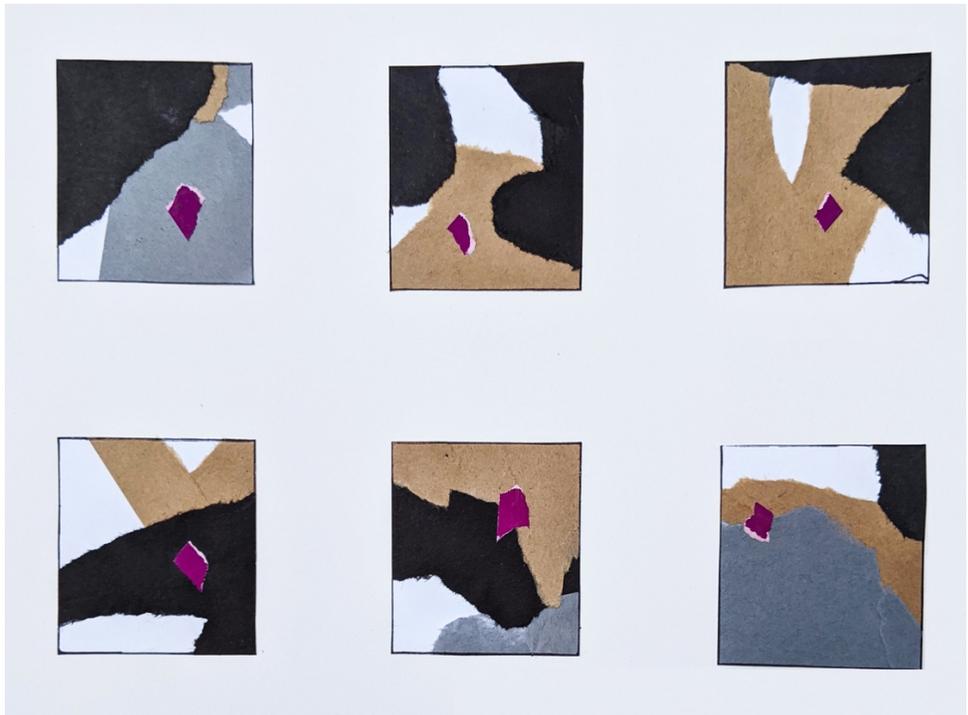


DRAW A Memory

1. Think about the photo that stands out most to you in your camera roll
2. Take 1 minute to draw it from memory or describe as many details as you can
3. Find the photo
4. What details did you forget? What details did you remember? Write about it or finish the drawing



Draw a Memory!

Think about the photo that stands out most to you from your camera roll

Take one minute to draw it from memory or describe as many details as you can

Find the photo

Looking at it now, what details did you forget? What details did you remember? Why do you think some details stood out more than others? Why this photo? Write about it or finish the drawing!

Prompt by Erika Bahena, Disney Channel original movies fan.

Random Shape Collage!

Get an article of print media you do not mind tearing or cutting up. Separate Out at least 3 different colors, patterns, styles. Think of a number between 1 and 4, pick one randomly!

1 is triangle, 2 is square, 3 is circle, 4 is rectangle.

Now combining all 3 different patterns of print media together make your shape.

Repeat till you get bored! Or you have a breakthrough, or just really like the one you did!

Prompt from Cole Lyons. "Satan said paint, so I paint."

Mapping out a Constellation

1. Get a map (print one out...just make sure it's a map you don't mind drawing on.)

2. Mark out places that are special to you.

3. Connect the dots in any way you'd like.

4. Create your constellation

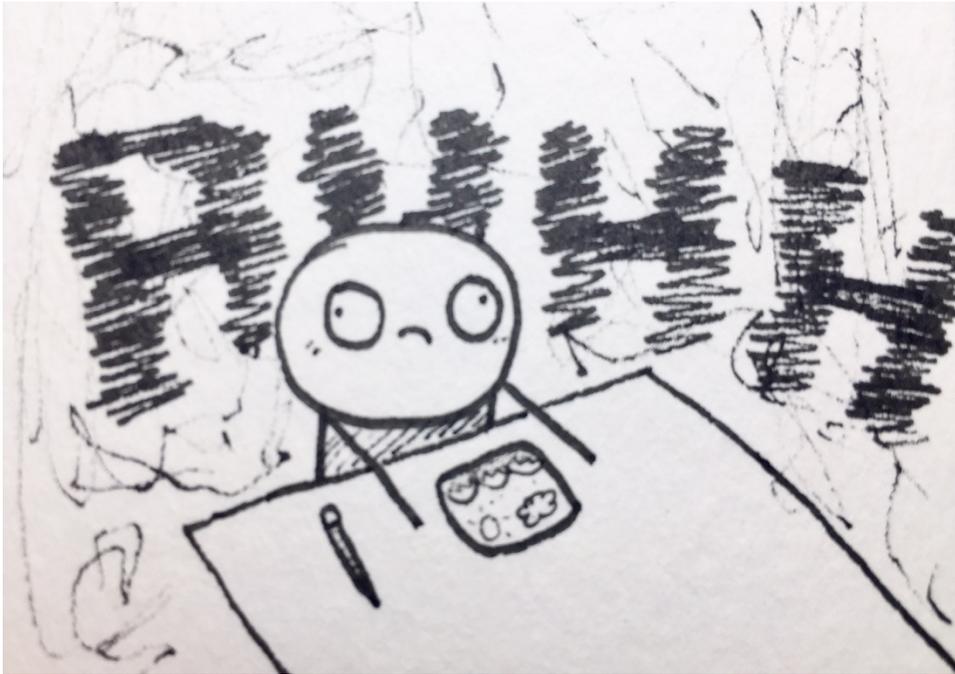
5. Name it :)

