

Keeping an Isolation Diary...

Coronavirus (COVID-19) is living history. Which means YOU are part of living history. We are ALL part of living history, and this time will be talked about for generations to come. Schools are closed; sports events, concerts and gatherings are cancelled; people are quarantined...on a GLOBAL level. We haven't seen this in our lifetime before, and hopefully, we never will again. That's why it's important to record these moments, so you can make sense of things, remember, and share with others in the future.

Like many other people, for hundreds of years before now, let's keep a diary, make a journal, create a time capsule or simply gather a collection of our experiences, to show how we spent our isolation. Recording events, activities, fears and feelings, perhaps taking news clippings, collecting objects or even interviewing relatives and friends for differing experiences.

This will become something personal, unique to you and unique to a period in our history. Store it in a safe place so that one day, you can share this with your family. It will become YOUR own primary source of YOUR moment in history and how YOU lived it.



So, what is the project about?

During your time in LOCKDOWN/ISOLATION, you could:

- Collate a book/diary/journal of images, reflections and thoughts about this strange time we are living through.
- Be creative, and not worry about being wrong or right.
- Use things around you, however much you take them for granted, to inspire your own artwork.
- Use as wide a variety of media as you can. (If you don't have a lot of art equipment don't worry – use what you can and get inventive! I'm going to include lot's of resourceful ways that you can create art with regular household objects. It'll be fun!)
- Collect images, objects, mundane materials and household ephemera to document the things you interact with and the passing of time.
- Develop your imaginative and creative skills.
- Focus on skilled drawings and detail.
- Use writing/words and quotes as part of your work to share your thoughts, feelings, experiences and ideas.
- Explore collage, layout, organisation and presentation skills
- Be PERSONAL and UNIQUE!



How is this going to work?

What do I need to do? @



These suggestions have been designed to allow you to create artwork from home, even if you don't have access to art materials. It has a variety of ways that you can take part – you can include **drawing, photography, collage** and **writing** instead.

DIARY SYNONYMS:

Account, almanac, archive, blog, calendar, daily, journal, magazine, memoir, memorial, newspaper, note, paper, periodical, review, chronology, daybook, history, log, memento, observation, record, reminder, reminiscence, statement, **comic book**. AUTOBIOGRAPHY - adventures, confession, experience, letters, life, life story, personal history, self-portrayal. BIOGRAPHY - close-up, life history, personal account, personal anecdote, personal narrative, personal record, **picture**, profile, saga, **sketch**.

Let's make a start
with some background
Information!





What is an art journal?

Watch this YouTube video:

<https://youtu.be/Q244CIDT-Mk>

Check out Kristal Norton's website:

<https://kristalnorton.com/art-journaling-101/>

An art journal is the same as a written diary, except that it incorporates colours, images, patterns, and other materials. Some art journals have a lot of writing, while others are purely filled with images. There is no right way or wrong way to make one!

Journals/diaries are not written for an audience, but rather for yourself.

By keeping a journal/diary, you get personal freedom and space to be creative as well as develop your artistic skills.

Keeping an **Isolation Diary** means that you can record your daily life during the lockdown period. You could create a page every day or each week – include the dates at the top of the page. Fill it with what you did that day, what you saw, collected, what happened in the news, facts, figures and anything else that caught your attention, no matter how small or mundane. OR, you could give each page a theme, for example; Food that you crave, TV that you've watched, your family, your pet, items that you can't live without, conversations you've had with friends, your favourite music, dreams you've had or games you've played. Anything!



<https://slideplayer.com/slide/15063918/>

Search: *Art Journal Tips* for LOTS of ideas!

**WATCH
THIS ONE!**

Look at some famous examples:



TOM JUDD

INGRID DIJKERS

**(Did an Alice in Wonderland inspired
Altered Book.)**



Barnes commentates for BBC Radio Newcastle and creates a detailed two-page spread for each match. The left-hand page contains background information on the opposition, while the right-hand side is updated in real time as the action happens. “They are there purely as a crutch and a point of reference if need be,” he said. “If I was a newspaper reporter, I could keep my match reports, but radio is transient, so my notebook is my personal record of the matches I cover.”

