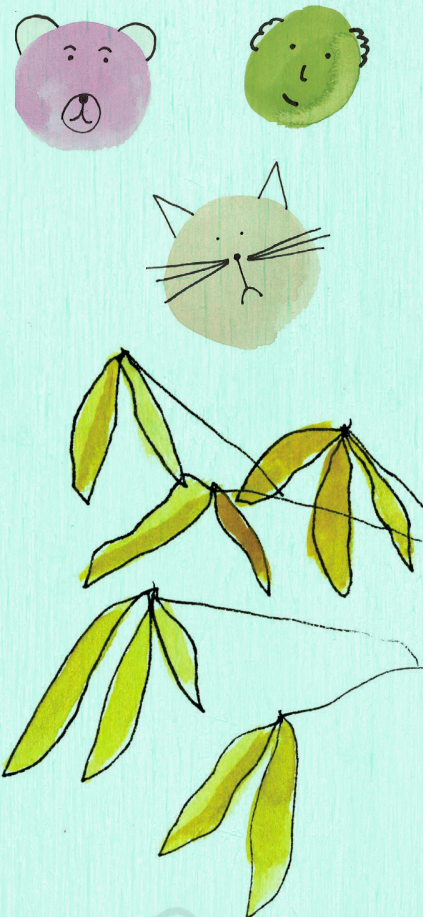
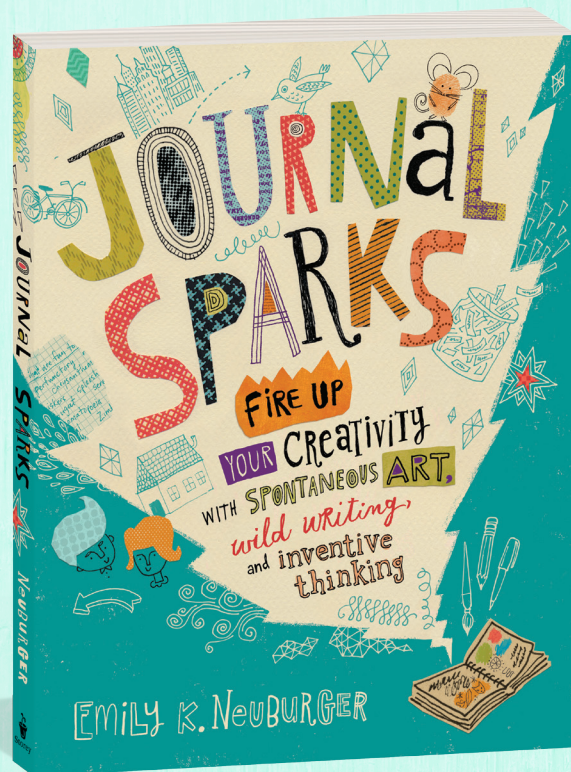
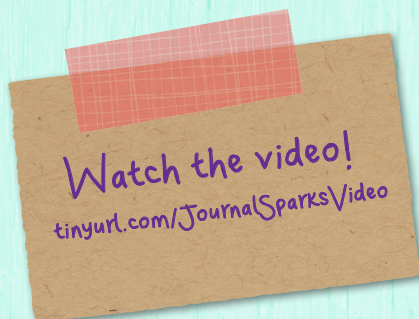
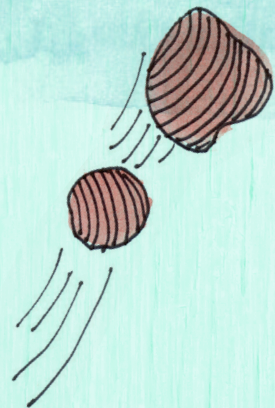


INSPIRE CREATIVITY

Host a *Journal Sparks*
Creative Journaling Workshop



\$16.95 US • ISBN 978-1-61212-652-4



Storey Publishing
storey.com

CREATIVE GENIUS LIES WITHIN

In *Journal Sparks* there are no rules, just creative prompts for words and art that capture ideas, moments in time, and the wondrous expanse of the imagination. Surrendering to journals that are messy and imperfect, inspirational and adventurous, readers will develop a life-long tool for self-expression.

