



PROJECT #16

JOURNAL ON!

What's it like being you right now? We want to hear from you! Grab a journal, or make one [here](#), then respond to the prompts on the following pages. First we'll share 12 prompts created in 2020, then 12 prompts created in 2021, but you can jump around all you want.

Teachers, here are some [suggestions](#) for integrating *Journal On!* into your curriculum.

Parents, journaling together as a family is a great way to connect and share feelings —especially during difficult times like these.

Step 1 of 26

For this project you will need:

A journal or paper (fold and staple or rubberband some paper together for an instant journal!)

Whatever supplies you want to work with. Here are some ideas: colored pencils, pens, paints, collaging materials (old magazines, scissors and glue)

Step 2 of 26

Ready to get started? Great!

There are two sets of 12 prompts in this project. Here is your first prompt from set 1. Be sure to click on the video to see how Binta Loos-Diallo responded in her art journal.



Step 3 of 26

Click on the video for artist Cailin W. Carlile's response to the prompt.




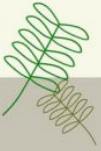
Step 4 of 26

Click below for artist Kanani Miyamoto's response.

#3

WHAT CHANGES HAVE YOU NOTICED AROUND YOU? WHAT FEELS DIFFERENT?

¿QUÉ CAMBIOS HAS NOTADO A TU ALREDEDOR? ¿QUÉ SE SIENTE DISTINTO?



Step 5 of 26

Click below for artist William Hernandez's response.

#4

HOW WOULD YOU TELL THE STORY OF THIS TIME THROUGH AN OBJECT YOU SEE EVERY DAY?

¿CÓMO CONTARÍAS LA HISTORIA DE ESTOS MOMENTOS CON UN OBJETO DE TU VIDA DIARIA?



Step 6 of 26

Click below for artist Hector Hernandez's response.

#5

HOW WOULD YOU CAPTURE THIS MOMENT IN COLOR AND FORM?

¿CON QUÉ COLORES Y FORMAS CAPTURARÍA ESTE MOMENTO?



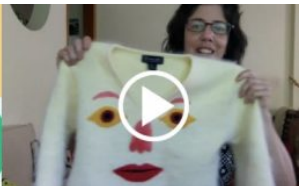

Step 7 of 26

Click below for artist Beth Haidle's response.

#6

WHAT TOOLS ARE YOU USING TO PROCESS THESE TIMES?

¿QUÉ HERRAMIENTAS ESTÁS UTILIZANDO PARA PROCESAR ESTOS TIEMPOS?



Step 8 of 26

Click below for cartoonist Jonathan Hill's response.

#7

WHAT HAVE YOU DISCOVERED DURING THIS TIME?

¿QUÉ HAS DESCUBIERTO EN ESTE TIEMPO?





Step 9 of 26

Click below for artist Roshani Thakore's response.

#8

WHAT ARE SOME EXPERIMENTS YOU ARE TRYING OUT RIGHT NOW?

¿QUÉ EXPERIMENTOS ESTÁS INTENTANDO ACTUALMENTE?



Step 10 of 26

Click below for writer Jenny Chu's response.

#9

WHAT IS ONE THING YOU DO EVERY DAY?
WHY DO YOU DO IT?

¿QUÉ ES ALGO QUE HACES TODOS LOS DÍAS? ¿POR QUÉ LO HACES?








Step 11 of 26


Click below for designer Precious Bugarin's response.

#10

HOW WAS THIS SUMMER UNLIKE ANY OTHER?
HOW WAS IT THE SAME?

¿EN QUÉ FUE DIFERENTE ESTE VERANO A CUALQUIER OTRO? ¿EN QUÉ FUE IGUAL?



Step 12 of 26

Click below for artist Marie Watt's response.

#11

WHAT DOES "TOGETHER" MEAN? HOW DO YOU STAY CONNECTED TO THE PEOPLE YOU LOVE?

¿QUÉ SIGNIFICA "ESTAR JUNTOS"?
¿CÓMO SIGUES CONECTADO CON LA GENTE QUE QUIERES?





Step 13 of 26

Click below for artist Intisar Abioto's response.

#12

WHAT CAN YOU SEE IN THE DARK?
WHERE HAVE YOU FOUND LIGHT?

¿QUÉ PUEDES VER EN LA OSCURIDAD?
¿DÓNDE HAS ENCONTRADO LUZ?






Step 14 of 26

Hurray, you've completed your first set of prompts! Are you ready for more? Let's get started!

#1

WHAT ARE YOU FEELING RIGHT NOW? IF THAT FEELING WERE AN ANIMAL OR CHARACTER, WHAT WOULD IT LOOK LIKE?

¿QUÉ SIENTES EN ESTE MOMENTO? SI ESE SENTIMIENTO FUERA UN ANIMAL O UN PERSONAJE, ¿CÓMO SE VERÍA?