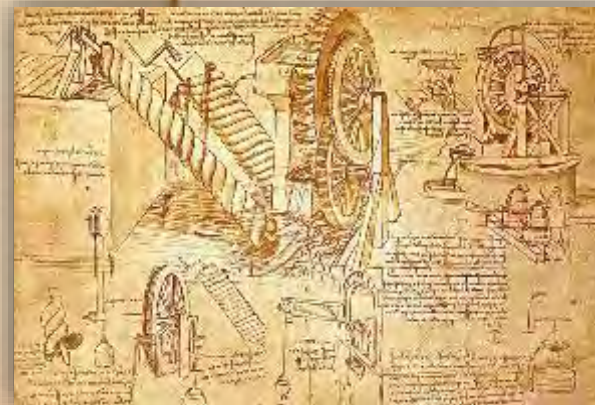
NICK BARNES

FRIDA KAHLO

From 1944-54, Mexican artist **Frida Kahlo** kept an illustrated diary filled with personal musings, poems and conceptual designs for future works of art. More than any other diarist on this list, Kahlo complemented her personal feelings of loneliness or jubilation with dramatically colourful illustrations.



LEONARDO DA VINCI



Considered one of the greatest artists and intellectuals of the Italian Renaissance, **Leonardo da Vinci's** notebooks cover everything from the flow of rivers to optics, astronomy and architecture. Because he never intended them for publication, the pages also feature little personal reminders about day-to-day tasks and purchases.

LOOK THESE ARTISTS UP!



GUILLERMO DEL TORO

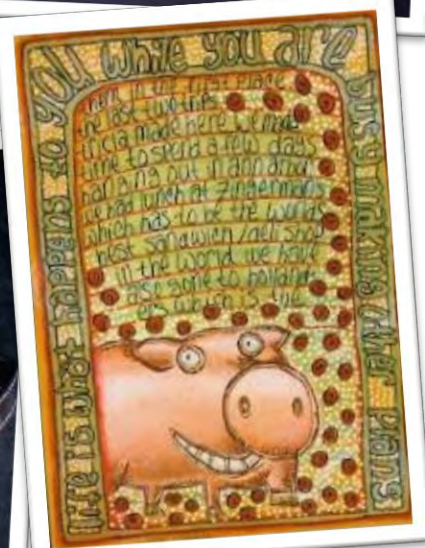
He is the Academy Award willing filmmaker behind; Hellboy, Blade II, The Hobbit, Pan's Labyrinth and The Rise of The Guardians, amongst others.

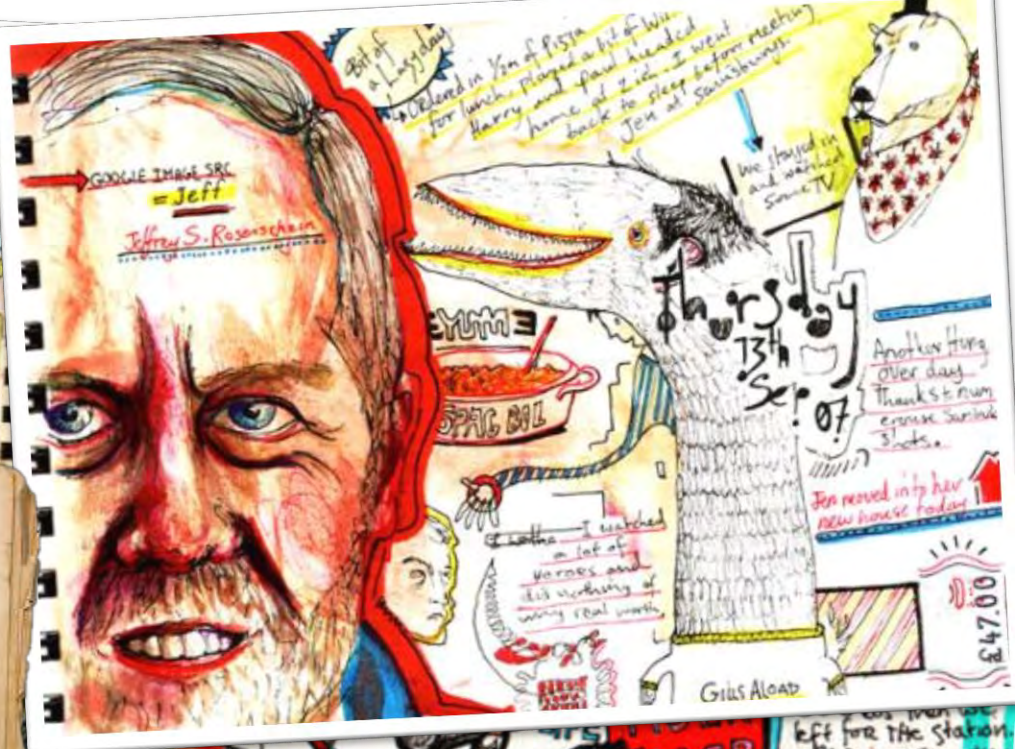






INGRID DIJKERS





TOM
JUDD





Example Pages

How to be successful...

