

Art Journaling

Creating a journal can be fun and quite relaxing. There are no constraints set when creating a journal. You can choose how to do it. Be creative! The more creative you are, the more fun it will be! You could even decorate it with recycled materials and stick on pictures or do a collage.

You can put anything in your journals.

Some ideas could be:

Dating the pages like a diary

Writing down your thoughts and feelings.

Creating an emotion record—use of different colour-coded emotions



You might like to include:

Painting something you can see

Painting something from your imagination

Write your worries down and an action that you would do to make you feel better.

Write down what you are happy about or what you are grateful for



Look for signs of Spring

Include photographs and your drawings

Fun art activities doodles

