

Prompts for Prompt Cards
collected by Barb Owen - HowToGetCreative.com

Paint with a skewer or scratch into wet paint with a skewer

Fold a sheet of paper, dip folds and corners into ink. Unfold it and allow to dry. Glue to a page.

Use a monochromatic color scheme.

Draw a butterfly.

Start with a dark background.

Paint or collage with white over a dark background.

Draw arrows.

Grab some junk mail and use it as the background. Paint over it.

Paint gesso over part of or the entire page.

Put a magazine image on the page. Create the page around the image.

Use one shape. Create a page with only one shape.

Scrape paint on a page.

Write about how or why you art journal. Why is your art journal important?

Scribble words, phrases or quotes around the page.

Open a supply you've never used and use it on the page.

Look at something. Draw what it looks like without lifting your pen. Add color.

Use folk art designs.

Draw a staircase. Think about your biggest dream. Draw it at the top of the staircase. Fill each step with steps to your dream.

Draw a sunflower.

Draw with a pencil.

Pick 3 colors. Draw an animal with a pen. Use only those 3 colors to fill the page.

Put wet paint on a wet page - “wet on wet”

Draw a coffee or tea cup.

Doodle until you fill an entire page.

Spend 60 minutes painting or creating backgrounds.

Connect with a feeling. Close your eyes and imagine what that looks like. Put it on the page of your art journal.

Add a bird.

Scribble a mantra with several colors.

Draw a map from wherever you are to where you want to be.

Go outside. Find something to look at and draw it. No judging allowed.

Use a sponge brush to paint a page or use it to “ink” stamps or hot glue masks.

Close your eyes and draw.

Paint with red.

Draw HOPE.

Draw circles - lots of circles.

Add a photo to the page with tape.

Draw magic. What does it look like?

Write 10 things - the first things you think of.

Paint with ink.

Use a roller ball or ball point pen and write all over a journal page.

Use a brush with very little paint (dry brush) to create texture.

Pick a random page in your journal and put the ugliest color on the page.

Crumple a sheet of paper. Smooth it out and glue it on a page or stamp the sheet first and then crumple it.

Draw a huge heart on the page. Fill the heart with things that make your heart happy.

Stamp a pattern.

Use analogous colors.

Use complementary colors.

Cut out a heart shape. Use it as a mask/ stencil. Write about love.

Paint hot pink circles.

Use 3 adjacent colors on the color wheel and a complementary color as an accent.

Write with a black pen, marker or Fineline bottle filled with paint.

Collage a shape.

Draw flowers.

Draw all sizes and shapes of stars.