

Your Aim:

Your aim is to create a 'Selfie Journal' in response to your new Coursework theme 'I, Me, Mine'. You will document the next 8 weeks of your life.

Your journal can take on many different forms.

It can be any size.

It can incorporate different media, different creative skills.

It **MUST** be based on **YOU**

It **MUST** include day to day recordings of your life and what you are up to.

It **MUST** include **YOU** in some form.

YOU

Think About . . .	Things to Consider . . .	How to create the journal . . .
Representation	Objects	Written
Portrayal	People	Drawn
Likeness	Activities	Painted
Picture/Photograph	Places	Collaged
Description	Hopes/Fears/Dreams	Digital
Biography	Emotion	Photography
Face	Memories	ALL OF THE ABOVE!

Where Do I Start?



- Pick your format: A5/A4/A3 Book. Hardback or Softback. Working over a book already written. Digital Book etc.
- Pick your chosen media: Pen or Pencil. Paints,. Collage. Photography. A combination of all of them. The more creative media you explore, the better. You MUST in some way include photographs.
- Go for it! Don't be afraid, you can't go wrong. This is a day to day journal of you for the next 8 weeks!

Activities

- Actions
- Interests
- Journeys
- Social events
- Sports
- hobbies

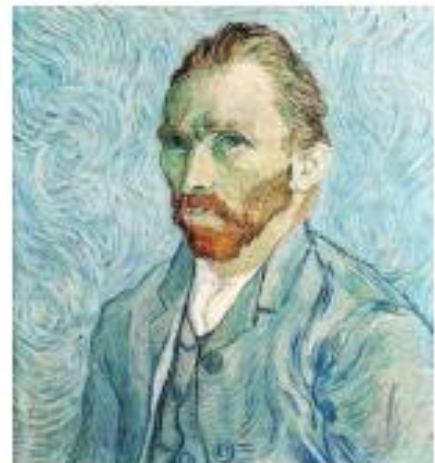


Hopes, Fears and Memories

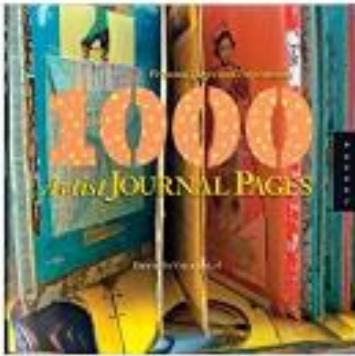
- Expression
- Dreams
- Fantasies
- Likes
- Dislikes
- Ambitions



Jawlensky



Van gogh



'100 Artist Journal Pages' is a book filled with creative examples to inspire you and get you started.

Remember this is a 'Selfie' Journal – it is all about YOU!



Your 8 Week Journal starts here

Week 1

YOU:

Spend the week taking photographs or drawing yourself based on what you are doing, with some part of you in the picture. It could be your foot, your hand, your face. Take a picture each day and create a journal page around that picture.



Your 8 Week Journal starts here

Week 2

YOU:

Spend the week taking photographs or drawing objects that say something about you/your day/who you are. For example it could be memorabilia, treasures, souvenirs. It could be objects that you use everyday, objects that reflect your personality?



Your 8 Week Journal starts here

Week 3

YOU:

Spend the week taking photographs or drawing people that are around you or that mean something to you/are a part of your life. You could reflect on their personalities, their faces, their expressions? It could be family, friends or people who inspire you.



Your 8 Week Journal starts here

Week 4

YOU:

Spend the week taking photographs or drawing activities that you are doing in your day to day lives or activities you love to do when you can. It could be actions, interests or journeys. It might be social events, interests and/or hobbies.



Your 8 Week Journal starts here

Week 5

YOU:

Spend the week taking photographs or drawing what is going on in the world around you. Document the headlines, comment on what is happening locally as well as globally. How can you present the goings on around you?



Your 8 Week Journal starts here

Week 6

YOU:

Spend the week taking photographs or drawing what inspires you. It could be people you know, celebrities, sports personalities. Maybe it is history, literature or quotes you find. It could be music, song lyrics or the natural world.



Your 8 Week Journal starts here

Week 7

YOU:

Spend the week taking photographs or drawing your hopes for the future – what are you hoping to achieve, what will this look like? It's ok if you're not sure – document it your ideas and what you are thinking.



Your 8 Week Journal starts here

Week 8

YOU:

Spend the week taking photographs or drawing whatever you would like. Be creative. The only thing it must include, is YOU!