STUDENT EXAMPLES:

A SUCCESSFUL diary will...

- Have something on every page.
- Include attempts at lots of different recording techniques.
- Consider and experiment with layout.
- You could have a title on every page or the page theme.
- Readable lettering/handwriting.
- Use colour.
- Experiment with fonts and lettering and will often mix and match them.
- Include found objects and use them as layers, backgrounds or build them in to the composition.
- Experiment and mix techniques and materials on pages for variety.
- Attempt to match text and drawing in most cases.
- Show how the artist has attempted to improve.
- Reflect on experiences and include observations, memories, thoughts, feelings and facts.
- Have additional decoration to enhance the appearance of each page. *(If YOU want to!)*



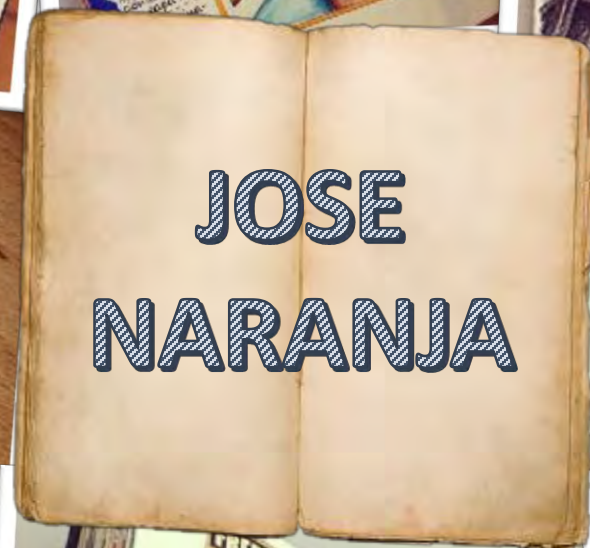
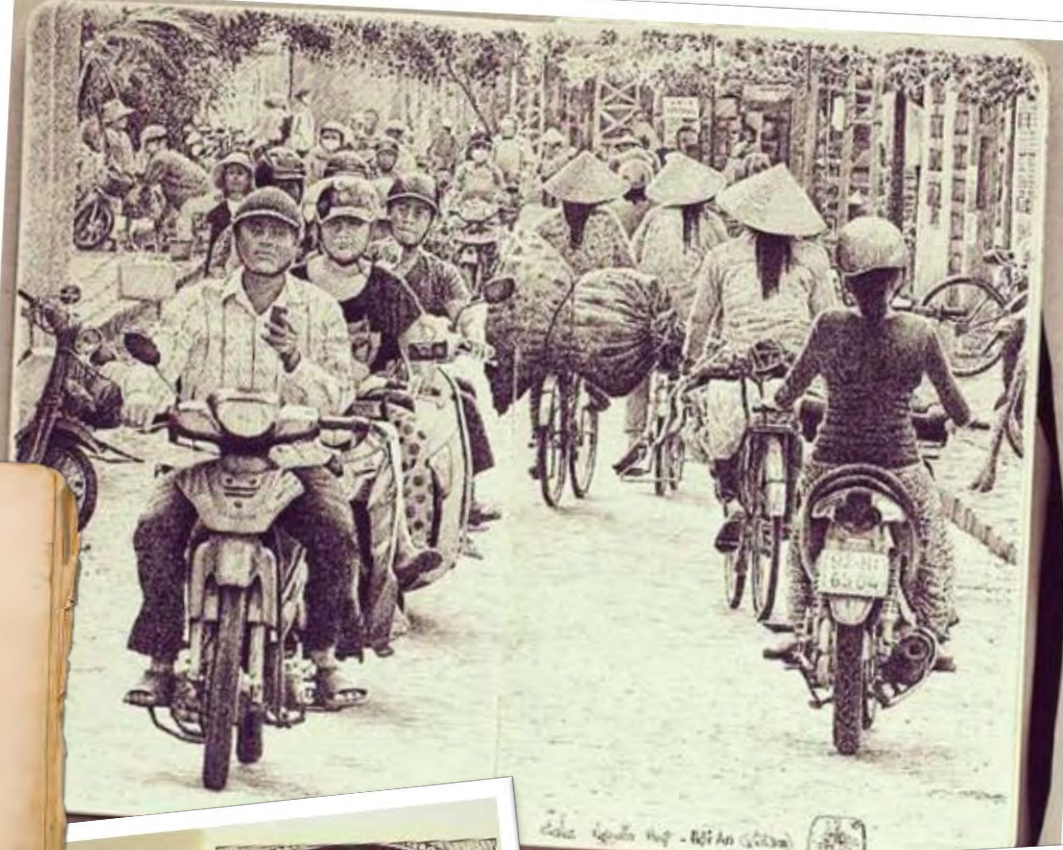
Let's look closely...

