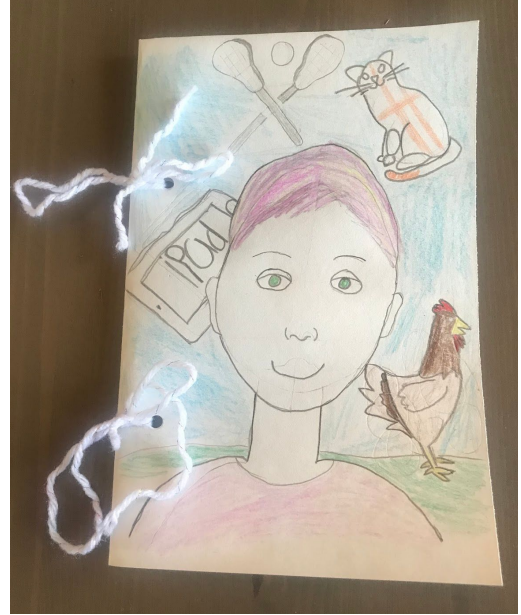




SONOMA VALLEY MUSEUM OF ART

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## ***Signs of Spring Art Journal with Self Portrait Cover***

Teaching Artist: Cindy Imhoff-Bruininks, MFA

### **Lesson Overview:**

**Project Description:** Create a self-portrait for the cover of your own art journal. Put the journal together and then explore your surroundings in search of signs of spring!

**Medium or Technique:** Drawing and simple bookmaking

**Materials Used:** Marker and/or Colored Pencil, Pencil, Paper, Yarn or String to bind the book. Note: Color is optional.

**Grade Level:** 4th and 5th (younger grades with help)

### **CA Visual Arts Standards:**

**Grade 4:** 2.1 Explore and invent art-making techniques and approaches.

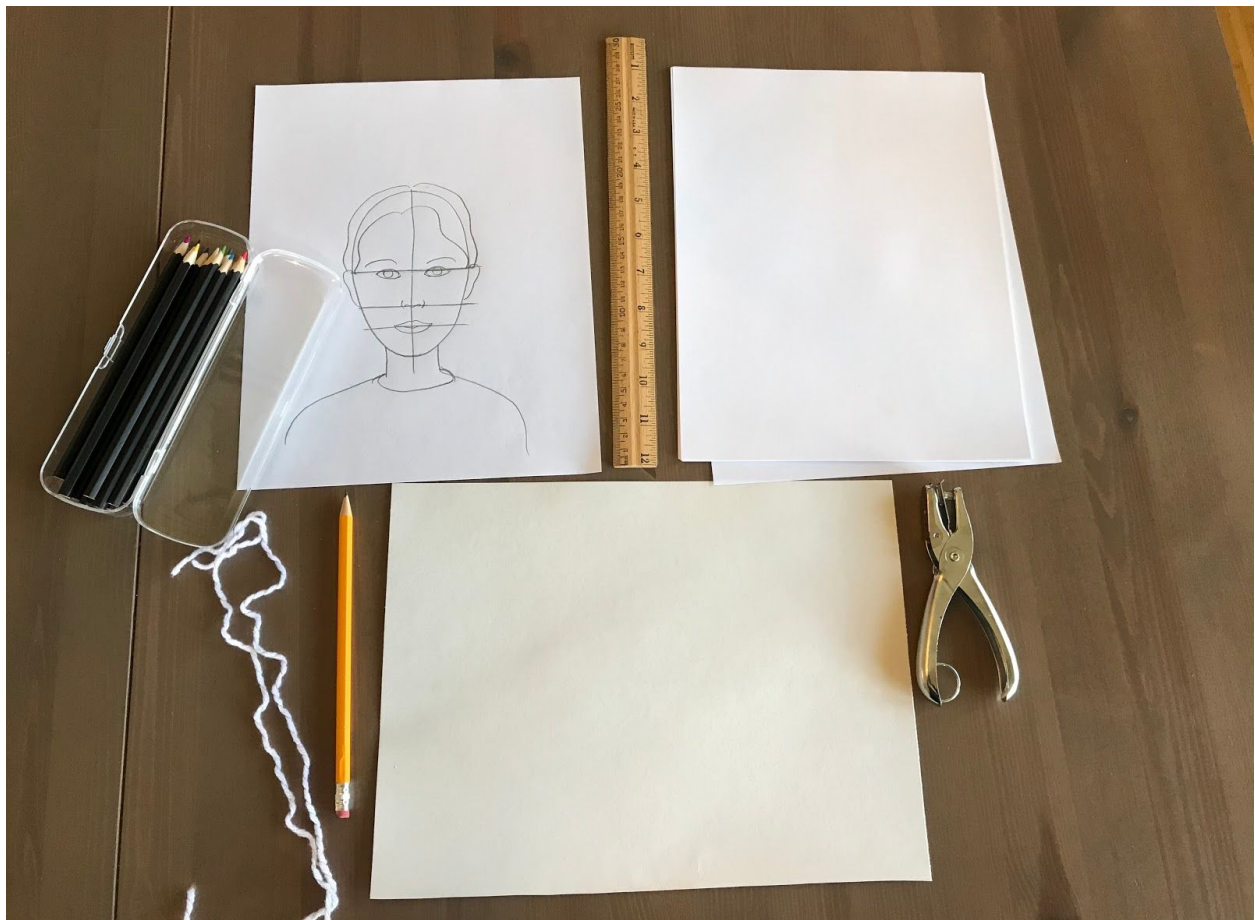
**Grade 5:** 1.1 Creativity is a skill you can develop: Combine ideas to generate an innovative idea for art-making; 2.1 Experiment and develop skills in multiple art-making techniques and approaches through practice; 2.3 Identify, describe, and visually document places and/or objects of personal significance.

