**Visual Journal Assignment: An Interest or a Hobby**

Another one of the purposes and motivations behind the visual journal is to help us explore and celebrate our interests and hobbies. Our interests and hobbies are the things that we spend a lot of our time thinking about and doing and they keep us motivated to learn, stay curious, and grow. Many of our hobbies and interests we are inspired to pursue are passed down to us from our families and friends and/or people we admire. They also connect us to others who share the some interests and hobbies.

Theme: An Interest or Hobby

On you journal page or pages (two page spread), explore and celebrate an interest or hobby you have.

Ideas and Questions to consider:

* What is an interest or hobby you spend the most time on?
* What objects and/or symbols or other imagery are associated with your interest or hobby?
* How were you introduced to the hobby or interest?
* How long have you been pursuing your hobby and/or interest?
* Who are some of the people or groups that you have connected with due to your shared interest or hobby?
* What are some of the things you do while practicing your interest or hobby?
* What have you learned or what are you curious about learning when it comes to our interest or hobby?

**Things to include and incorporate onto your Visual Journal Page:**

1. An imagery associated with your interest or hobby
   * Image Transfers
   * Drawings
   * Stencil
   * Collage
2. Drawing element in the medium of your choice
   * Doodles that have to do with the interest or hobby
   * Geometric shapes/ abstract drawing expressing some feeling about the hobby
   * Observational drawing of things or symbols associated with the hobby
   * Drawings of your hobby/interest in action
3. Layering/Exploration/experimentation with materials and or techniques learned
   * Collage
   * Watercolor techniques
   * Watercolor pencil techniques
   * Image transfer – chemical, tape, tracing paper
   * Other
4. Fodder, physical item, or other collage element to help how your connection to your interest/hobby, for background, or to enhance aesthetically.
   * Ticket stubs, receipts, pressed flowers, photographs, stickers, flyers, cards, menus, etc. collaged incorporated onto the page