

CREATIVE JOURNALING

With Ashley Maronik

Required Material: Students will need to bring their own creative journal. Suggested size 8.5" x 5.5" hardbound. All other supplies will be provided.

Journaling is one of the most effective tools to foster the development of self-expression, creativity, and exploration. During this workshop students will learn to unlock their creative potential through experimenting with words, abstract shapes, funky lettering, and more! Each session will focus on a variety of writing prompts to inspire creative thinking and become more acquainted with their creative-self. There will be mind-mapping, list making, poetry, collage, watercolours and more!

What to expect:

- Develop written expressions through a variety of writing prompts
- Personal narrative and understanding voice within writing
- Experiment with different art techniques
- Motivate and engage the artistic process
- Express creativity freely
- Unfinished and imperfect work is celebrated