



# On-Line Offerings

[www.expressiveartssandiego.com/on-line-classes](http://www.expressiveartssandiego.com/on-line-classes)

We will continue to meet on-line until we feel ready to re-open the studio. Any ideas and feedback are appreciated, this is a community effort. To stay apprised, go to our website and sign up for our email Art Spark.



## ON-LINE OFFERINGS DURING COVID-19 QUARANTINE

All regular classes are \$0 to Full Price during Covid-19



### \*Women's Expression Session - ON-LINE Tuesdays - 10:00 - 12:15 p.m., \$25.

How are you at taking time for you? This is an attitude adjustment with art, you can de-stress from life or work, drop the kids at school and come play, return to your to-do list with a new outlook. I take care of the project & materials. Come relax, play in the arts, be in the company of women & maybe have an insight that helps create change!



### \* Scribble to Music - ON-LINE

Wednesdays - 6:00 - 7:45 p.m., \$20.

Release stress from your life while creating a one-of-a-kind art! Playful, fun, and a chance to work with your critic if it shows up. Turn up the tunes! No experience needed! RSVP if possible. For info on getting a Scribble Book or Scribble Kit or to learning more about scribbling go to: [www.expressiveartssandiego.com/scribble](http://www.expressiveartssandiego.com/scribble)



### \* Art Church - Art as an Inner Journey - Every 2nd and 4th Sunday - ON-LINE

10:00 a.m.-12:15 p.m. \$25.

This is "inner church," a chance to make art from a slow, quiet place, yet still be in community. Use the arts to have a conversation with yourself and connect to your longings and gifts. This is not religious, yet if you want to make connections to your own religious beliefs, you can :)



### \* Writer's Open Mic - ON-LINE

2nd Fridays, 7:00-9:00 p.m., \$10 donation.

Bring something to read (3-5 minutes, 750 words) or come to listen & support the writers. All kinds of written creative genius\* invited: poetry, prose, fiction, memoir, story, rant, scene.

Also find these events on [Eventbrite.com](https://www.eventbrite.com)

Schedule subject to change, call to RSVP and confirm.  
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# For more SCRIBBLE FUN

- Get a complete Scribble Kit or Scribble Book at [www.expressiveartssandiego.com/scribble](http://www.expressiveartssandiego.com/scribble)
- Watch a How to Scribble Instruction Video on YOUTUBE search: SCRIBBLE KIT VIDEO
- Sign up for Scribble to Music On-line Class: [www.expressiveartssandiego.com/scribble-to-music-on-line-class](http://www.expressiveartssandiego.com/scribble-to-music-on-line-class)

## We all know how to scribble

“Scribbling could be the native art form of the entire human race. As children it is our first visual language.”

- Tish McAllister Spoberg

One thing I love about scribbling is that NO ONE can say they don't know how to scribble! Think about it, we all scribbled as toddlers! Some of us may have even gotten in trouble because we scribbled on walls or something valuable. We wanted to leave OUR mark—it was like magic! Now we can give the scribble the attention it deserves!

## 1. Scribble Inside the Template

My definition of a scribble is leaving your pen on the paper the whole time. Scribbling is a non-thinking activity. When we pick up the pen from the paper, we tend to start thinking! (I like to scribble in black and have included my favorite scribble pens. You might find something you like better!)



## Scribble for Fun

Don't worry about how your scribble looks, do it because it FEELS SO GOOD! If it is not fun, maybe you are thinking, scribbling is a NON-THINKING ACTIVITY! It might take some time to get used to not thinking!



## Scribble your Feelings

The scribble is perfect for getting feelings out. Don't think about what you are doing, just match the feeling sense with your scribble. If you are angry you might scribble fast and hard. If you are sad it could be slow, if you are happy it could be very enthusiastic!

What can be nice about using the scribble templates is that it confines your expression of your feelings into a shape—so they have a place to live—so they might not be as overwhelming.

## Scribble to Explore

Explore new ways to scribble! Scribble to music, scribble in the dark, overlap your scribbles. Scribble in different colors. The sky is the limit with scribbling! Find YOUR favorite ways to scribble!



## 2. Add Color

Coloring is scribbling, too!

Let the areas that want color call out to you. And then keep following those calls to add color. You might even see an image in your scribble that wants to reveal itself by through color. Sometimes a little bit of color is pleasing, sometimes the scribble wants a lot of color and some times there is no color!

Coloring can be calming and help you feel peaceful, too.



## 3. Think Outside the Box

It is hard to break rules when there are not really any rules to begin with! SO let your imagination run wild! (And send pics of what you do!)



Maybe you put a color image or word down and scribble around that. Or attach a template to your canvas to scribble on your painting.

(This kit includes my favorite scribble pen, if you want to add watercolor or another wet medium after, you might want to use a permanent pen.)

## Scribble Every Day

I scribbled every day for a year! It was a great way to end my day, and process anything that happened that day. It was also fun to see how many scribbles I could do in a year! Scribbling helped me stay current with my emotions and with my life. (I often wrote a line or two on the back about what the scribble expressed.)

