

# ART JOURNALING

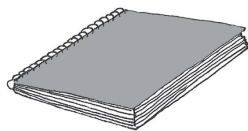
REBECCA BAUMANN

ACTIVITY

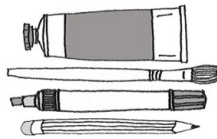
PROCESS OVER  
PRODUCT.

*OVERVIEW:* Explore art journaling as a way to record life experiences and discover how a journal could be used as an idea-generation tool for making more developed works of art.

YOU WILL NEED:



journal



art materials  
of your choice

PROCESS:

About her work, *Automated Colour Field* (2011), Baumann has commented: “Works that interest me are multifaceted. You could read into it emotions, it could be a diagram of a day, how you feel over a day.”

Inspired by *Automated Colour Field* (2011), keep an art journal that tracks your emotions and experiences over the course of one week. However, instead of writing journal entries use only visual forms to express your experiences. For example, you may wish to sketch something you saw that day; create a diagram, abstract drawing or colour field that represents your mood; glue in objects or ephemera you encountered or photographs you took. You will need to update your journal each day for one week.



**REFLECTION:**

- What was it like not being able to use words to express yourself? Share your thoughts with a friend. Was their experience the same?
- How did you choose what medium you were going to use to interpret a certain emotion or experience?
- Choose one page from your diary. How could you turn this into an idea for an artwork?