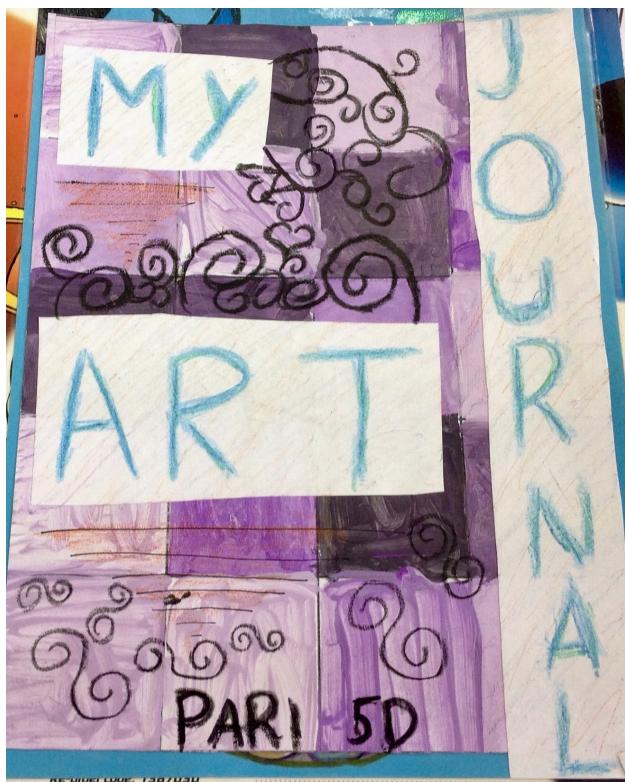




MAKE AN ART JOURNAL



Think of an art journal as your own private paper world where you get to be 100% YOU. However you want to express yourself, whatever you want to say, in whatever colors or words or songs or scribbles come to you, those empty pages are yours to fill.

[photo #1 from The Back Art Room Blog, photo #2 from daisyyellow.com]

Step 1 of 3

To make an art journal, you will need...

A stack of paper — regular old white paper, lined paper, colored paper, cut up grocery bags, etc. Some artists like to mix papers together.

(Optional) Heavier paper or cardboard to use as your cover

A pair of scissors

Something to hold the paper together, like string, yarn, fishing line, dental floss, a rubberband, a plastic bag (we'll explain later)

(Optional) a paper punch, nail, or other hole-making tool

Step 2 of 3

Okay, let's get your art journal made!

Here are two videos that will show you how — the first from our artist friend, Jen Stady, and the second from Portland educator, Kelly Merrill.

https://www.cmflokyou.org/wp-content/uploads/joined_video_5a41dc57b1b14e72903d769b058e9e9c.mp4

Step 3 of 3

Ready to start filling up your art journal?

Just head on over to our [Keep an Art Journal](#) project, where you'll find all kinds of ideas.