Prompt by Lily Armstrong - a crystal lover with some anxiety.

Make some art out of nothing!

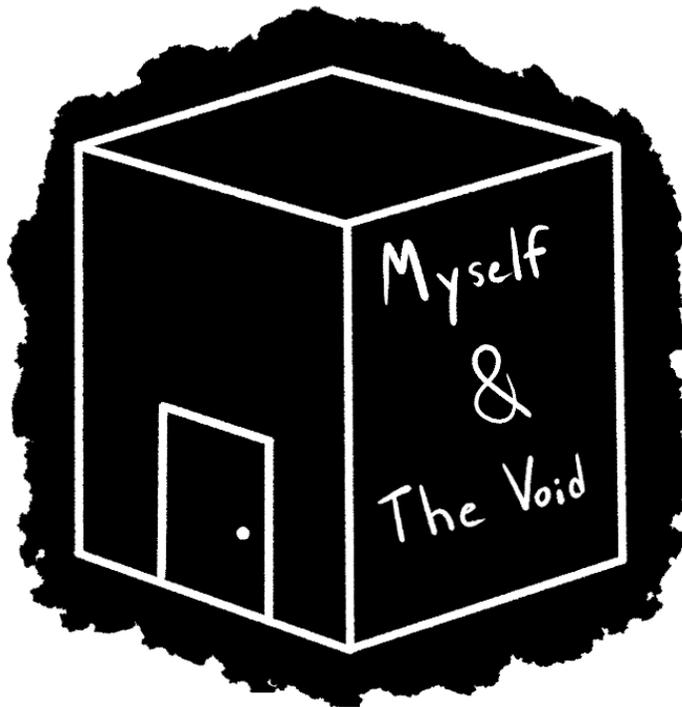
1. Forget about this prompt!
2. Go about your day
3. When it crosses your mind again, stop whatever you're doing
4. Take in your surroundings
5. Take as many photos as you want, but make sure one of them is something you would show to someone else and go 'look at this thing I saw earlier! Isn't it pretty :)'

Prompt by Emily Calhoun. I understand colors and numbers, not much else but it's enough for me!



Color Association

A prompt by Sydney Frank, local SoCal astrology gal.



Color Association

Write down list of a few of your favorite things/places, along with the colors you associate with them

Beach -- golden yellow/tan, aqua, light blue, warm orange

Trees -- forest green, moss green, jade, warm grey, burnt umber

Flowers -- white, yellow, pastel pink, yellow green, orange, red

Sunshine -- golden yellow, light yellow, warm undertone, white

Fresh laundry -- white, light blue, warm grey, grass green, light pink

Flip a coin, roll a dice, or use a number generator. Create a piece using the associated colors!

Creating A Shrine

- Think of something you love- it can be a person, place, thing, event, or just anything that you love!
- Gather items that remind you of what you chose!
- With those items (feel free to add anything else you see fit) create a shrine dedicated to the thing you love <3

Prompt by Tatiana Giron, Queer Latine cat mom of two.

