

Visual Journaling

Ideas to inspire creativity and reflection to support emotional wellbeing for parents and children.

You don't need fancy art materials to do visual journaling. A few things to collect include:

- An art journal
- Some markers
- Sponges, rollers, stamps
- Collage materials (magazines, books, tissue papers, doodles, leftover scrapbooking supplies.)
- Glue, scissors & double sided tape.
- Paint & brushes



Collage is a great place to start.

Find some pictures that remind you of a beautiful place in nature and write about what it's like to be there.