free download





ISSUE 4

THE INTROSPECTIVE ARTIST

How can we use art to better understand ourselves and our unique experiences?

This issue is devoted to teaching students how to explore and better understand their experiences through highly-personal art practice. As they work through this unit, they'll become skillful in using art as a tool to process what they experience, as well as to better understand their unique emotional responses.

Students start by establishing a basic visual journaling practice that focuses on self-exploration and self-expression. Throughout the next two prompts, they explore their identity while simultaneously learning techniques that are often used in visual journaling. During the third prompt, they create a multi-media piece in a collaborative visual journal. This allows them to share their own unique experience of an event while also seeing how their peers experienced the same event.

doodles-academy.org

Download here: http://bit.ly/introspectiveartist