

Scribble Your Feelings



You don't need any drawing skills to make some beautiful **ART**.

Use art to notice our feelings.

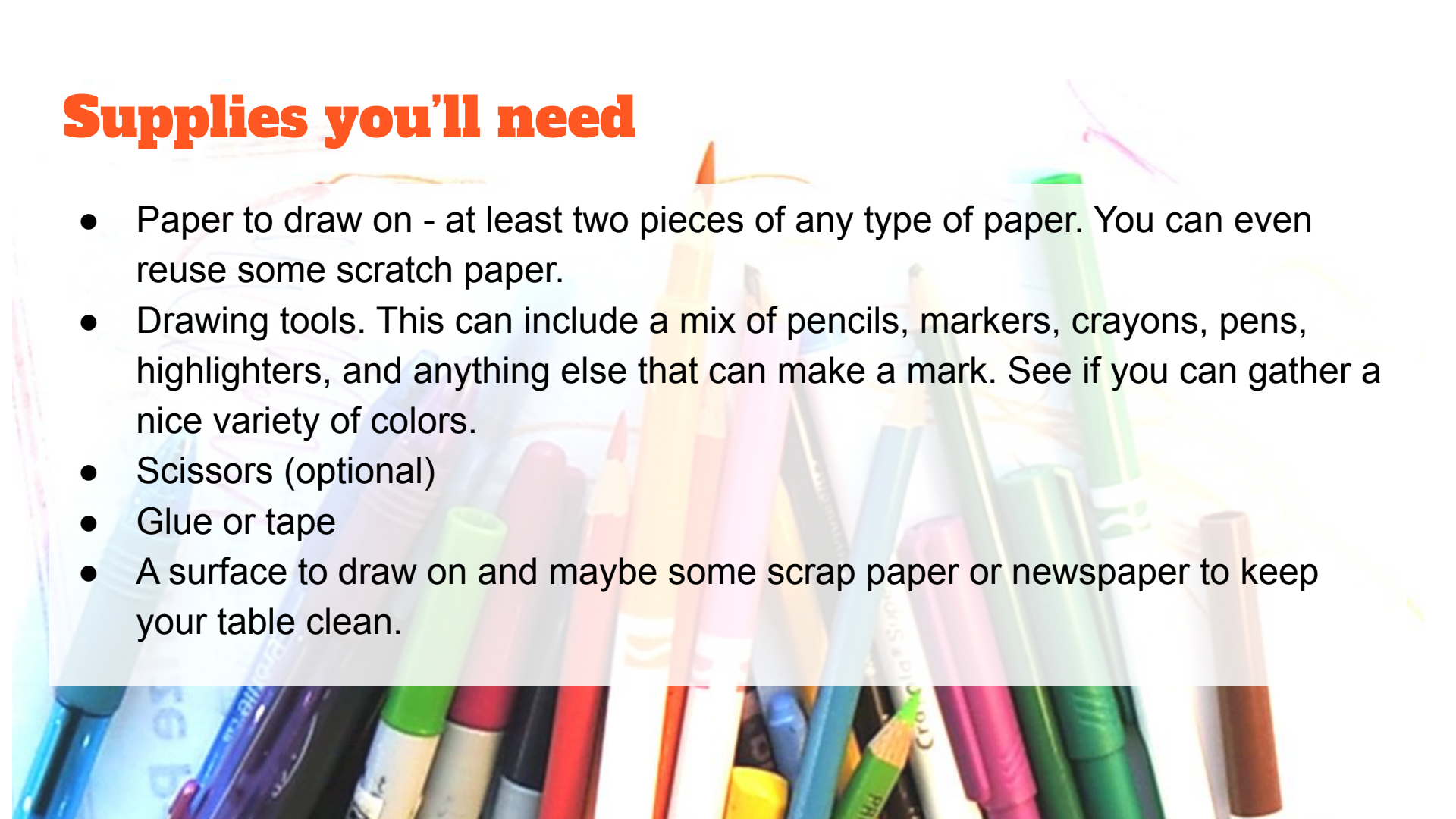
Use our feelings to create meaningful art.