INCLUDED IN THIS KIT

- Workshop leader's guide
- Event promotion poster
- Event announcement for media

- Event graphics for social media (download from website)
- Event sign-up sheet

- 1 advance journaling prompt for workshop leader
- 3 journaling prompts for workshop participants

WORKSHOP LOGISTICS

- Best suited for: Everyone in your community, ages 10 to 100! No prior artistic skills required.
- Suggested timeframe: 1 to 2 hours

TICKET RECOMMENDATIONS

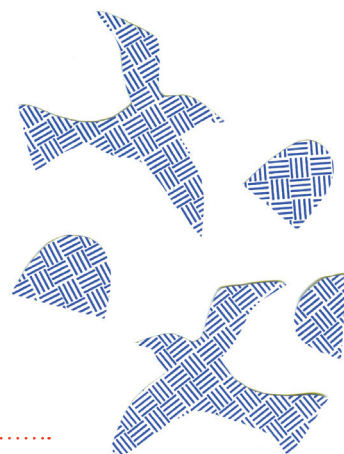
- \$10: materials fee only (book for sale independently)
- \$25: materials fee + 1 copy of the book
- \$35: materials fee + 1 copy of the book + 1 blank journal

MATERIALS NEEDED FOR CLASS LEADER

- 2 large jars or bowls
- Trimmed paper
- Pen

MATERIALS NEEDED FOR CLASS PARTICIPANTS

- Watercolors
- Acrylic paints in a variety of colors, including white
- Paint mixing palettes (can use coated paper plates)
- Paintbrushes in various sizes
- Fine-tipped markers or art pens
- Mixed-media or white construction paper (if blank journal is not included)
Optional: cut and/or fold to create journal pages
- Small plastic bowls for water (recycled yogurt containers work well)
- Small napkins to use as blotting cloths
- Plastic, recyclable tablecloths or kraft/butcher paper to protect work surfaces



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For more information and to order the book:
tinyurl.com/JournalSparks

Questions about this kit?
Contact: publicity@storey.com

Watch the video: tinyurl.com/JournalSparksVideo

This workshop guide is based on an author-led event. If you are interested in having author Emily K. Neuburger lead an event for your group, please submit your proposal to publicity@storey.com.

Share your event on social media!

Tag @StoreYPublishing on Facebook; @StoreYPub on Twitter and Instagram.

WORKSHOP LEADER'S GUIDE

Preparing for your *Journal Sparks* workshop

4 TO 6 WEEKS BEFORE EVENT DATE

- Download and print the promotional poster. Write in the date and time of your event and display in a prominent area/s alongside copies of the book.

Optional: Add a large glass jar, slips of paper, and a pen to the display. Print and display the Word Jar prompt, and invite your patrons to add a word to the jar each time they visit.

- Download the event announcement document, amend with information about your event, and disseminate to your local media.
- Download and print the event sign-up sheet and post in a handy location.
- Download the social media graphics, and schedule promotional posts leading up to the event.
- Order copies of *Journal Sparks* (tinyurl.com/JournalSparks).

1 TO 2 WEEKS BEFORE EVENT DATE

- Assemble or purchase the recommended supplies.
- Print 1 copy of each prompt for each participant.
- If you don't already have a word jar, create one for the event following the instructions in the Word Jar prompt.
- Create a number jar for the event. This is similar to the word jar, but instead of writing a word on the slips of paper (or inviting patrons to write and add words to the jar as part of the display), you will write a number between 2 and 30 on slips of paper and add the slips to a jar. You can include multiple entries per number; make sure to include enough slips so that every participant can choose one.
- Following the prompt handouts for Blobs, Name That Color, and Tiny Poems, try the projects yourself and save your work to use as examples for the class.

