

IN MY OWN WORDS

SECRET MESSAGE JOURNALING ART WITH JENNY CROWE

Materials:

white oil pastel OR crayon
cup for water + water
watercolor paper or other heavy paper
watercolor paint + brush
paper towel or towel

CONCEPT: STREAM OF CONSCIOUSNESS WRITING

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.

Steps:

- Have your materials laid out so you can easily reach them.
- Start by taking your white crayon or oil pastel, and filling up your entire paper with writing. REMEMBER, this 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.*
- Once you fill your entire watercolor or heavy paper with writing, take your paintbrush, and dip it into your water cup. Once your brush is wet, 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. It's okay if you're the only one who can read it!
- Dip your brush in water and rinse the bristles to change colors. Repeat STEP 4 until you feel you are finished. WELL DONE!!!