

Art and Reflection Journal

Riding the Wave

#NADTA2020
#NADTA2020ArtJournal



Use this journal as part of your conference self care. Feel free to use as many prompts as you'd like, or add your own.

If you would like to share your responses with the NADTA community, post them on your social media using the hashtags:

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#NADTA2020ArtJournal



November 5

Create a sculpture in response to a session

Doodle what you learned in your favorite session

Create a 30 second embodiment of a moment from today

Write a flash fiction of your favorite part of the day



November 6

Take a walk and collect some flowers; press those flowers in a page of your journal

Mold an image that represents your day at conference

Write a short story about something you learned in a session

Respond to a session by creating a dance



November 7

Make a collage that represents a session

Make a sandtray response to a session

Write a monologue about a session

Make a silent scene in response to a session



November 8

Trace your hand and fill it with a response to your conference experience

Build a paper sculpture in response to your day at conference

Write a poem response to a session you attended

Perform a monologue you wrote