Jose Naranja turns ordinary notebooks into highly detailed works of art. The artist uses watercolors, stamps, writing, elements of photography and drawings to turn each notebook into a one of a kind masterpiece.

Jose has worked as an aeronautic engineer for many years but eventually decided to quit and devote his life to art and travels. The artist developed his passion for notebook art in 2005 when he discovered Moleskine pocket journals. As hard as it may be to believe, Jose is a self-taught artist, but his skills are remarkable. So far, the artist has filled in 12 notebooks and recently has begun binding his own, to make his art even more personal.

Inspired by: Jose Naranja





https://www.demilked.com/amazing-notebook-art-jose-naranja/?fbclid=IwAR0SBIdANQvcXIajs_kGaQAT2IrfWrMdSvW48c1txEa_QeaO9-DRwISyG6A

Follow the above link to an article on Naranja's work. Here you will see more images of his incredibly detailed journals.

Watch this YouTube video:

<https://youtu.be/xYDx0-YM5HM>



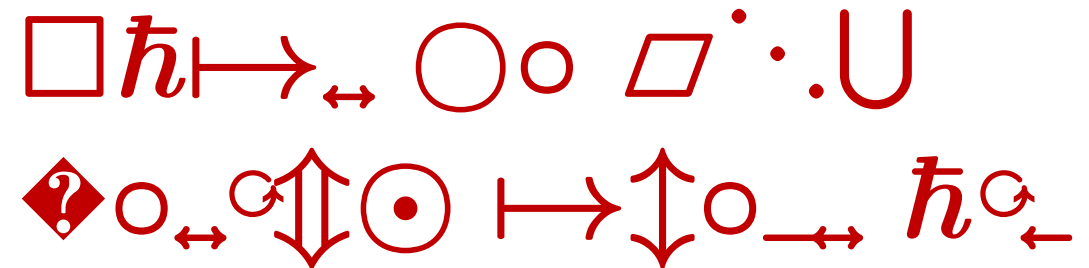
Jose Naranja has his own YouTube Channel: Naranjavirus
He has a website: <http://josenaranja.blogspot.com/>
He has a Facebook Page: Jose Naranja Site
And, he's on Instagram: @jose_naranja

Titles are a good way of drawing in the viewer

Annotations and written notes about the drawings.

Small images and work in boxes to fill up empty spaces.

Collected imagery stuck in as mementos and variation.



I like how he's used a **SMALL** notebook. It doesn't have to be **HUGE** in order to still have impact and detail.

