## **ONLINE ART TEACHERS**

A newsletter for teaching with & without access to home technology

Joining the
Journaling
Project:
Maintaining your
sanity with
meaningful visual
journals



By Beth Dobberstein

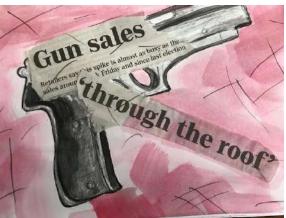
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## Visual Journaling Tips



Visual Journals can take many forms and utilize unexpected materials. The key to a successful journal is to let personal expression guide your choice. Do not get caught up in perfection or fear of what others are going to think about your final product. It is ok to be messy and unpredictable. Whatever you do, have fun and play a little!





## Sample Journals