repeat	Crystal	fly	lines	Key	Kitchen	hot
1	2	3	4	5	6	7
Water	simple	CIRCLES	light + dark	grime	DUST	sky
8	9	10	11	12	13	14
wrinkled	Package	Shadow	Things that blow in the wind	insects	time	torn
15	16	17	18	19	20	21
trap	tape	Container	newspaper	Slow	Home	night
22	23	24	25	26	27	28
furry	Zoom in	blur				
29	30	31				



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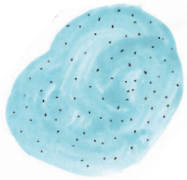
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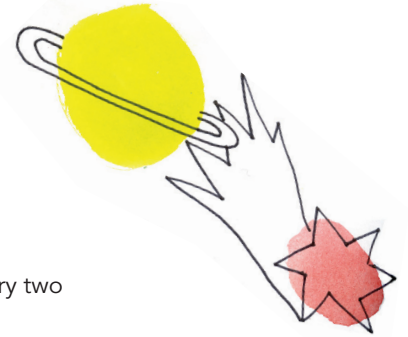
Share your event on social media!

Tag @StoreYPublishing on Facebook; @StoreYPub on Twitter and Instagram.



WORKSHOP LEADER'S GUIDE

Day of the Event



SET UP YOUR EVENT SPACE

- Arrange enough tables and chairs so that every participant has a work space.
- Cover tables with disposable tablecloths or kraft/butcher paper.
- Fill small bowls with water and arrange around the tables so that there is one bowl for every two participants.
- Arrange watercolor sets so that there is one set for every two participants to share.
- Dab about ½ teaspoon of each acrylic color (including white) on a palette. Create enough palettes for every two participants to share.
- Provide each participant with: 1 fine-tipped pen, 1 or 2 paintbrushes, a short stack of paper (or blank journal, if included in the event fee), a short stack of napkins to use as blotting cloths, a coated paper plate to use to blend paints, and a copy of each prompt for inspiration and instruction.

WELCOME YOUR GUESTS!

- Introduce the book and, having previously bookmarked the page numbers, show the participants the prompts they'll follow during the workshop. Show the lively examples, and direct participants to their hand-outs, where they can see the examples in closer detail.
- If you have a video monitor available, play the *Journal Sparks* event video for your guests. Find the video here: tinyurl.com/JournalSparksVideo

GET STARTED

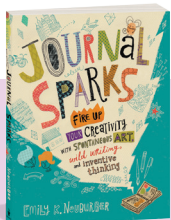
- Read the first prompt, going over the instructions on the handout with the participants. Show the samples of your own work. Encourage participants to get creative and to share their work with the group. As they work, lead a discussion about what kinds of journaling are common and their favorite techniques and materials. Reinforce the ideas that journaling has no rules and they should always embrace imperfection!

RECOMMENDED EXERCISE ORDER

1. **Blobs** (first half). Encourage guests to create their watercolor blobs. Set aside to dry.
2. **Name That Color**. Exercise can be completed in full.
3. **Tiny Poems**. Exercise can be completed in full.
4. **Blobs** (second half). Once watercolors have dried, guests can use fine-tipped pens to fill in the details.

WRAP-UP

- Thank your guests for attending your workshop and encourage them to share their projects with each other and on social media using the hashtags #JournalSparks #CreativeJournaling. Remind them that there are dozens of additional prompts in *Journal Sparks* to help them stay motivated and push their creative boundaries.



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CREATIVE JOURNALING FOR ALL



Join us for a creativity and freestyle art workshop based on exercises from Emily K. Neuburger's new book, *Journal Sparks*. Using a variety of materials, we'll play with color, words, sketches, and ideas. No specific artistic skills are needed — experimentation and discovery will be celebrated.

Ages 10 - 100!