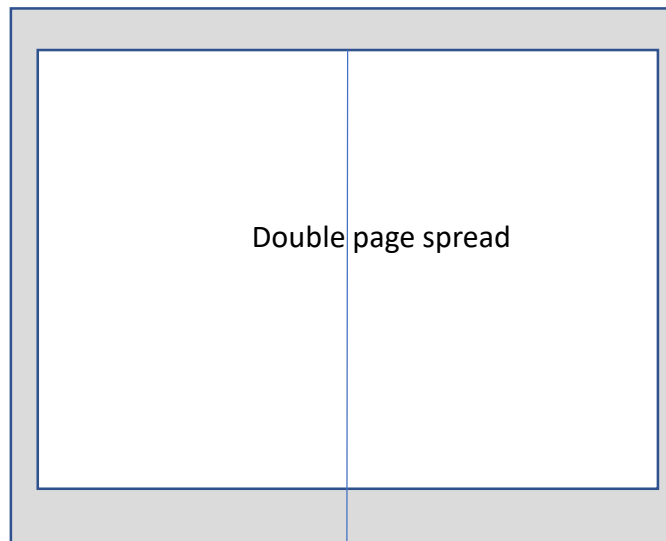
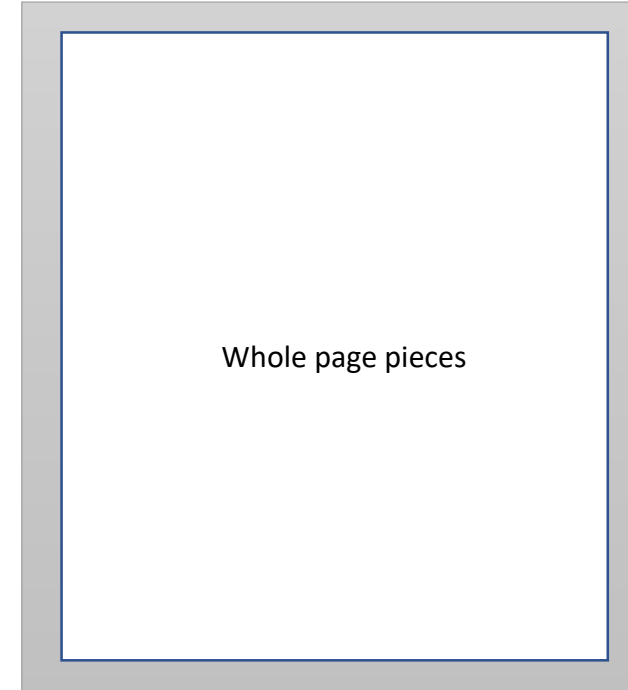
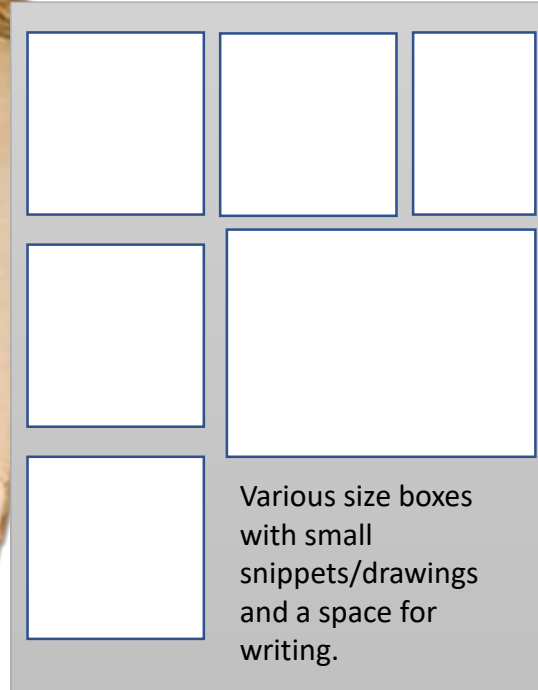
Remember, each page will need a theme...

The amount of work you do and the number of pages you complete is up to you. You can add more pages, you can think of your own themes or simply keep 'a page a day' as if this were a written diary or one a week. You could choose four different themes or maybe just one to look at in great detail. It is entirely up to you.

If you can find the time to record your thoughts and feelings on a daily basis, either through writing or drawing or both – then it would be lovely to create a strong visual memento of your time during lockdown.

Think about the **layout** and presentation of each page. Try to vary the styles, materials and ideas used to stop everything looking the same and becoming boring or repetitive.

Remember to collect interesting papers and items throughout the days and weeks to include on your pages when you do them. Things like newspaper clippings, letters and receipts will add variety and texture. Remember to take photos too, and even screenshots of things from your phone or computer.



Some extra layout inspiration...



Add little sketches and cartoons in corners



Double-spread of one detailed drawing only



REMEMBER: Add things to your diary. This will make it more interesting and allow you to collect mementos and save important information. All of this is saving memories!

You **COULD** add:

- Receipts
- Tickets
- Scrap paper
- Envelopes
- Postcards
- Letters
- Food wrappers
- Newspaper clippings
- Wrapping paper
- Birthday/Easter cards
- Stamps
- Book/magazine pages
- Old homework!

KEEP EVERYTHING and USE it! You never know what might work or look good until you try it! Start hoarding things – make memories...



