

## “5-DAY VISUAL JOURNAL” CHALLENGE!

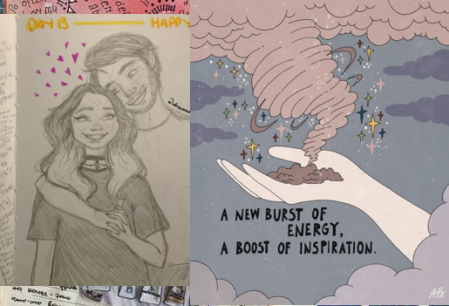
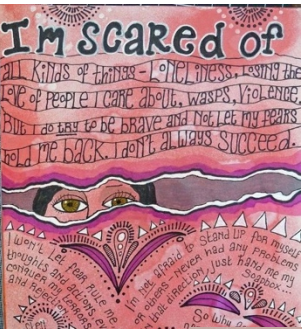
HOPEFUL	LOVE	CALM	TOUGH	UNITY	MIXED-EMOTIONS
STRONG	FEAR	ANXIETY	NUMB	BEAUTY	NOISY
EXCITED	POWER	HAPPY	FREEDOM	CONFUSED	RELAXED
SUPPORT	SOCIAL	SAD	EMPATHY	STRESSED	COMFORT
ANGER	BORED	THANKFUL	OVERWHELMED	LONELY	LAZY
MOTIVATED	TIRED	HELPFUL	WEAK	ACTIVE	LOST

**INSPIRATION:** There are a few 30-day quarantine art challenges going around on social media right now. Each day, people are creating a piece of artwork based on the word of the day, and posting them online.

**DIRECTIONS:** Choose a word from the word bank that you feel connected to today. (If you have a different adjective or emotion in mind, you can use that instead!) Then, you will set a kitchen timer, or the timer on your phone, for 30 minutes. You will create a piece of artwork for 30 minutes, based on the word that you chose. Think of it as sort of a “visual journal”! You can have some words in your work, but you should be drawing too! You will do this for all 5 “school days” this week.

**MATERIALS:** You can use whatever materials that you have at home. You can make a collage with magazines, newspaper, or photographs. You can paint. You can make a drawing with pencil or pen. You could also combine these materials in one piece of artwork. See the examples below, to get an idea of what Ms. T. is looking for! You can also Google “visual journal” for more ideas.

**TURNING IT IN:** Take a photo of all 5 pieces of artwork, and send them to Ms. T. in one message on Friday. Tell her what your 5 words were too! You can either email her or send them on Remind101.



to get somewhere