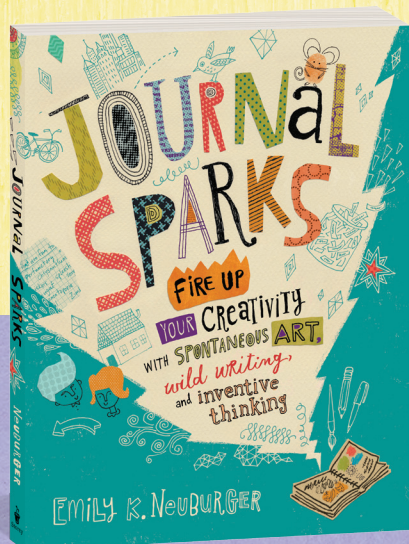


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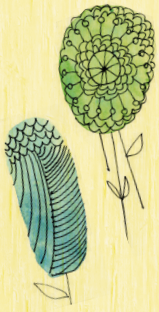
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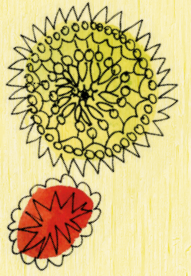
Watch the video:
tinyurl.com/JournalSparksVideo



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CREATIVE JOURNALING WORKSHOP SIGN-UP!



Name:

Email:

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WORD JAR

Fill a jar with inspiration.

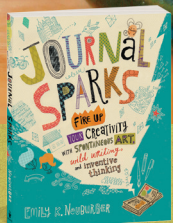
This is one of the simplest yet most fruitful and rewarding journal prompts. In fact, my jar with words is one of my prized possessions because it is uncomplicated and never fails me. I love knowing it is on the shelf, always available for spontaneous creativity.

Find a glass jar in the recycling bin or buy an inexpensive one at the store. Fill it with random words.

ADD YOUR INSPIRATION

During the event, participants will pick a word out of this jar and a number out of another. Using the word as the subject and the number as the word count, they'll create a tiny poem! Help provide poetic inspiration by adding your favorite word or short phrase to the word jar.

You can place trimmed paper and a pen next to the jar as a standing invitation to friends, visitors, and family members to contribute words.



JOURNAL SPARKS CREATIVE JOURNALING WORKSHOP: PROMPT 1

BLOBS

Transform your shapeless blobs into quirky characters and things.

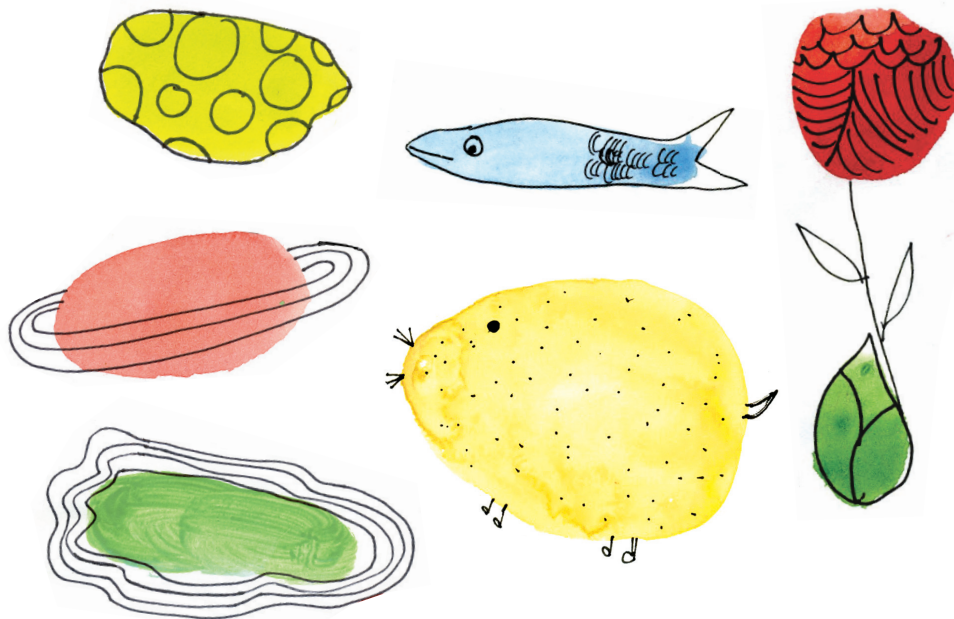
Their personalities will instantly shine through.

