

# Handcrafted Art Journaling

## Daily Journal Prompts

### What are the benefits to journaling?

Expressing yourself through writing or keeping an art journal encourages artistic expression, social and emotional learning, and literacy in a pleasurable and interactive way. By keeping an art journal you can hone your writing skills and find which creative output best suits you!

### How to get started:

Here are some ideas for your journals, things that you can draw and questions you can write about. If you have other ideas, feel free to write or draw about those instead. Your journal is about your thoughts. Gather supplies from around your home and feel free to try different mediums—one day you could be painting and the next collaging!

### Week 1

- **Monday:** What is your favorite animal? Why is this animal your favorite?
- **Tuesday:** If you could go anywhere in the world, where would you go and why?
- **Wednesday:** What would you rather be doing right now?
- **Thursday:** What is your earliest memory? How does it make you feel?
- **Friday:** Close your eyes and draw a doodle. Then, make something out of it!

### Week 2

- **Monday:** If you could have an unlimited supply of anything, what would it be and why?
- **Tuesday:** If I could rename 10 different crayon colors, they would be called...
- **Wednesday:** Write a poem about where you live.
- **Thursday:** What's your favorite thing to do in Waterbury?
- **Friday:** What scares you? Why does it scare you?

## Week 3

- **Monday:** What makes you happy when you feel scared?
- **Tuesday:** What does kindness mean to you? Who has been kind to you?
- **Wednesday:** What is your favorite food? How would you feel if you couldn't eat it anymore?
- **Thursday:** If I was in the circus, I would be a...
- **Friday:** Write a story about a magical tree. What would it look like?

## Week 4

- **Monday:** What do you want to be when you grow up?
- **Tuesday:** Who is your role model? Why are they your role model?
- **Wednesday:** What is your favorite subject in school?
- **Thursday:** What does your bedroom look like? What is your favorite thing to do in there?
- **Friday:** If I could create a new creature it would be called a...

## Week 5

- **Monday:** If you could invent something, what would it be and why?
- **Tuesday:** What does your family look like? Who did you draw in your family and why?
- **Wednesday:** Would you rather live in a desert or in an igloo?
- **Thursday:** Write a poem about your best friend.
- **Friday:** Draw a selfie!