

new to me

WEEKLY PROMPTS THAT HELP US THINK ABOUT RE-FRAMING
EVERYDAY THINGS AND SEEING THINGS IN NEW WAYS

PROMPT 10: TIME CAPSULE

Art helps us make sense of the world around us. When you make something, it is an act of choice and often reveals what we are most focused on at any given moment. This week's prompt is all about reflecting on things you want to remember. This could be a big or little thing, but really they are often related. We are going to draw for this week, so we can be intentional about what gets recorded.

WHAT YOU NEED:

- Drawing supplies (pencil, markers, crayons, etc.)
- Paper (sized to fit into an envelope)
- Envelope
- Something to draw

TRY IT OUT:

Start small and simple. Follow your gut when you make your first choice of what to draw.

Make sure it can keep your interest, it will make it easier to draw.

This will be an act of close looking, so just focus on the thing you want to draw: like the overall shape, unique features, or textures. Try to limit yourself to one thing at a time, so you don't get overwhelmed.

The act of drawing is like putting together a visual jigsaw puzzle, as you draw think about how all the parts that you see are connected.

This is your way of remembering it for the future, so there is no wrong way to document it. The way it is described by you is the way it needs to look.

REMEMBER:

This is a time capsule of sorts so feel free to add to your drawing after you are done by gluing down a scrap of a magazine, mail, used stamp, or make notes for yourself to discover when you come back to this drawing.

When you are done, seal the drawing up in an envelope and put today's date on it. Try to keep it sealed until at least one year from now.

You can do this as a onetime practice or use the envelope to document a week or even a month (not that you have to add a drawing/ note everyday).

