

## In My Own Words:

### secret message journaling art with Jenny Crowe

**Supplies:** white oil pastel OR crayon, cup with water, watercolor paper or other heavy paper, watercolor paint + brush, paper towel or towel

#### What is stream of consciousness writing?

It's a style of writing where thoughts and feelings are recorded without concern for 'making sense' or being grammatically correct. Another way to think of it is writing that is unedited. Some themes you could think about are: how your day is going, what is your favorite activity these days + why, tell us about your pet, describe the taste of your favorite food, etc.



**Step 1:** Start by taking your white crayon or oil pastel, and filling up your entire paper with writing.



**Step 2:** Dip your paintbrush in your water. Dip it into your first choice of watercolor paint. (tip: the more water, the lighter the color, the less water, the bolder the color) Apply your paint OVER the white crayon or oil pastel writing to reveal your secret message.



**Step 3:** Dip your brush in water and rinse the bristles to change colors. Repeat Step 2 until you feel you are finished. It's okay if you're the only one who can read it! WELL DONE!!!