

The background of the entire cover is a detailed pencil sketch of a landscape, possibly a mountain range or a valley. The drawing uses fine lines and cross-hatching for shading and texture. Overlaid on the top right of the sketch are several lines of handwritten text in a cursive script. The text is partially obscured by the white text boxes but includes phrases like "you v", "order to", "dusk is oriented", "rough is some SP", "we had some label", "Vancouver in", "situated in", "orientation", and "upon".

let's journal!

journal writing exercises
establishing a practice

THE GALLERY
AT PENN COLLEGE

Free Writing

Write about whatever you feel like. This is only for you and you don't need to even reread it.

You don't need to show it to anyone.

1. Have your journal and pen/pencil ready.
2. Set a timer for 5 minutes.
3. Warm up your hands by rubbing them together for a few moments.
4. Start writing.
5. At the 5 minute mark close your journal and set it aside.

Your journaling for the day is done.

List Making

Consider list making as a way of noticing (if you are into making lists) or clearing out thoughts.

1. Have your journal and pen/pencil ready.
2. Set a timer for 3 minutes.
3. Items can be single words or phrases.

Use your list for future journaling prompts.