

JOURNAL SPARKS CREATIVE JOURNALING WORKSHOP: PROMPT 1

BLOBS

Transform your shapeless blobs into quirky characters and things.

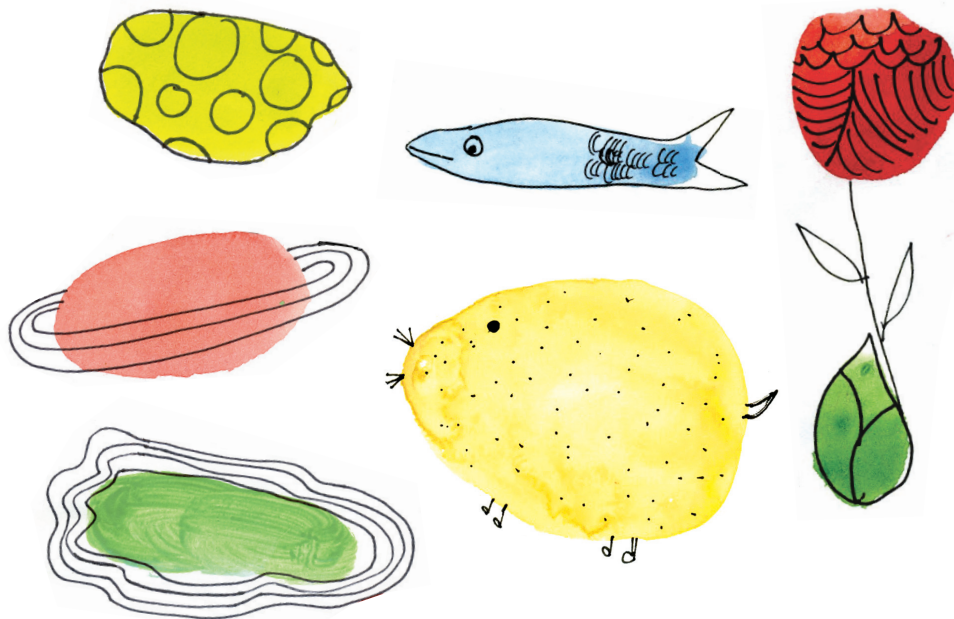
Their personalities will instantly shine through.

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.

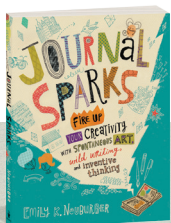
Once your blobs are dry, use a fine-pointed art pen to turn them into objects, animals, or people. What will your blobs turn into?

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*
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NAME THAT COLOR

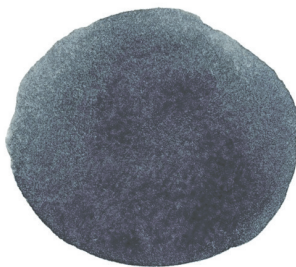
Invent your own colors!

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!



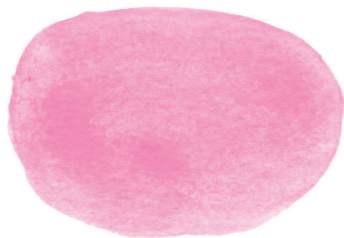
Contemplating autumn



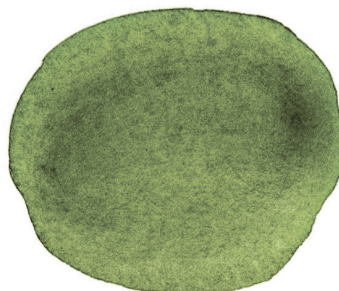
Wet gravel



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