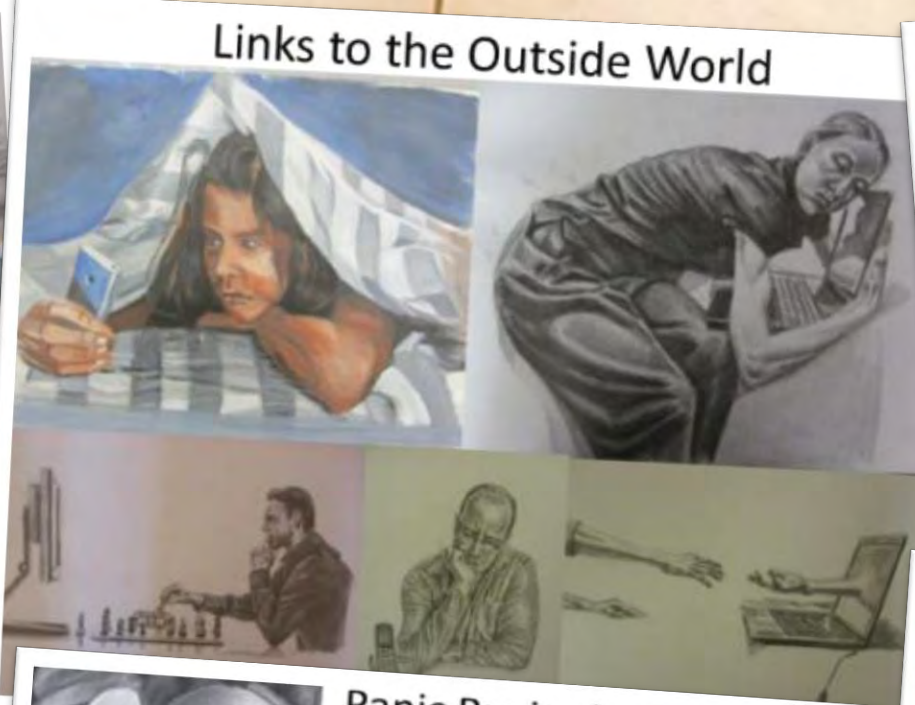
<https://www.youtube.com/watch?v=a-iZcweTvLU>

Watch this journal flip through for ideas.

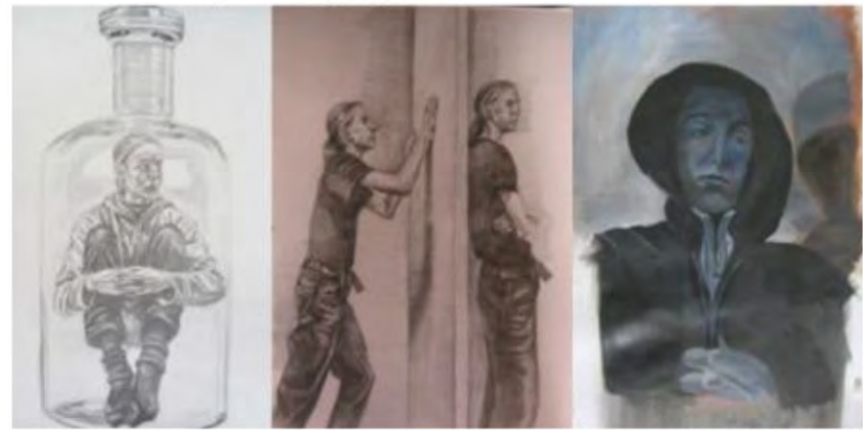
Self Isolation



Links to the Outside World



Physical/Symbolic Barriers



Panic Buying!