This activity has two parts:

1. Scribble about our feelings.
2. Use the scribbles to make a drawing that tells a story.

Supplies you'll need

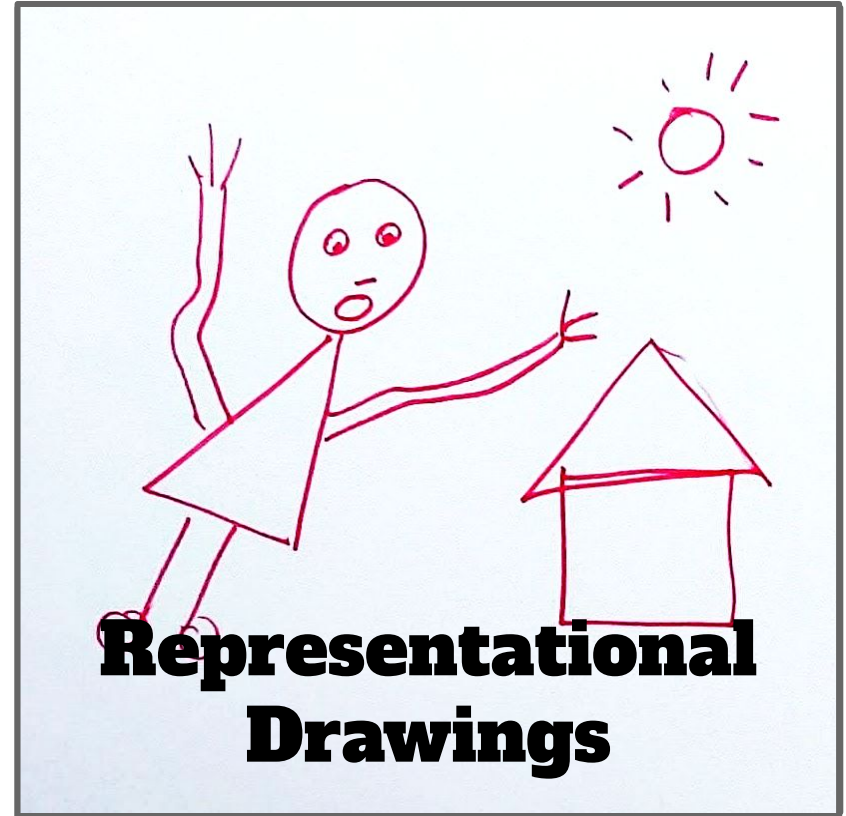
- Paper to draw on - at least two pieces of any type of paper. You can even reuse some scratch paper.
- Drawing tools. This can include a mix of pencils, markers, crayons, pens, highlighters, and anything else that can make a mark. See if you can gather a nice variety of colors.
- Scissors (optional)
- Glue or tape
- A surface to draw on and maybe some scrap paper or newspaper to keep your table clean.



Scribbling vs. Doodling vs. Drawing

This activity starts with scribbling, which is different from doodling or representational drawing.

- Scribbling is wild and uncontrolled.
- Doodling uses shapes and patterns and is calm and controlled.
- Representational Drawing is when shapes and lines are combined to look like something.



Am I doing it right?

You can use the rubric below to evaluate your art when you are done and give yourself a grade. You, the artist, are the person who is best able to decide if your art is successful.

	Excellent - 5 points	Good - 3 points	Meh - 1 points	points
Honesty	This art comes from my heart. You can see that I am developing my own style as an artist.	I made art, but I'm not sure I could tell it apart from art that someone else made.	I was distracted and hardly made any marks on the paper.	
Content	This art tells a story about my feelings.	While I was making the art, my attention drifted from the topic. It is not quite accurate to how I really feel.	I don't remember what this art was supposed to be about.	
Total effect	I made an interesting piece of art that conveys emotion and makes you think.	I made interesting art, but I could have made it better with more attention to details or more feeling.	I put little effort into making this art.	
			Total points:	

**Notice what feelings you
have in your body.**

Do you have worried
feelings in you stomach?

Do you have happy
feelings in your toes?

Time to Scribble

The background of the slide is a collage of images showing children engaged in a scribbling activity. They are using various drawing supplies like markers and pencils on white paper. The resulting scribbles are colorful and abstract, featuring lines and shapes in shades of red, blue, green, yellow, and purple. The children's hands and arms are visible as they work on their drawings.

