



PROJECT #16

## JOURNAL ON!

For this project, you will need:

A journal (to make your own, see [Project 15](#): Keep an Art Journal)

Writing/drawing materials (pens/pencils/markers)

(optional) Paints, collaging materials (old magazines, scissors and glue)

These prompts were created during the pandemic, but they're just as helpful for journaling through any difficult time, or just processing everyday moments and emotions.

First, we'll share 12 prompts created in 2020, then 12 prompts created in 2021, but you can jump around all you want.

### Step 1 of 25

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.



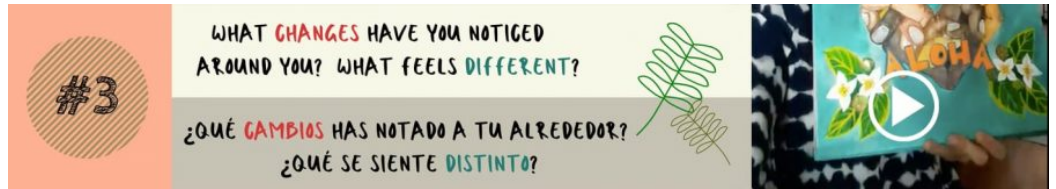
### Step 2 of 25

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



### Step 3 of 25

Click below for artist Kanani Miyamoto's response.



#### Step 4 of 25

Click below for artist William Hernandez's response.



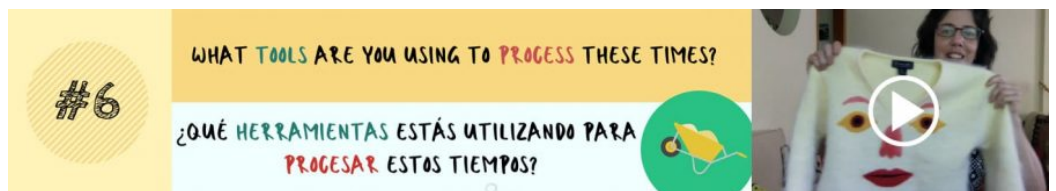
#### Step 5 of 25

Click below for artist Hector Hernandez's response.



#### Step 6 of 25

Click below for artist Beth Haidle's response.



#### Step 7 of 25

Click below for cartoonist Jonathan Hill's response.



#### Step 8 of 25

Click below for artist Roshani Thakore's response.



#### Step 9 of 25

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 10 of 25

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 11 of 25

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 12 of 25

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 13 of 25

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 14 of 25

#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 15 of 25



#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 16 of 25

#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 17 of 25

#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 18 of 25

#6

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

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




#### Step 19 of 25

#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 20 of 25

#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 **CAMINO**. ¿QUÉ VES, QUÉ ESCUCHAS, QUÉ HUELES? ¿A DÓNDE LLEVA TU CAMINO?



#### Step 21 of 25

#9

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

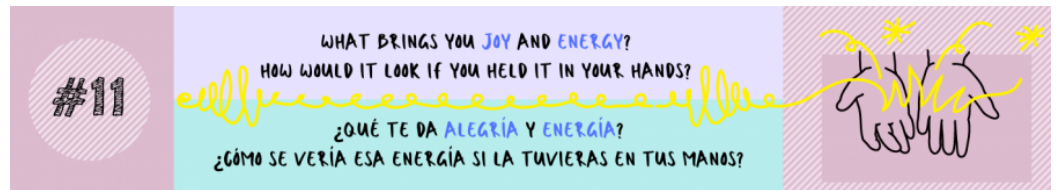
¿QUÉ TE **CONECTA** CON LA GENTE QUE TE IMPORTA? ¿CÓMO SERÍAN ESAS CONEXIONES SI TUVIERAN **COLORES** Y **TEXTURAS**?



### Step 22 of 25



### Step 23 of 25



### Step 24 of 25



### Step 25 of 25

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 just make up your own.

As always, we'd love to see your journal pages in our gallery — just click below to share.

Journal On, everyone!