

Objectives:

The participants will:

1. Be introduced to the elements of art journals
2. Led through prompts to create their own art journal page
3. Use writing and art elements in creating their journal page

Audience:

The journal exercise illustrated below offers children an opportunity to express themselves through found imagery and spontaneous writing. This activity could easily be adapted for adults and would be particularly useful in working with lower-functioning adults.

Supplies/Materials:

- Blank pages
- Magazine pages, images, phrases, etc.
- Scissors
- Glue sticks
- Pens, pencils and markers

Class Instructions:

1. Invite the children in your workshop to spontaneously choose several images.
2. Ask them to glue the images on the page while leaving spaces for writing.
3. After the imagery has been chosen then ask each child to write about each image in first person. Start each sentence with something like: "I am a tree who loves...."
4. Invite children to write a small poem that describes their feelings on the middle of the page.



Heartfelt thanks to **Shelley Klammer** who graciously gave permission to Hildegard Center to re-post this activity for our project. Shelley is a Registered Counselling Therapist and a Registered Counselling Supervisor with the Association of Cooperative Counselling Therapists in Canada. She currently works in Canada's largest therapeutic art studio, Artworks Studio, for adults at the end of life with dementia and/or physical and mental challenges. While she is designated as a counselling therapist, she has logged over 11,000 art therapy hours in the studio and feels blessed to have worked with hundreds of clients from all walks of life in this creative capacity. Please visit www.expressiveartworkshops.com to learn more about Shelley, her workshops and books, and her work.

If you have used this activity, we'd love to hear from you! Please send questions or comments through our website www.hildegardcenter.org .

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