open me up

Journey with creativity and artistic fun

Ideas to support you on your journey
David L. Bradley | Caron Sada | Tess Mosko Scherer | Lisa Wayman
This book is designed to help you break old habits and create new creative habits. Many of the activities are designed to get you in a creative state of mind known as flow, connecting your hand with your drawing tools! Use the power of your imagination to let yourself soar.

Be fearless, be brave, make art.

This is a place to let yourself show your weirdness and uniqueness to think differently.

Play takes you to unexpected and extraordinary places.

Play with your pens, paper, inks, paints, ideas, thoughts and feelings.

This journal is not sacred. Let it get dirty with marks, images, paint, glue... write on the edges, and the pages.
GETTING STARTED

Designate an area to keep your supplies handy...

... in a box, on a shelf, in a bag...

The easier it is to access your supplies, the more likely you will spend time in your book building artistic muscle.

USE whatever materials you have...

... here are some suggestions:

- pens and pencils, glue, scissors
- compass, brushes, rulers, eraser,
- tape -- duct, masking, electrical, etc
- paint -- watercolor, acrylics or any others
- photographs -- make copies if you want to preserve the originals
- newspaper, magazines, note cards or other printed materials

TIP: Focus on your breath before you begin and while you are working.
"A comfort zone is a beautiful place, BUT nothing GROWS THERE."  unknown
Draw yourself
as a

SUPERHERO

What is your superpower?

What is your kryptonite?
FIVE MINUTE SELF PORTRAIT (YES! TIME YOURSELF)

DO NOT LOOK IN A MIRROR. DRAW YOURSELF FROM MEMORY. DRAW YOURSELF HOW YOU ARE FEELING.
THIS IS NOT ABOUT HOW WELL YOU DRAW - IT IS ABOUT HOW YOU FEEL AND THINK ABOUT YOURSELF.
DOODLE ALL OVER THE PAGE!

Doodling is fun! Doodle on your own, fill the page.

Doodle all the time! Look over them and see what they mean.
Finger Prints

Use ink or paint and make finger prints onto paper.
Use markers to make it into something.
Use a circular template, such as different sized glasses or other circular shapes. Trace them, overlapping to fill the page. Color in the shapes that form.
Fill this page with all the memorable events from yesterday.
COLLAGE

Select at least five images from magazines.
Cut them out and glue them into the journal.
Embellish with words, color, line or form to tell a story.
MANDALA

Draw a simple shape in each section. Work from the center out. Continue until full. Draw free-hand, use a compass, coins or other objects to trace.

IDEA!!! Make copies of your drawing before you color it. Color each copy in a different palette of three to five colors.
Make rubbings of textures such as concrete or weathered wood. Use copy paper or other thin paper and place it on top of the surface. With a soft pencil, pastel or crayon, rub firmly but gently enough not to tear the paper.

Make several rubbings and glue them together to create a picture.
Go Wild with Color

Cover this page with color using your non-dominant hand.

Seek for the boldest color possible, content is irrelevant.

Henri Matisse
Fill this page with a shape of your choice. It can be a letter, number, symbol, geometric or organic shape.

I found that I could say things with color and shapes that I couldn't say any other way.
Choose your favorite color and draw as many objects as you can that are that color. Remember! It's ok to do the obvious, but try to think of the less obvious objects.
If you like this book, here is a list of other books you may like as well.

-The Artist’s Way, Julia Cameron, Putnam 1992
-Making Comics, Lynda Barry, Drawn & Quarterly publishers
-Syllabus, Lynda Barry, Drawn & Quarterly publishers
-Managing Traumatic Stress through Art, Barry M. Cohen, Mary-Michola Barnes, and Anita B. Rankin (p3)
-An Artist Once Said, An inspiration book; Hannah Rollings
-Wreck This Journal, Keri Smith, A P enggee Book (Penguin Group)
-Cultivating Your Creative Life, Alena Hennessy, Quarry Books
-The Trickster’s Hat, Nick Bantock, Penguin Group (Random House)
-Living Out Loud | Activities to fuel a creative life, Keri Smith, Chronicle Books
-Embrace Your Weird | Face your Fears and Unleash Creativity, Felicia Day, Gallery Book, Simon & Shuster
-The 30-day Creativity Challenge, Ed Bell, The Song Foundry, Inc publishers
-Wild Ideas | Creativity from the Inside Out, Cathay Wild, Standing Places Press
-Conscious Creativity | look, connect, create, Philippa Stanton, Leaping Hare Press
-Big Life Journal, published by Eidens
-The Journal Junkies Workshop | Visual ammunition for the art addict, Eric M. Scott and David R. Modler, North Light Books
-Whole Lotta Creativity Going On | 60 Fun and Unusual Exercises to Awakened and Strengthen Your Creativity, Regina Pacelli
David Lloyd Bradley is a believer in the power of Art to make a person’s life better. Since he was very young he knew that spending time engaged in art making was the best use of his time. As a full time professor of Art, he gets to share his passion for making Art with others.

Caron Sada wanted to be an artist and rock star but began a career in sales/fundraising, marketing and management instead. Caron continued to write, draw, paint and sing for fun and as a method for figuring out, and expressing, life. Caron now specializes in organizational psychology as Residential Psychology Faculty and as a Social Entrepreneur with art being central to connecting with others and experiencing/improving daily life.

Lisa Wayman creates art because it has helped her process difficult things in her life. She also creates art because it makes her happy. Playing with form and color makes her smile and gives her joy. Wayman is a PhD prepared RN who enjoys helping others through her work as an RN and through promoting creative arts in others.

Tess Mosko Scherer believes art is as essential to life as breathing. She finds that the act of creating stimulates the imagination and that making art and viewing art is nutrition for the soul. Mosko Scherer is a professional artist and advocate for the benefits of art on the psyche.

For more information, or to order additional copies contact: Mosko.Scherer@gmail.com