As you scribble

- Notice how the different drawing supplies interact with each other.
- Try scribbling from your shoulder. Try scribbling from your fingertips.
- Try holding your pencil in your fist.
- Experiment with sharp scribbles, swoopy scribbles, tight scribbles, tornado scribbles, and dashy scribbles.
- Notice how your classmates scribble and try that.
- Allow your feelings to flow out onto the paper.

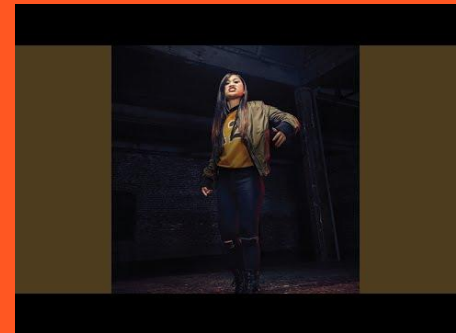
Keep scribbling until you fill the whole page.

Get all your feelings onto the paper
until you can't see the paper anymore.

Here are a couple of Hip Hop songs
you can play while you scribble:



“Just Be” Alphabet Rockers



“You Can't Judge a Book By
Its Cover” Ruby Ibarra

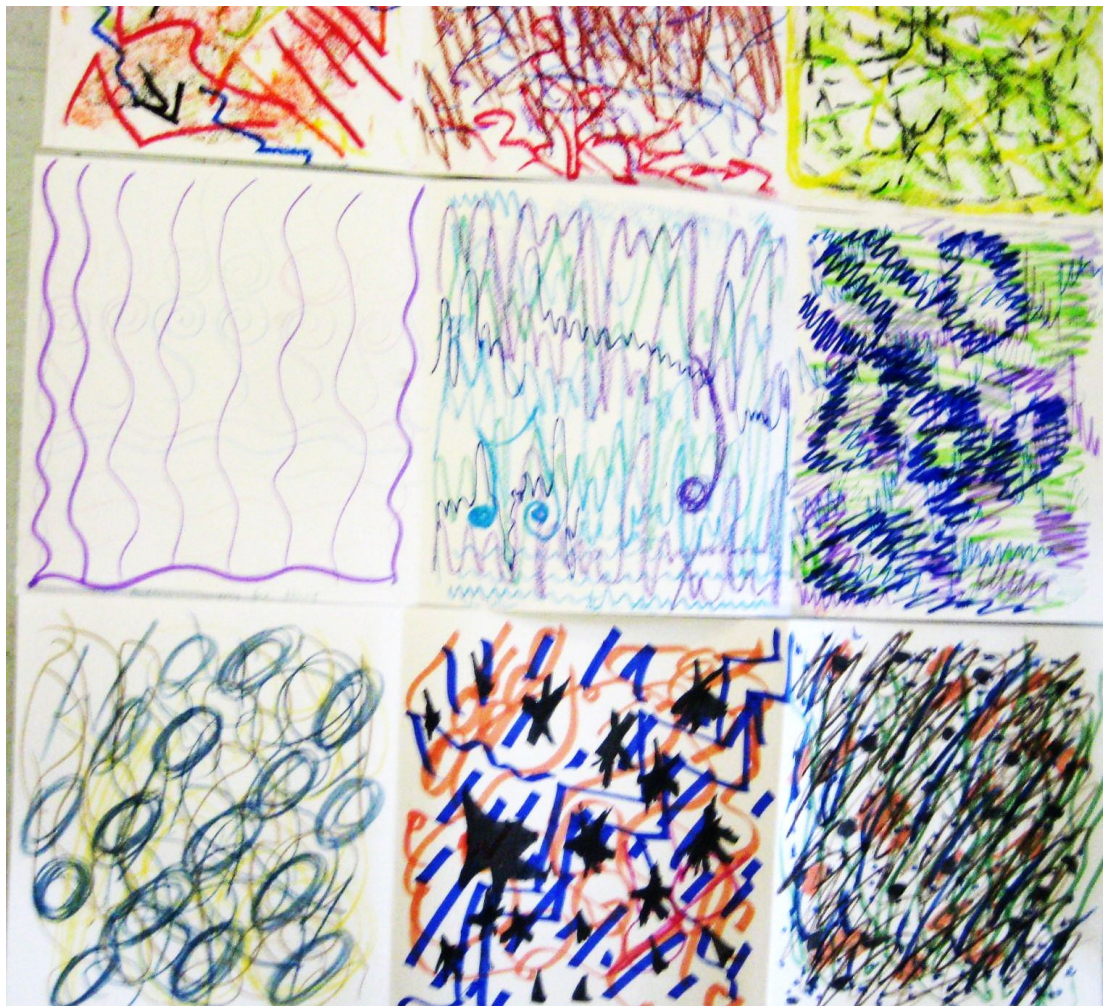


Get all your feelings onto the paper
until you can't see the paper anymore.

Look at each other's scribbles.

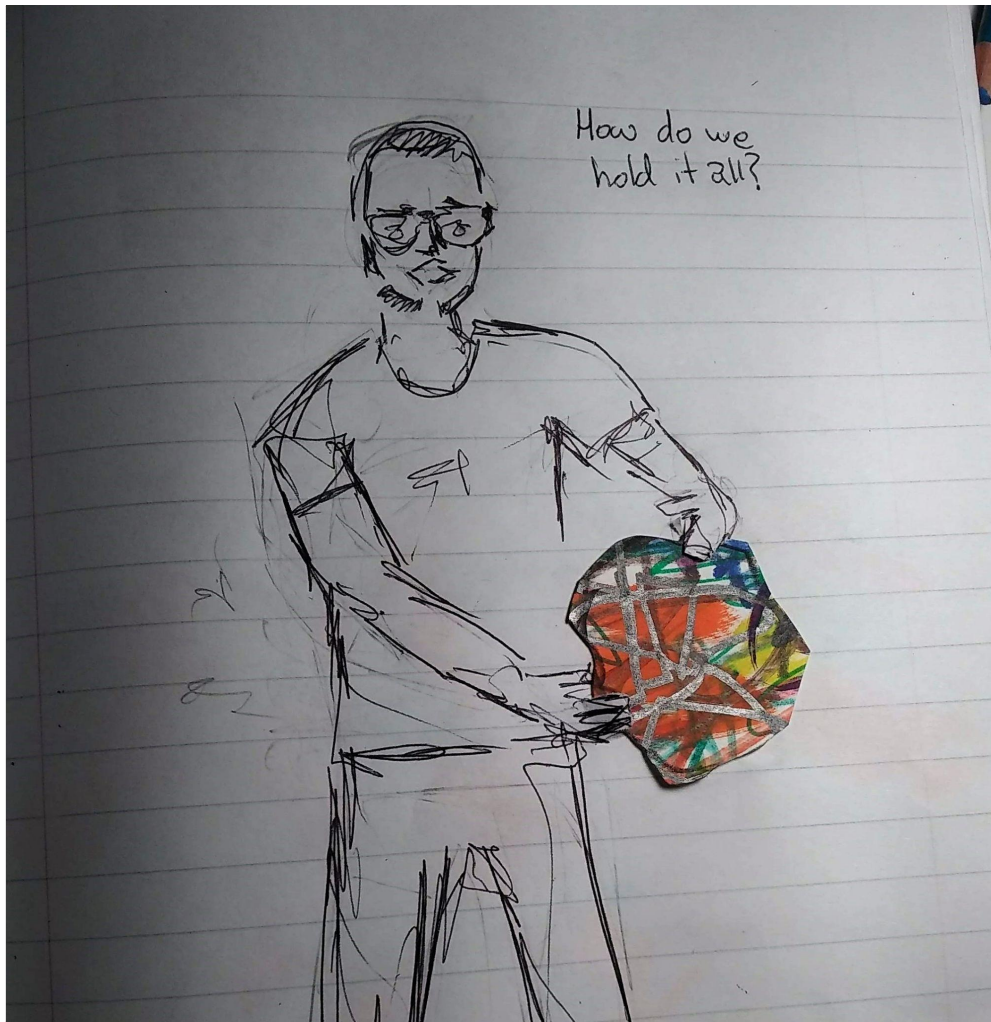
👁️ Notice how everyone has their own style.

👁️ Notice how we don't need drawing skills to make beautiful art.



