



CAMP CARTWHEEL

Presented By
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wave**
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DIY Art Journal

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(accompanying video in your portal)

Description: Create and decorate your very own art journal from a variety of materials.

Materials Needed:

- 10 pieces of various paper
- collage materials
- kraft paper or brown paper bag
- ruler
- embroidery thread & needle
- scissors
- pens/markers/paint etc
- glue stick

Objectives: Nourish your creativity through writing, collage and coloring in your handmade journal.

Notes for success:

You can bind your art journal pages in a no sew method by stapling or by using a hole punch and tie together. Once you've made one journal you can start to gather scrap paper to make art journals of all shapes and sizes!

Extra Activity, Blackout Poetry!

Poetry can be a way to encounter ourselves, the world and the mystery of each other. Usually we create poetry through building our words into a poem. But today we are going to create a poem by blacking out words to create a poem.

(In your Art Journal turn to a page with text, or if you did not include a page with text find a page from a magazine or old book to do this activity.)

First, scan the page to find an anchor word that can help you imagine a possible theme for the poem. Now read the text in its entirety. Use a pencil to circle any words that connect to the anchor poem and resonate with you.

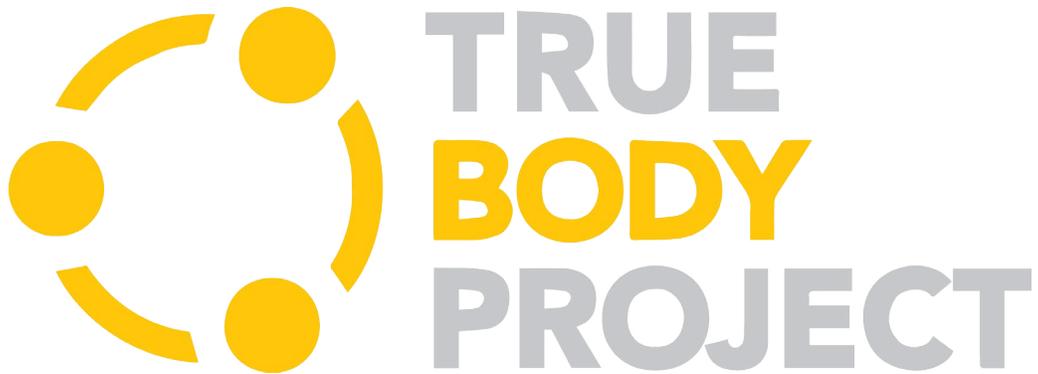


List below all of the circled words in order that they appear. Then select words without changing their order to create the lines of the poem.



Return to the page of text and circle only the words you selected for the final poem.

Additional exercise; create an illustration to the page that connects to your poem!



Looking for supplemental education opportunities this summer and fall? Check out True Body and The Well at TheWell.World