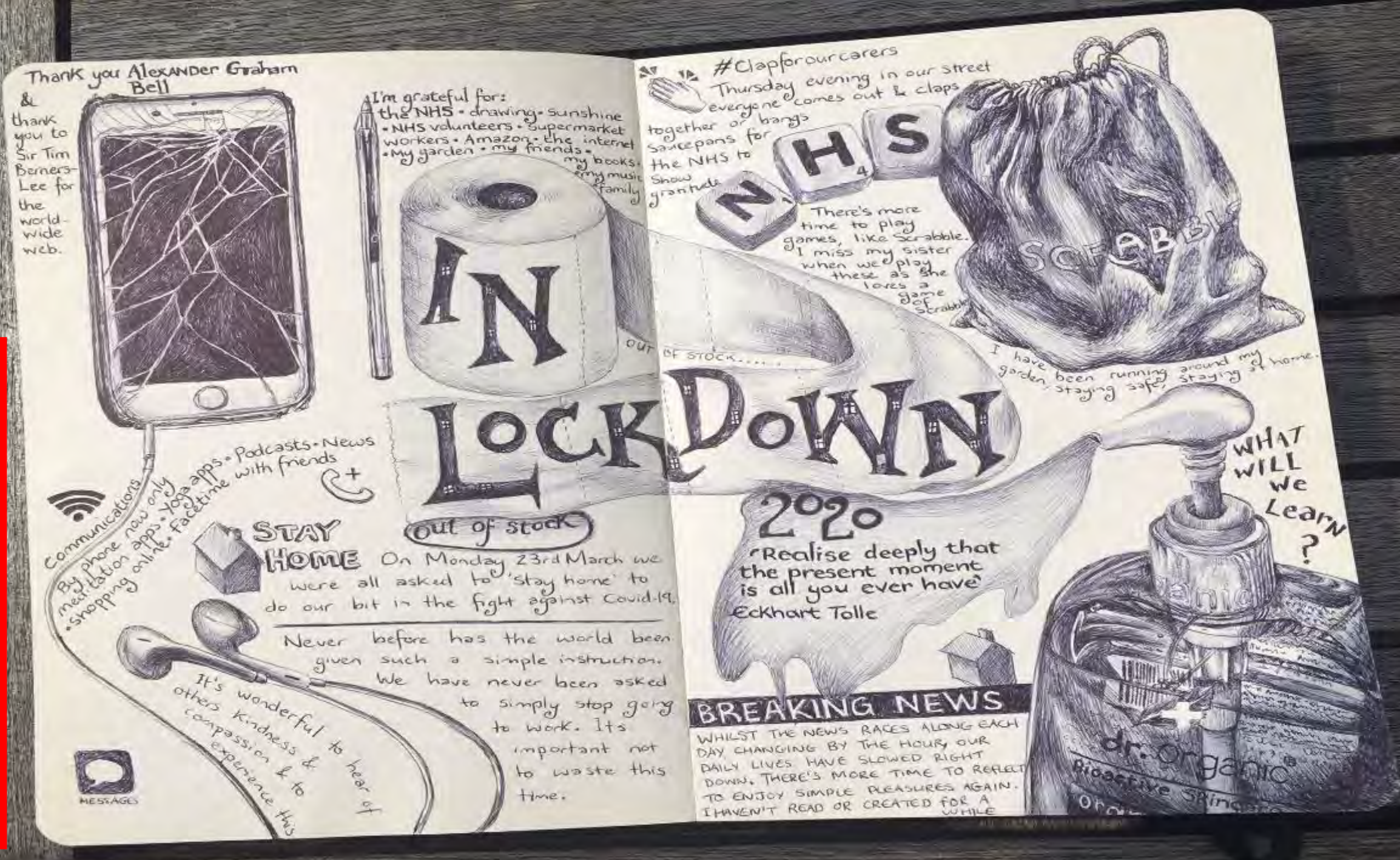
Looking Outwards



Here are some theme examples...

ISOLATION

And it's all done using **ONLY** a Biro pen...



Here's some stretch ideas to go further...

EXTRA IDEAS:

- Paint with TEA/COFFEE
- Collage backgrounds
- Paint on different surfaces
- Write poems
- Add inspiring quotes
- Write stories
- Interview family members about their experiences
- Take rubbings from objects for textures
- Use emulsion paint
- Include old wallpaper
- Cut up cardboard boxes – tear off the top layer to expose the corrugated part to make pictures
- Make stencils
- Draw with make-up
- Use free phone apps to edit photos
- Press flowers and leaves
- Make a box, folder or pouch to keep you journal
- Write your own news report
- Record videos and sounds
- Collaborate with you friends and family to make joint artwork

USE MORE THAN ONE MATERIAL PER PAGE.

THINK ABOUT LITERACY AND WRITING SKILLS TO HELP BUILD YOUR 'VISUAL STORY'.

TRY AND WORK ON A REALLY DETAILED PIECE OF WORK EVERY WEEK – THAT IS A 2-3 HOUR PIECE OF WORK.

USE VARIATIONS OF DRAWING TECHNIQUES: i.e. CROSSHATCHING, CONTINUOUS LINE, DOT WORK, MARK MAKING, BLENDING etc.