The next step is to use your scribbles to tell a story about your feelings.

Let's look at some examples.

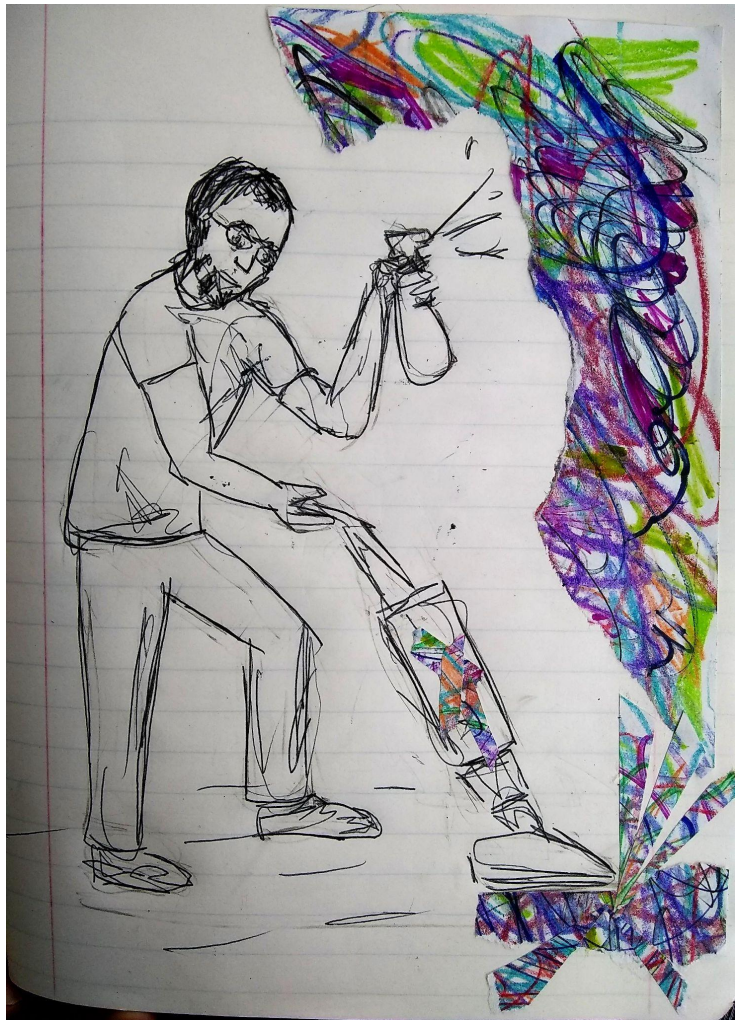


How do we hold it all?

Todd Berman

*pen, marker, and pencil on lined paper, 2020,
8" x 10"*

I drew a self-portrait sketch in pen holding a small piece of scribble paper. The scribbling was made to represent my anxieties about the pandemic.



Cleaning Away Anxiety

Todd Berman

*pen, marker, and pencil on lined paper, 2020,
8" x 10"*

In this drawing, I am cleaning as a way to hold off my anxieties, represented by scribbled-on paper, knowing I am doing something to help keep my household pleasant and healthy.

I sketched this in pencil first, then used ink and erased the pencil - but I didn't worry too much about making it realistic. The drawing is just accurate enough to tell the story.

