

Pick an object in the room.
While looking only at the
object, put your pen to paper
and draw it without picking up
your pen. Now add some color
to your crazy drawing.

Live in the
moment.
Journal about
whatever's on
your mind.

Pretend it's the New
Year. Set a goal and
journal about what
would happen if you
reached that goal.

Draw a
map from
wherever
you are
to where
you want
to be.

Illustrate your
favorite
moment from
the past
month.

Respond to this quote:
"All children are artists. The
problem is how to remain an artist
once (s)he grows up."- Pablo
Picasso

Find a
beautiful
picture in
a magazine,
cut it out,
and make

Fill a blank page with
shapes. Paint or color
them in.

If you had one superpower what would it be?
Write about it.

**PICK THREE COLORS.
DRAW AN ANIMAL USING
A PEN, AN ERASER AND
ONLY THOSE THREE
COLORS TO FILL IT IN.**

Respond
to this
quote,
then
doodle
around it!
"The
purpose of
art is to
wash the
dust of
daily life
off our
souls"-