Step 15 of 26


#2

🎵 IF YOU COULDN'T USE WORDS, HOW WOULD YOU SHOW SOMEONE—IN ART, MOVEMENT OR SOUND—WHAT YOU CARE ABOUT?

SI NO PUDIERAS USAR PALABRAS, ¿CÓMO LE MOSTRARÍAS A ALGUIEN—MEDIANTE ARTE, MOVIMIENTO O SONIDO—QUÉ ES LO QUE TE IMPORTA?



Step 16 of 26

#3 WHAT **INVISIBLE** PART OF YOU DO YOU MOST WISH MORE PEOPLE COULD **SEE**? 


¿QUÉ PARTE **INVISIBLE** DE TI ES LA QUE MÁS TE GUSTARÍA QUE MÁS GENTE PUDIERA **VER**?

Step 17 of 26

#4 IMAGINE YOU ARE A GARDEN OR LANDSCAPE. WHAT LIFE IS **GROWING** IN YOU? 

IMAGINA QUE ERES UN JARDÍN O UN PAISAJE. ¿QUÉ TIPO DE VIDA ESTÁ **CRECIENDO** EN TI?

Step 18 of 26

#5 HOW WOULD YOU SHOW THE **JOURNEY** OF THE PAST YEAR IN LINES, SHAPES, COLORS, SOUND OR MOVEMENT? 


¿CÓMO LE MOSTRARÍAS A ALGUIEN EL **VIAJE** DE ESTE ÚLTIMO AÑO EN LÍNEAS, FORMAS, COLORES, SONIDO O MOVIMIENTO?

Step 19 of 26

#6 WHAT HAVE YOU **LOST** THIS PAST YEAR? WHAT HAVE YOU **FOUND**? 


¿QUÉ HAS **PERDIDO** ESTE ÚLTIMO AÑO? ¿QUÉ HAS **DESCUBIERTO**?

Step 20 of 26

#7 IF YOU COULD CREATE A **MAGIC DOOR**, WHAT WOULD IT LOOK LIKE? WHAT WOULD BE ON THE **OTHER SIDE**? 

SI PUDIERAS CREAR UNA **PUERTA MÁGICA**, ¿CÓMO SE VERÍA? ¿QUÉ HABRÍA DEL **OTRO LADO**?

Step 21 of 26

#8 IMAGINE YOU ARE STANDING ON A **PATH**. WHAT DO YOU SEE, HEAR, AND SMELL? WHERE DOES YOUR PATH LEAD? 

IMAGINA QUE ESTÁS DE PIE SOBRE UN **GAMINO**. ¿QUÉ VES, QUÉ ESCUCHAS, QUÉ HUELES? ¿A DÓNDE LLEVA TU **GAMINO**?

Step 22 of 26

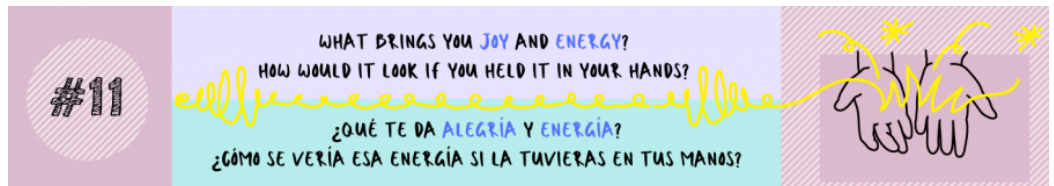
#9 WHAT **CONNECTS** YOU TO THE PEOPLE WHO MATTER TO YOU? IF THOSE **CONNECTIONS** HAD **COLORS** AND **TEXTURES**, WHAT WOULD THEY BE? 

¿QUÉ TE **CONECTA** CON LA GENTE QUE TE IMPORTA? ¿CÓMO SERÍAN ESAS **CONEXIONES** SU TUVIERAN **COLORES** Y **TEXTURAS**?

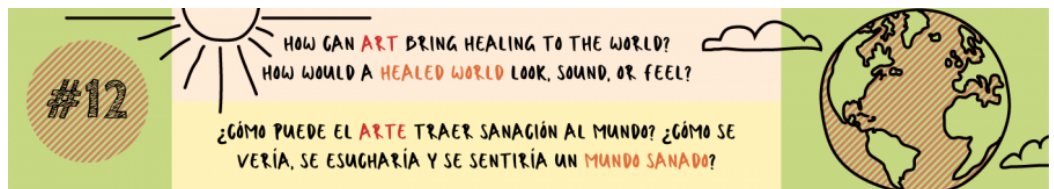
Step 23 of 26



Step 24 of 26



Step 25 of 26



Step 26 of 26

Though we've come to the end of our prompts, we hope this is only the beginning of your art journaling journey.

You can find many more prompts and ideas online, or make up your own.

As always, we'd love to see your journal pages in our gallery — just click below — and also in our gallery at journalon.org.

Journal On, everyone!