**ART ON THE GO**

July 28, 2021

*Journal Stories*

*Decorate your own journal to draw and write about the people in your life.*

The people we connect with in our lives influence us in many ways. They can provide us guidance, support, protection, inspiration and so much more. Think about who you spend a lot of time with. Who takes care of you? Who are you close with in your family? Sometimes, our friends can become our family because we trust and rely on them for many things. Celebrate the special people in your life by talking with them and writing down memories in a journal that you create. An interview is a great way to record invaluable information about a loved family member or elder in your life.

Artist Elizabeth Catlett created this sculpture, *Seated Mother and Child*, that shows the special bond between family members. What special things do you do with the people you love in your life? Do you play games, cook, make art or visit new places together? Think about who takes care of you and how you can give back. How do you show your love and appreciation for others?

It is the everyday small tasks and kind gestures that sometimes get overlooked but are the most meaningful and memorable. Create your own personal journal to write about the special memories with the people you care about in your life. Writing and drawing is also a great outlet to express your thoughts and feelings in a healthy way.
Materials:

- Blank journal
- Scrap paper
- Scrap fabric
- Stickers and foam shapes
- Glue stick
- Gel pens
- Pencil/colored pencils
- Scissors (not included)

Steps:

Use the materials to decorate the outside of your journal and make it one-of-a-kind. Use the scissors to cut the paper and fabric into different shapes.

After you decorate your journal and let it dry, you are ready to write and draw inside it. Use the pencil and gel pens to write/draw on the pages. Try using some of the questions below to interview someone special in your life.
Use these questions to talk with and interview the important people in your life. If they answer with only a few words, ask them to elaborate and explain their answer to you. What’s the story behind their answer? Record it in your journal.

Try using the fortune teller template to ask these questions in a game!

- What is your favorite childhood memory?
- What is your favorite tradition from childhood?
- What is your favorite book?
- What is your favorite song?
- Where is your favorite place to visit? Why?
- What is your favorite sport? Do you have a favorite sports team?
- What is your favorite movie?
- What is your favorite color?
- What is your favorite animal?
- What is your favorite food/drink?
- What is your favorite season? Why?
- What is your favorite holiday? What are the special traditions for that holiday?
- What is the funniest thing that ever happened to you?
- What has been your greatest life lesson?
- What do you feel is your greatest success? What are you most proud of?
- What is the most difficult thing you've had to overcome?
- What do you wish to accomplish in your lifetime?
- What are your dreams?
- If you could give me one piece of advice, what would it be?
LEARN ABOUT YOUR FRIENDS AND FAMILY BY ASKING THEM QUESTIONS IN THIS FUN FORTUNE TELLER GAME!

1. CUT AND FOLD YOUR FORTUNE TELLER

2. ASK A PERSON THEIR NAME AND TO SPELL IT OUT LOUD - OPEN/CLOSE THE FORTUNE TELLER WITH EACH LETTER

3. ASK THEM TO SELECT A NUMBER. OPEN/CLOSE THE FORTUNE TELLER AS YOU COUNT OUT LOUD

4. ASK THEM TO CHOOSE A COLOR THAT BEST FITS THEIR CURRENT MOOD, THEN A LETTER (A, B, C OR D).

5. OPEN THE FLAP AND ASK THEM THE QUESTION UNDER THE LETTER THEY SELECTED

6. LISTEN TO THEIR ANSWER