

ART III Wreck this Journal Options

Instructions: Complete 3-6 prompts for each assignment. You are an advanced art student, therefore choose the # of prompts completed on their difficulty. Follow the instructions on every page.

Instructions are up to interpretation. Experiment!

Do not use the back of your pages.

1. *Create* page numbers for several pages.
2. Stand here. (on the page) Wipe your feet, jump up and down.
3. Pour, spill, drip, spit, fling your coffee, HERE!
4. Poke holes in this page using a pencil.
5. Draw fat lines and thin lines; pushing really hard with the pencil.
6. This page is for handprints or fingerprints. Get them dirty then press down!
7. Color this entire page.
8. Draw a target. Drop something (pencil, paper ball, etc.) dipped in paint.
9. Press leaves and other found objects.
10. Scratch this page using a sharp object.
11. Do some rubbings with a pencil.
12. Scribble wildly, violently, with reckless abandon.
13. Draw random dotted lines. Tear strips! Rip it up!
14. Draw lines while in motion. On the bus, while walking, etc.
15. Fill this page with circles.
16. Document your dinner. Rub, smear, splatter your food. Use this page as a napkin.
17. Make a funnel, drink some water. (cut it out, roll and tape, add water)
18. Create wrapping paper!
19. Tongue painting. Eat some colorful candy and lick this page.
20. Write 1 word over and over.
21. Climb up high; drop this journal. (not at school)
22. Do a really ugly drawing. (gum, poo, dead things, badly drawing bird, mold, bard, curd)
23. Place sticky things here. (honey, gum, syrup, glue, sucker, marshmallow)
24. Pretend you are doodling on a back of an envelope while on the phone.
25. Collect fruit stickers here.
26. Cover this page only using office supplies.
27. Rub here with dirt.
28. Use this as a test page for pens, paints, markers, or art supplies.
29. Drip something here. Ink, paint, tea. Close the book to make a print.
30. Sew this page.
31. Glue a random page from a newspaper here.
32. A place for your grocery lists.
33. Collect the stamps from all your mail.
34. Trace the things in your bag or pockets. Let the lines overlap.
35. Cover this page with white things.
36. Scribble wildly using only borrowed pens. Document where they were borrowed from.
37. Make a mess, clean it up.
38. Go through your book and fold down the corners of your favorite pages.
39. Page of good thoughts.

40. Make prints using an ink pad and cut out vegetables.
41. Write carelessly.
42. Glue random items here. (things you find in your couch, on the street, in your book bag, etc.)
43. Tear this page out, put it in our pocket, let it go through the wash, stick it back in.
44. Cut through several layers.
45. Draw a circle. Color outside of the lines.
46. Draw several random dots. Close your eyes and connect the dots from memory.
47. Collect you and your friends pocket link. Glue it here.
48. Trace your hand.
49. Draw with glue.
50. Document a boring event in detail.
51. Create a drawing using a piece of several pieces of your hair.
52. Glue in a photo of yourself. Deface.
53. Draw lines using abnormal writing utensil dipped in ink or paint. (sticks, spoons, twist ties, comb, etc.)
54. Fill this page when you are really angry.
55. Write or draw with your non-dominate hand.
56. This page is a sign. What do you want it to say?
57. Fill your page and create a nonstop line.
58. Space for you negative comments. What is your inner critic saying?
59. Draw lines with your pen or pencil. Lick your fingers and smear the lines.
60. A page for four letter words.
61. Glue a page from a magazine and circle words you like.
62. Write with the pen in your mouth.
63. Give away your favorite page.
64. Write backwards.
65. Document time passing.
66. This page is dedicated to your internal monologue.
67. Scrub this page.
68. Hide a secrete message on a random page.
69. Sleep with this journal. Document the experience here.
70. Close the journal. Write/Scribble something along the edges.
71. Write a list of more way to wreck this journal.
72. Create a grid. Use it as a stain log.
73. Figure out a new way to attach these 2 pages.
74. Collect the letter "W" here.
75. Collect dead bugs here.
76. Drum on this page with a variety of materials.
77. Hide a random page in your neighbors yard. Document the experience.
78. Attempt to sell a page of your journal.
79. Smash something colorful on this page.
80. Cover this page in tape. Create a pattern.
81. Trace your toes.
82. Squirt liquid here. Try using your mouth.
83. ???