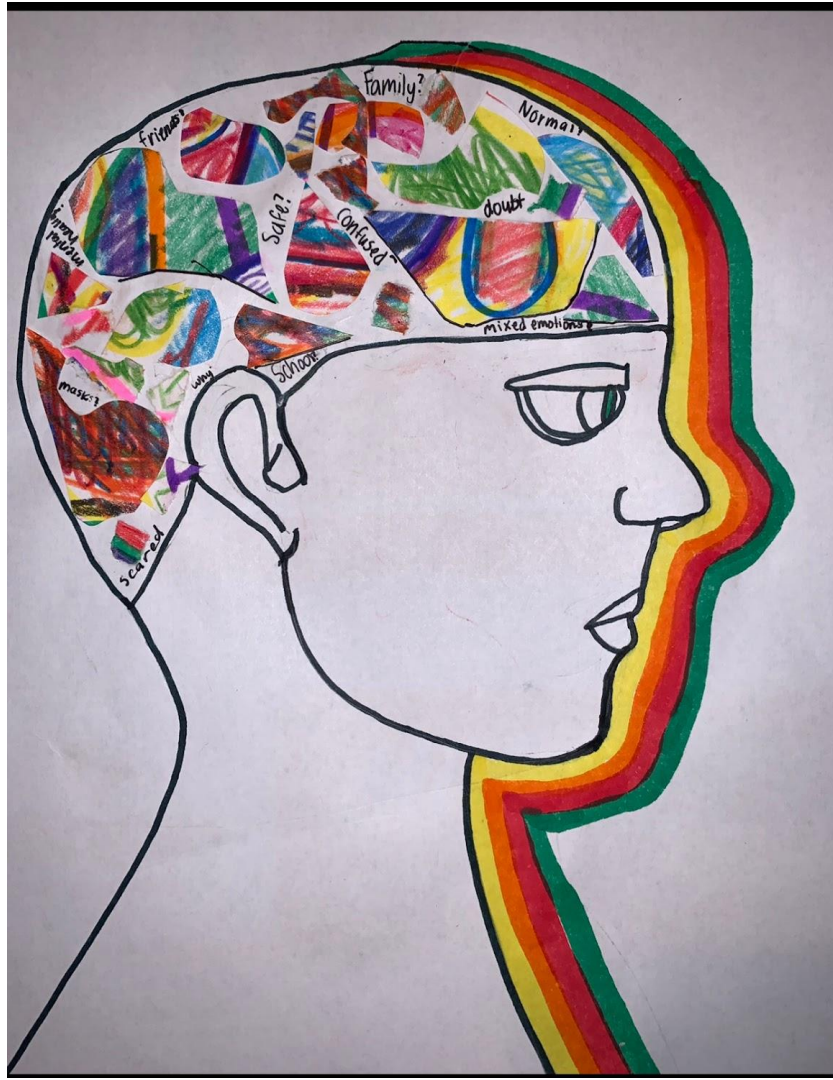


Hold This Gently

Todd Berman

*acrylic on canvas with mixed media collage,
2020, 9" x 12"*

This is an abstract painting that kind of shows how I want to give myself space for my anxiety. Making this painting was part of my process for feeling better.