## Instructions:

### Step 1: Gather Materials

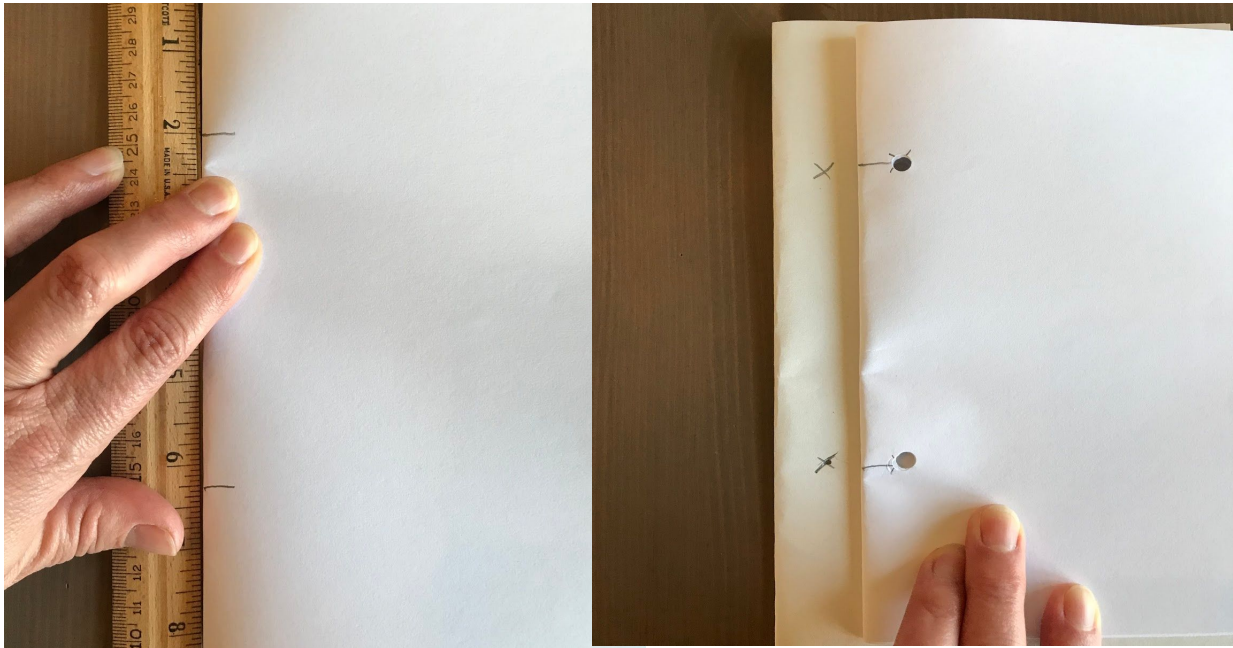
You will need paper for the pages of your journal. We used 8.5"x11" copy paper. See if you can find a slightly larger piece of paper (about 9"x12") for your cover. Something like construction paper works well, but you can use anything else you have around that you can easily draw on. It's okay to use paper that is all the same size too.

You will also need a ruler, hole punch (or an adult to help you poke holes), a pencil, some string or yarn, and the proportions guide. You can use colored pencils or pens too, if you like.



## Step 2: Make the journal

Fold your cover in half. Measure and mark where you want the holes using your ruler and a pencil. Now fold your inside pages in half too. Set them on top of your cover and mark where you want those holes to be. Punch two holes where you made the marks. This is where you will tie your journal together with string. Do not put your journal together yet.



