Art Journal Prompts

24 easy art journal ideas · Pick any one to begin

First Marks

01 Fill one page with your favorite color, in as many forms as you can find.

02 Draw the same simple shape — a leaf, a cup, a star — ten different ways.

03 Make a page of lines only: straight, wavy, dotted, thick and thin.

04 Scribble freely for two minutes, then find shapes hiding in the tangle and outline them.

05 Copy a pattern you can see from where you sit, and repeat it across the page.

06 Use only three colors to fill a page with circles of different sizes.

Everyday Things

07 Draw one ordinary object from your home three times: quickly, slowly, and from memory.

08 Make a page about your morning using colors, shapes and a few words.

09 Draw your hand, then fill the outline with words about what your hands did today.

10 Collect three textures by rubbing a crayon over paper placed on top of them, and label each one.

11 Draw a window, and through it draw what you wish you could see.

12 Make a page that shows today's weather without drawing the sky.

Words and Pictures Together

13 Write one word in the biggest letters you can, then decorate inside the letters.

14 Choose a short quote you like and build a page around it with color and doodles.

15 Write today's date in five different styles across one page.

16 Make a list of five small joys, and give each one a tiny drawing.

17 Write a short letter to yourself, then decorate the borders of the page.

18 Turn a song title into a page, using colors and shapes that match how it feels.

Play and Experiment

19 Close your eyes and draw for one minute; open them and add color to what appeared.

20 Make a page using only scraps: torn paper, old tickets, magazine words.

21 Color a page first, then draw over it in a pen that stands out against the color.

22 Draw a map of a real or imagined place, with small notes along the way.

23 Make a page in only black and white, then add exactly one spot of color.

24 Choose your favorite page so far and remake it in a completely new way.