Overcrowding Thoughts

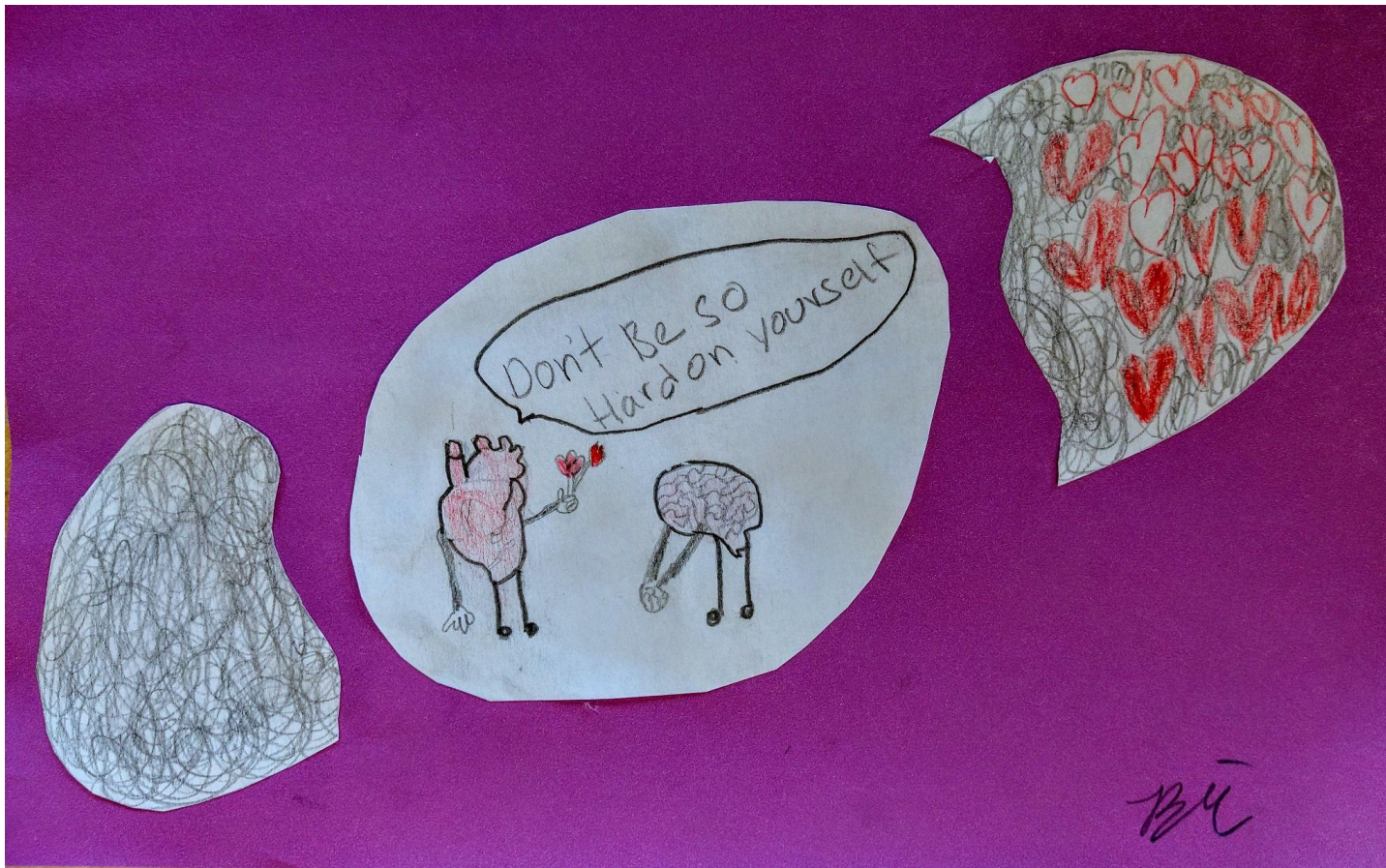
Andrea Flores

Markers, Colored Pencils, Glue, Paper, Pen

February 26, 2021

8.5" x 11"

This shows my feeling towards the vaccine and COVID-19. My brain sometimes feels "full". By "full" I mean it feels like these questions, concerns, and worries takes over my brain.



“Don’t Be So Hard on Yourself”

*BM, Ida B Wells High School
Colored Pencils, Glue, Paper,
2023*



Jacky Y.

untitled

Jacky Y.

Ida B Wells High School

Colored Pencils, Glue, Paper,

2023



untitled

Mia

3rd Grade, Buena Vista Horace Mann
Colored Pencils, Glue, Paper,
2023

I am so mad
rite now.



EMILY.

I am so made rite now.

Emily

3rd Grade, Buena Vista Horace Mann

Colored Pencils, Marker, Crayon,

Glue, Paper,

2023



Untitled

Eric

3rd Grade,

Buena Vista Horace Mann

Marker, Crayon, Glue, Paper,

2023

Your art can be

- **Symbolic**
- **Realistic**
- **Abstract**
- **Cartoony**
- **Simple**
- **Complex...**

