



SAINT MARY'S
UNIVERSITY
ART GALLERY

**ART
PROMPT
NO.3**

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Visual Journaling

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#SMUAGatHome

Create a visual journal entry. You can start by thinking of anything you might write or record in a journal.

It can be something you enjoyed doing, something that made you angry, something that caught your eye or something you took a photo of and want to remember.

If you have several ideas, you can layer and arrange these in a sketch or in a collage.

Try to use words sparingly. Use colours that make you feel good.

The final image can tell a story or remind you of an event or feeling.

