

ART PROJECT

AGES 13-17WITH ANGE MARIE DWYER

WELCOME

I am so excited to share an art project with you! Art is a wonderful way to express ourselves, our thoughts and our feelings using colors, words, paints, papers, fabrics and more. It is a chance to have a visual conversation with our soul. While it is sad we can't be together this year for nationals we can still share our creativity!

HOMEMADE ART JOURNAL & ART JOURNAL PAGE "WHAT MY HANDS HOLD"

Art journaling is a powerful form of creation. It allows us to express ourselves in a unique way by mixing paint, papers, words, thoughts and intentions. During this project I will guide you thru creating your own personal art journal and then we will work on a page in our journals together. Using our hands as templates we will create art that focuses on both our past and our hopes for the future. There will be 2 sections of this activity - creating the journal itself and then creating an art journal page. You may do the art journal page activity in the journal we create or in a journal you already have, on a piece of cardboard or a blank canvas. While this activity could be adapted for a variety of ages, the videos and explanations provided will be geared toward teens ages 13 - 17 working independently with the listed materials in a safe creative space.

SUPPLY LIST

Please use what you HAVE! I will show how you can use different materials to make this project work based on what you have at home. Art doesn't have to be expensive!

- Art Journal - I will show you how to make an art journal out of a few different items. Please pick ONE material from the list below
- An old children's picture book
- 4-5 sheets of heavy thick paper (cardstock, watercolor paper ect...) and a long 20" piece of string
- Regular old book

- Spiral Notebook
- Sketchbook
- Acrylic Paint in white and at least one other color (cheap craft paint works great, regular artist acrylic paint and white gesso works too)
- Large binder clip or clamp
- Mod Podge (or Elmer's glue)
- Sharpie or other permanent markers
- Scrap Papers (Old construction paper, scrapbook paper, magazines or even colorful notebook paper)
- Paint Brush, or Sponge (or if using washable paint or glue, your fingers are fine too!)
- Charcoal Pencil or Stick (a #2 pencil will work if you do not have charcoal or a shading pencil)
- Popsicle Stick or something hard to scrap paint with
- Scissors



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