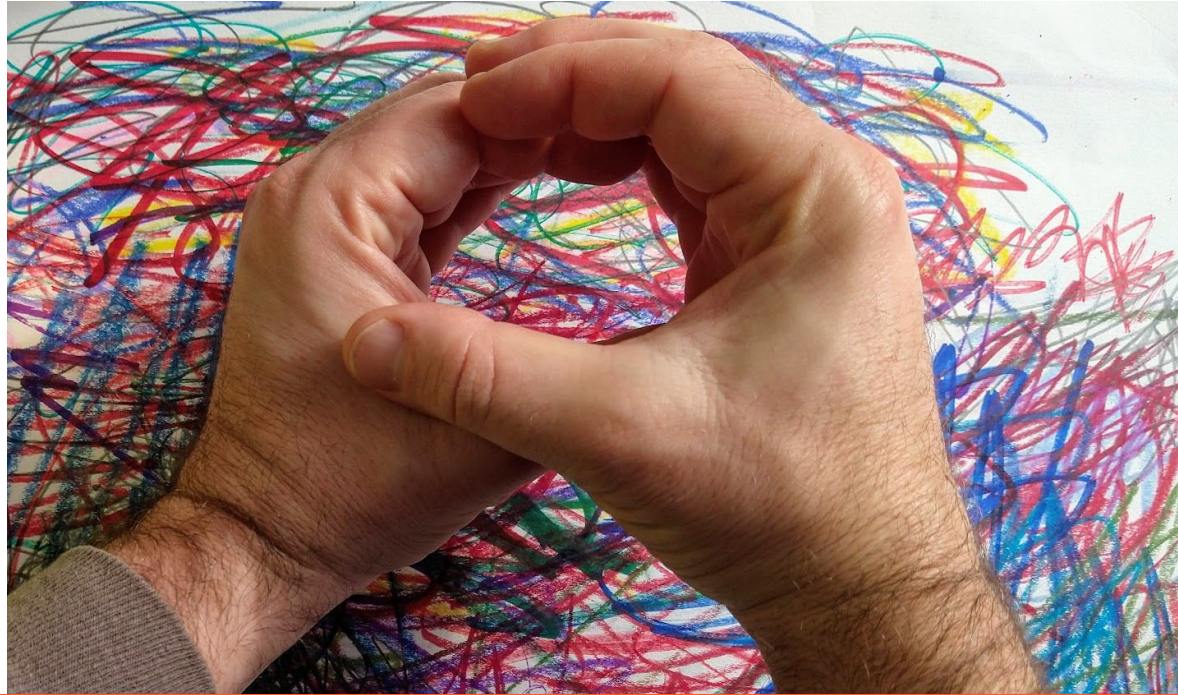
Look at your scribbles

Make a little window
with your hands.

Which section of your
scribble looks the most
beautiful?



Which section looks the
most like your feelings?



Cut or tear out that piece of scribble and glue it onto a blank piece
of paper to start making art that tells a story about your feelings.



**May I
mine**

**Yes! You
are the artist.**

Now make your art!

Did I do it right?

You can use the rubric below to evaluate your art when you are done and give yourself a grade. You, the artist, are the person who is best able to decide if your art is successful.

	Excellent - 5 points	Good - 3 points	Meh - 1 points	points
Honesty	This art comes from my heart. You can see that I am developing my own style as an artist.	I made art, but I'm not sure I could tell it apart from art that someone else made.	I was distracted and hardly made any marks on the paper.	5
Content	This art tells a story about my feelings.	While I was making the art, my attention drifted from the topic. It is not quite accurate to how I really feel.	I don't remember what this art was supposed to be about.	5
Total effect	I made an interesting piece of art that conveys emotion and makes you think.	I made interesting art, but I could have made it better with more attention to details or more feeling.	I put little effort into making this art.	5
			Total points:	15

Now, let's have an art show.

Show off your art to your community.

When artists have exhibits, we label each piece with the artist's name, the materials used to create it, the year it was made. If we are sharing digitally, we also include the size.

You can have an art show in your classroom or the hallway.

Please, also join our online art show at
bit.ly/scribble-art-gallery.

Make a label for your art

When artists have exhibits, we label each piece with the artist's name, the materials used to create it, the year it was made. If we are sharing digitally, we also include the size.

The worksheet at <https://bit.ly/scribble-label> has a template to help you make a label.

Art label

This is information that goes with art work when displayed online or in person.

Title: HOW DO WE HOLD IT ALL?

Artist name: TODD BERMAN

Materials: PEN, MARKER, PENCIL, CRAYON, ON PAPER Date: 2020
(for example "acrylic on canvas panel" or "pencil and marker on paper")

You will appreciate this art more if you understand that: I DREW A

SELF-PORTRAIT SKETCH IN PEN HOLDING A SMALL PIECE OF

SCRIBBLE PAPER.

THE SCRIBBLING WAS MADE TO REPRESENT MY ANXIETIES

ABOUT THE PANDEMIC.

Where Art Lives program

Where Art Lives is a program that uses arts education to explore the issues of graffiti, vandalism, and public art with young people in San Francisco.

This program is fiscally sponsored by Independent Arts & Media and is funded via a grant from the San Francisco Arts Commission to provide all of our services for free.

Find more art lessons at
WhereArtLives.org

INDEPENDENT
ARTS & MEDIA

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