set (00336-1019)

Blick Essentials Craft Value Brush Set, Set of 25 (06280-1309)

Blick Studio Artists' Colored Pencils, 12-Color Set, (22063-0129)

Blick Broadline Water-Based Markers, Set of 8 Colors, (21224-0089)

Sakura Cray-Pas Jr. Artist Oil Pastels, 16-Color Set, (20013-1609)

Sharpie Ultra-Fine Marker, Black, (21315-2003)

Blick Art Tissue, 12" x 18", 50 sheets (11308-1006)

Decorative Paper, 1 lb assortment, (12440-1001)

Felt Sheet Assortments, 12-piece assortment, 9" x 12" (63201-1125)

Mona Lisa Simple Leaf, Gold (27021-2070) or Silver (27021-2590)

Glass Indian Seed Beads, assorted colors (60725-)

Ribbon Assortment, 40 yds (62100-1040)

Silver Plated Copper Wire, set of 6 colors (60687-1229)

Process

1. Place two tablespoons of modeling paste on the front cover of the journal and spread it with a piece of cardboard or a brush. Use the end of the brush and handle to scratch a title into the modeling paste, as well as the number of days and pages that will be completed. This becomes a contract between the student and teacher to complete the journal assignment. When the modeling paste dries (in approximately 18–24 hours), it can be personalized further with acrylic paint and markers.
2. Use the first page for personal information, including name. This page can be decorated and counted as a day's exercise.
3. Vary the pages so the book is unique. Pages should be created randomly and in no particular order to make flipping through the journal fun and surprising. Be sure to date each entry so personal progress can be tracked. If a page is worked over multiple days, simply add the new date near the original entry. This can be done on the backside of the page to leave the artwork undisturbed.
4. Collect cut-outs from magazines, newspapers, and photos. Select words, interesting letters, and textures, and randomly glue them on pages as idea-starters.
5. Use ordinary materials like Post-it notes, box tops, or paper clips to add unique textures. If one page has a lot of texture or dimension, keep the page before and after it simple to relieve tension on the binding of the book.
6. Use the art material list to create a page of a watercolor painting, a pencil drawing, or a cross-hatched ink drawing. Repeating a medium is acceptable as long as new techniques and ideas are explored!

National Core Arts Standards - Visual Arts

Creating

Anchor Standard 1: Generate and conceptualize artistic ideas and work.

Anchor Standard 2: Organize and develop artistic ideas and work experiences to make art.

Responding

Anchor Standard 7: Perceive and analyze artistic work.

Connecting

Anchor Standard 10: Synthesize and relate knowledge and personal experiences to make art.