



The ART JOURNAL is my personal diary, with pages I can look at later, both reading the words I write and seeing the shapes, colors, images, objects and CREATIONS I MAKE MYSELF.



To create pretty and interesting pages, you need to become a collector, always on the lookout for basic materials that you can find, ask for, sort and keep in little bags. Everything can be recycled and kept for your journal!



Turn the page to see what I've been doing

Every page has a motif, or subject, to think about, talk about, express myself totally openly and for creation. I have played around with the spaces on each page, thinking about where and how to write. I've also selected things to glue and fasten onto the page, including papers, my drawings, comics, origami, cut-outs, cards, photos and so on.

And I'm using the art supplies and techniques that you'll find at pages 4 and 5.





THE SEA TO FIND YOUR FRIEND AND. WHEN SHE READS IT, SHE'LL FEEL SO SPECIAL!

Thinking of You

Begin your card with a greeting and let your friend know that you hope they are doing okay. Update your friend on your school, tell them about your classes and about some of the fun things you have been doing to keep busy.

Ask your friend about how they have been doing, their school, their friends and any activities they have done recently.

Remind your friend about how much you appreciate them as a friend and that you think about them often. Finally, close saying "Let's keep in touch" or "Look forward to hearing from you soon" or even "Miss you."

Form WAVES by scraping pieces of paper with your fingernails. You get the "foam" for your waves because the white paper shows through where you scratched it.



HEY Jenny,

I hope you are doing okay.

I will try to bring you up to date ...

Let's keep in touch,

Sophia