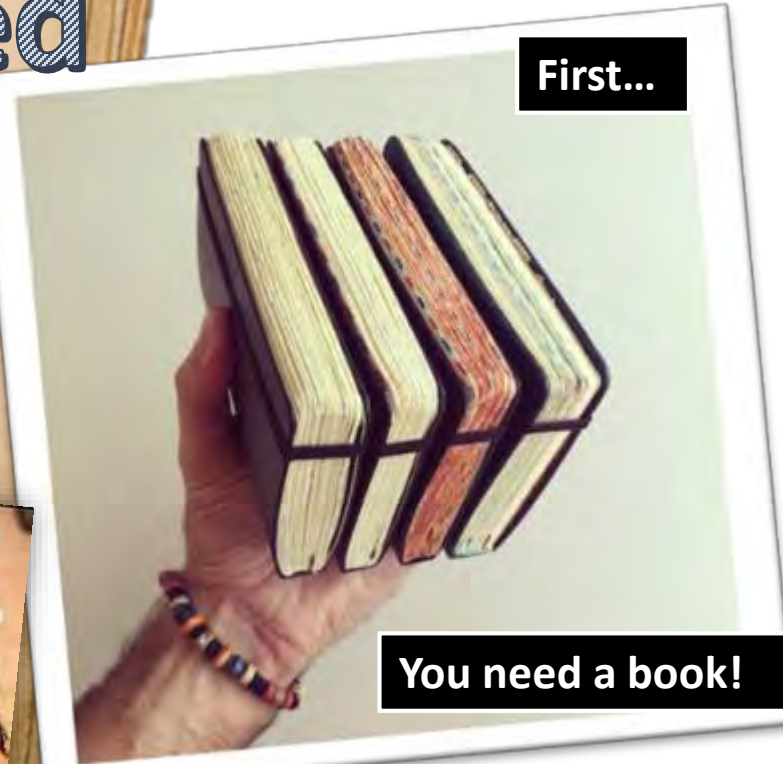


If you're lucky enough to have a sketchbook or notebook at home already, then you're sorted and you can just use that! It doesn't have to be very big, it doesn't have to have high quality paper inside, it could even be a lined paper exercise book or a telephone notepad. If you don't have white paper, use newspaper, pages from old books, take-away menus or old birthday and Christmas cards and just draw on top - whatever you have will work fine!

So, let's get started on your own Isolation Diary!

First...

You need a book!



1

Make a sketchbook!

TASK 1: Make your own Isolation Diary

1-2 Hours

*But I don't have a sketchbook!
But I haven't got any art paper!*

You don't need any! Follow these links and watch these videos. They will show you how you can **MAKE** a sketchbook using very little equipment.

Gather paper to make your own journaling book.

Search your house for different types of paper, such as: metro tickets, envelopes, takeaway menus, gift tags, receipts, old letters, magazine pages, newspaper, wrapping paper, old homework or even toilet paper. *(If you have any!)*

<https://www.youtube.com/watch?v=E0HZZv9ArTM>

How to make a simple elastic folded sketchbook.

<https://www.accessart.org.uk/sketchbooks-an-online-course-for-children-families-parents-teachers/?fbclid=IwAR0eXgOhXUnmJdtsLP-0-SaSrYINphDOOpQP2KlcHuOGrEHLQMqPDJc2IYk>

<https://youtu.be/ptT6ixlwJbU>

How to make a concertina sketchbook by folding paper, big sheets or just A4 will work.



<https://youtu.be/JFBVX6KcDFw>

How to make a stitched and bound sketchbook with Japanese binding. *(This is a bit fiddly, but still doesn't need a lot of equipment.)*

This link will take you to an online sketchbook making class by Access Art.

If you're still stuck – just work on separate sheets of paper and then hole punch them and tie them together when you're done. We can even do this part in school. **You could also choose to keep your work in an envelope, folder or box instead.**

2

Create your front cover

1 Hour

TASK 2: Create a front cover

This could include your full name, and could have imagery that relates in some way to the current situation. It is your lockdown/isolation diary after all – so make it look like it!

- What are the current themes that could be used?
- What are some of the obvious symbols and images?
- What are the newspaper headlines? Etc.

Rainbows, NHS,
toilet paper, virus,
face mask...

Think about how can you use the materials you have access to, to make this cover really **stand out**. This will be the first thing you see throughout the whole project, so make it really special and inspiring to keep you going!

Remember: If you don't have art materials, see what you *can* use instead. A simple writing pen can create really strong lines. Photography can be used instead of drawing and you can always cut letters and pictures out of magazines as a collage.

Ideas for titles and fonts:

https://www.youtube.com/watch?v=qchR_voCFOs



STRETCH: Create both the FRONT and BACK covers of your diary.

Brainstorm, Mind-map, Spider-diagram, Thought-shower, Mood-board, Synonym Tree



Isolation - you could explore what this word means and identify other possible themes to explore in greater depth. These themes could become pages in your Isolation Diary as you go through this project at home, which will add more depth to your work. You'll need to use a **dictionary** and **thesaurus** to find synonyms and meanings.