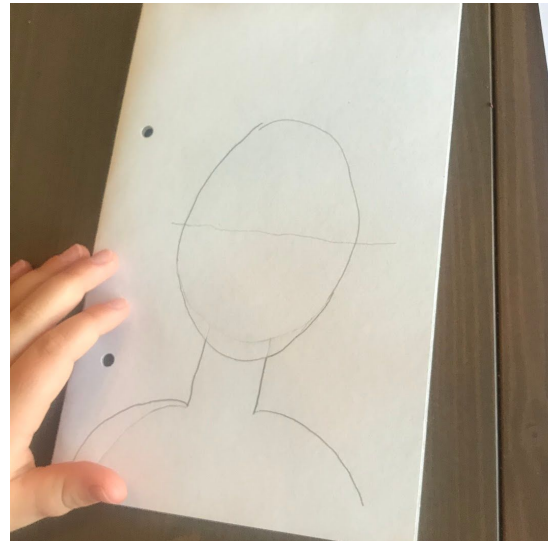
## Step 3: Proportions Guide

Print the Proportions Guide or view it on the computer. Use it for reference while you follow the step-by-step instructions on how to draw a self portrait.

(Proportions Guide can be found at the end of this lesson.)

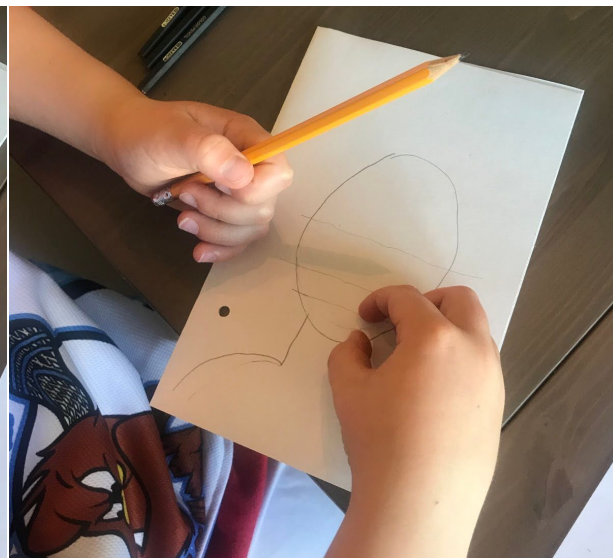
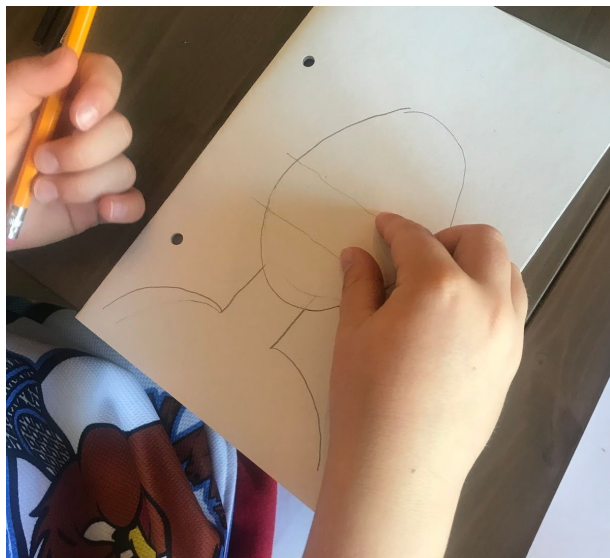
## Step 4: Draw Your Head and Eyes

On the front of your cover, draw an oval for the head. Draw the oval nice and big! Draw your neck and shoulders. Don't try to fit the entire upper body in the picture. Since your oval is big, the body will go off of the page. Next, draw a horizontal line through the middle of the oval. Draw lightly because you will erase it later. This will be the line for the eyes. It's lower than you think!



