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.

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

Find a printable PDF of this worksheet at https://bit.ly/scrabble-label
Notice what feelings you have in your body.

Do you have worried feelings in your stomach?

Do you have happy feelings in your toes?
Time to Scribble

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” x11”

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
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 right 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.
Now make your art!

May I make mine...

Yes! You are the artist.
# 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.

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

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.

Find a printable PDF of this worksheet at https://bit.ly/scribblelabel
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