



Visual Journaling Art Kit

- 1. Suggested Materials:** book-making kit, drawing pencils and eraser, colored pencils, art pens, watercolor paints and brushes. A list for online purchase is available at <https://www.dickblick.com/lists/wishlist/T3S8DH58L5C10/publicview/>
 - 2.** Watch "Art with Mati & Dada: Leonardo Da Vinci" (available free on YouTube.com)
 - 3.** Follow the book-binding instructions from your kit and create your own book to use as your visual journal.
 - 4.** Read the page about Da Vinci's journals together.
 - 5.** Use the "50 Visual Journal Prompts" to begin filling the pages of your book. The prompts can be completed in any order and you do not have to use ones that don't inspire you. You can do one prompt per day, or several in one day, but try to use one prompt per page in your book, just like Da Vinci's journals had one theme per page. You can combine drawings with words, using any art materials that you want to use. Use one side of each page, or both... it is up to you! Then, look back at your journal for inspiration when creating your own masterpieces.
-

Leonardo da Vinci's Journals

Leonardo Da Vinci was born in 1452 and during his life it is estimated he produced between 20,000 to 28,000 pages of notes and sketches about work related subjects and everything else that interested him. He started writing his journals when he was 26 and continued writing for the rest of his life (1478 – 1519). There are entries on: anatomy, engineering, philosophy, painting, botany, physiology, landscapes, proportion, perspective, architecture, warfare, geography, zoology, light and shade, theories and inventions.



It is believed that he produced at least 50 notebooks. There seem to be a lack of order in the notebooks, you find a list of groceries next to the sketch of a masterpiece, and a vast majority of pages don't show any order, it must be noted that:

- They consist of pages of different sizes, sometimes loose and sometimes bound.
- Some sketches are hasty and filled with notes, while others are carefully drawn and clean.
- He usually limited one idea per page and if the page was not enough, he made a note that he had continued onto the next page. He usually wrote at both sides of the page.
- He wrote math, measurements, and other scientific concepts in his journals.
- It is said that he could simultaneously sketch with one hand and write with the other.





50 Visual Journal Prompts

A visual journal is a place to store ideas which you will pull from to bring your artwork to the next level. Visual journaling can include drawings, paintings, and writing. Here are some ideas to get you started:

IDENTITY

- Who am I?
- When I was younger...
- When I grow up...
- My biggest fear...
- My journey...
- My greatest joy...
- When I'm alone...
- My biggest dream...
- Someday I will...
- How others see me...

IMAGINATION

- Invent an object.
- Imagine that you have traveled to a different time period.
- Be creative with number shapes.
- Be creative with letter shapes.
- Draw yourself in an imagined environment.
- Pretend you've been sucked into your favorite book.
- Listen to a song and imagine what it looks like.
- Imagine you have swapped bodies with someone else. Draw what happens.
- You come across a magic mirror. Draw what you see in that mirror.
- You have discovered life on Mars...

DRAW THESE OBJECTS

- A chair
- Collection of kitchen items
- The inside of a closet
- A variety of line shapes
- Textures
- Things that are the same color
- Draw something with pen only
- Draw without looking at your paper
- The same object, 10 times
- Self portrait