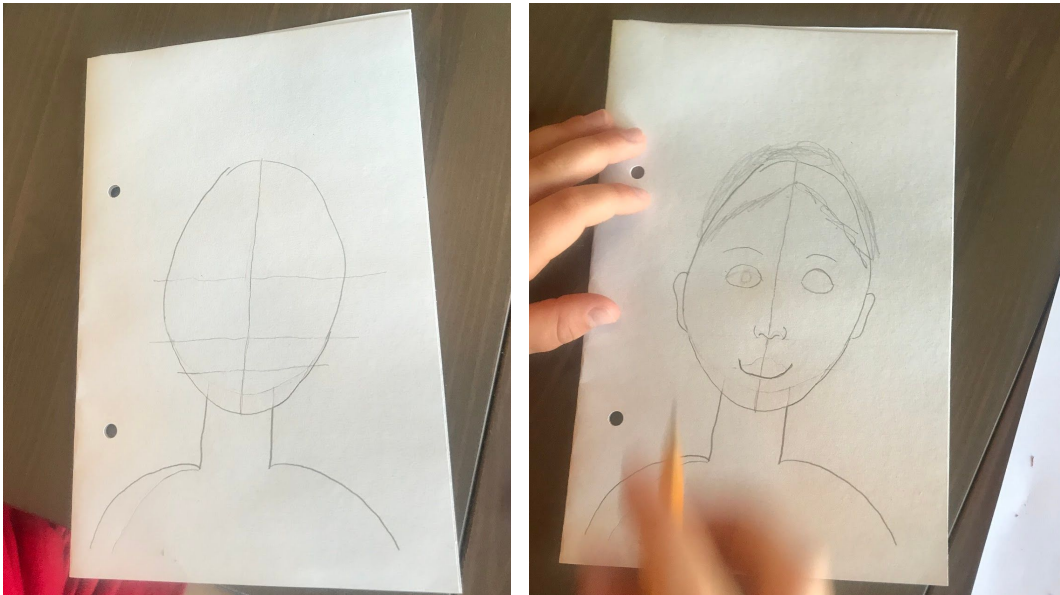
## Step 5: Draw Your Nose and Mouth

Next, draw a horizontal line for the placement of the nose and a horizontal line for the placement of the mouth. Draw lightly! The line for the nose will be roughly halfway between the eye line and the bottom of the oval (the chin). The line for the mouth will be roughly halfway between the line for the nose and the chin.



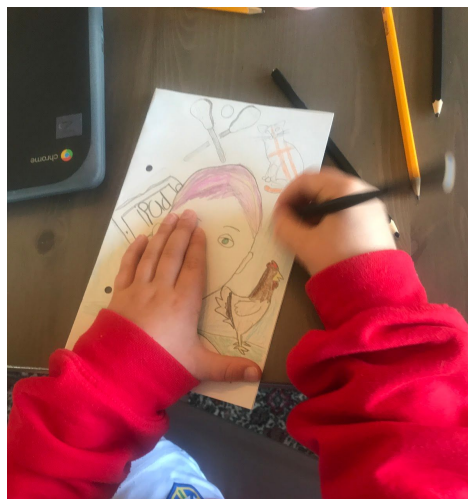
## Step 6: Draw a Line Down the Middle

Lightly draw a vertical line down the middle. This will help you line up your nose and mouth. Then, follow the Proportions Guide to place eyes, nose, mouth, ears, and hair. If you have long hair you won't need to add the ears because your hair will cover them. Notice that the hair goes both below and above the top of the oval.



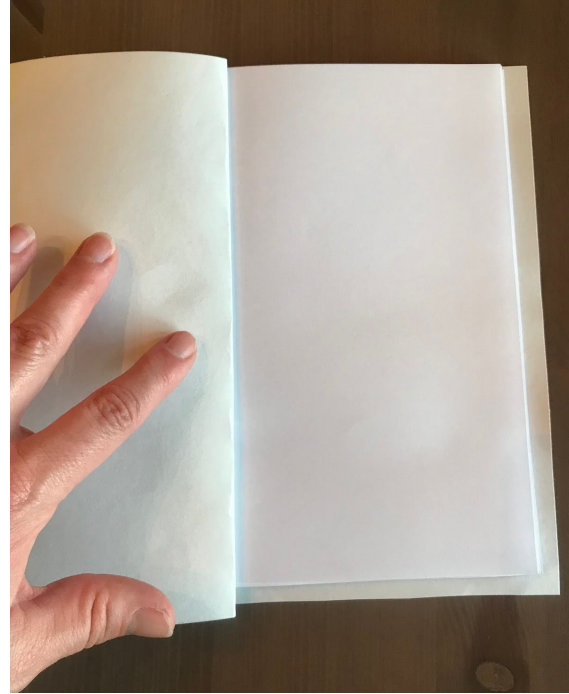
## Step 7: Erase and Add Things You Love

Erase the horizontal and vertical lines. Also erase the top of the oval. Your hair is the top of your head now! Use color! Be playful with your palette. It doesn't have to be realistic, but it should express how you feel! In the background, draw images of things you like. You can use the Internet or books to find images or gather things from around your home and draw them. .



## Step 8: Put the Journal Together

Next, put the journal together by tying string through the loops. Fold the cover to make a crease so it will open and close without tearing.



## Step 9: Look for Signs of Spring!

Now you are ready to find signs of spring! You can go for a walk, go to your yard, or even just look out the window. Also, don't forget other senses in addition to sight. Can you hear birds, rain, or wind? Can you smell plants and flowers? What might these sounds or smells look like?



## Additional Resources:

<https://www.cindyimhoff.com/index.html>