Dip your paintbrush into watercolor or acrylic paint, and make some blobs on paper, using water to make them spread out. Don't worry about how they look. The point is to let the blobs be as haphazard as possible.

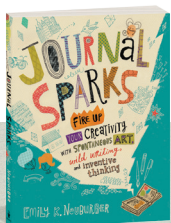
Once your blobs are dry, use a fine-pointed art pen to turn them into objects, animals, or people. What will your blobs turn into?

BLOBS CAN BECOME

- socks
- radios
- cars
- rocket ships
- animals
- trees
- planets
- tools
- food
- musical instruments
- a holiday meal
- boats
- clothing
- farm equipment
- city buildings
- books
- pieces of mail
- art supplies
- Halloween costumes
- anything!



If you are making a character, experiment with different eyebrow angles, mouth shapes, and eye sizes, and you'll see how just a tiny tweak can make a very different facial expression. Play with ears, noses, feathers, spikes, lips, hats, knees, tattoos, jewelry, makeup, hairstyles, mustaches and beards, and so on.



Adapted from *Journal Sparks*
© Emily K. Neuburger



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NAME THAT COLOR

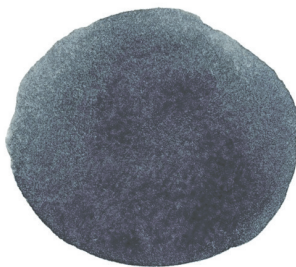
Invent your own colors!

Naming paint colors for a paint company has to be one of the most fun jobs. In this journal activity, you are the brains behind the names, because you get to develop the colors and name them. Beware: this foray into color wizardry is addictive.

- Begin by mixing paints to develop new colors.
- Paint your newly invented colors on your journal page.
- Once they are dry, give names to your new colors!



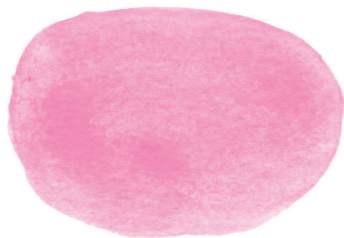
Contemplating autumn



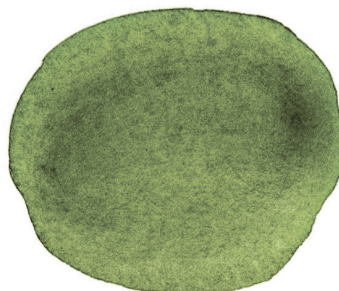
Wet gravel



Circus flag



Summer sandal



baby turtle

Color Challenges

Do a version with just white and black where you make different shades of gray and give them names.

Examples: pavement, pigeon wing, dirt, snakeskin...

Experiment with adding different amounts of white or black to a newly invented color. How does white or black change it?

CLEVER COLOR NAMES

- baby seal
- twangy-guitar brown
- pea soup
- pom-pom pink
- rusted-nail orange
- butterfly wing blue
- turtle shell
- pie crust
- buttercup smudge
- acorn top
- moonlit sky
- frosted window



TINY POEMS

Use words and images to write lots of little bursts of poetic expression.

1. **Pick a word** out of the word jar. Whatever object, thought, feeling, or color you choose will be the subject of your poem.
2. **Now choose a number** from the number jar. This number — between 2 and 30 — will be how many words appear in your poem.
3. **Write a tiny poem** using only that many words. Think about using all your senses to describe your subject. Rhyming is optional. Titles are optional.

LOOK AROUND

Can't think of what to write about? Look around you and choose something nearby to observe: your shoe, your big toe, a banana peel, the swing in the backyard, your cat, an ant crawling across the floor — anything at all. Write a tiny poem about it, including the tiniest details you can.

Whenever I sneeze,
I dream
of blue birds.

SUBJECT: blue
NUMBER: 8



Needling teeth
provoke.
Then, nothing.

SUBJECT: cactus
NUMBER: 5

The last time I got lost
I was speed walking,
and fast talking, and
not paying attention.
The sky was my
coach.

SUBJECT: a race
NUMBER: 22