Calm From the Noise

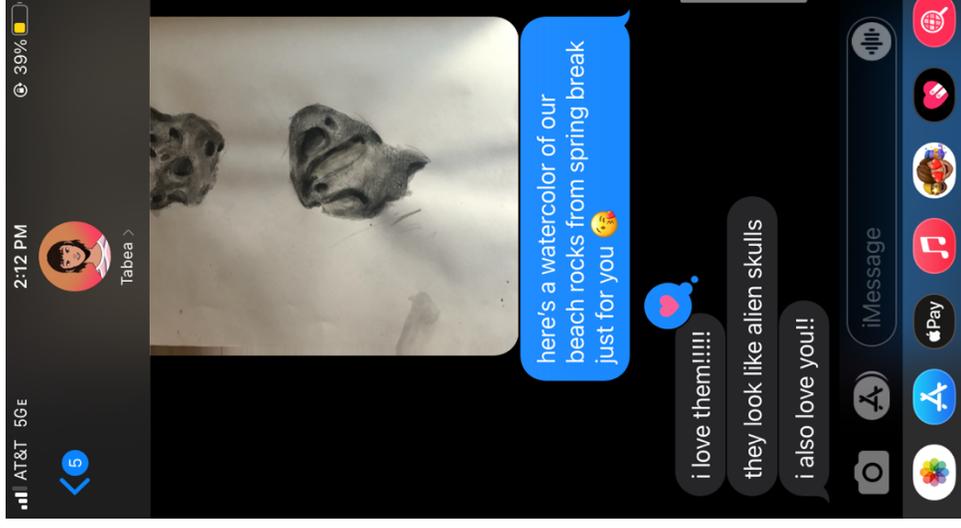
1. Get some drawing supplies, paper, and something you can play music from.
2. Play an intense and loud song (black metal, noise, experimental rap, hyperpop, underground, etc.), the louder the better.
3. Draw something peaceful and easygoing while the song plays.
4. Finish once the song ends.

Prompt by Benen Falkner, A quirky and social guy who's an inner edgelord.

Yourself & The Void

1. Find a dark room with minimal stimulation
2. Close yourself inside
3. Do nothing but think
4. Get to know yourself
5. Question yourself
6. Process information
7. See what version of yourself leaves the room

Prompt by Gabriel Davis, extreme procrastinator. Life set at x0.5 speed.



Happy Earth Day, Willamette River

- The name "Willamette" is believed to derive from a Kalapuya Indian phrase meaning "west bank."

WHAT DOES THE WILLAMETTE RIVER CONTRIBUTE?

Willamette ranks 19th in volume among rivers in the United States and contributes 12 to 15 percent of the total flow of the Columbia River.

The Willamette is a vital, multi-purpose waterway that touches the lives of millions of people. It provides ports for commercial barges and oceangoing ships, irrigation for crops sold worldwide, an abundant fishery, and recreational opportunities.

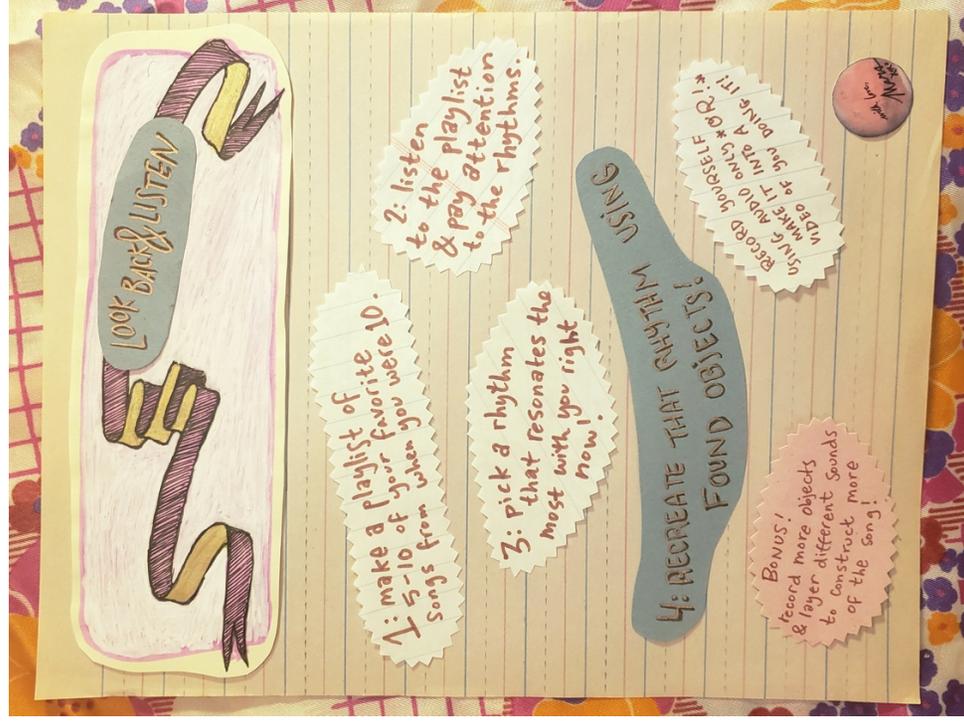
EcoSystem

You'll find Chinook and Coho salmon, various kinds of trout including steelhead, rainbow, and cutthroat, sturgeon, smeltmouth and largemouth bass, crappie, walleye, catfish, and American shad when fishing the Willamette River.

You'll also find yellow perch, sunfish (including bluegill), suckers, carp, northern pikeminnows (squaawfish), peamouth, and even starry flounder sometimes.

DesPAr

The Willamette River became a "National Priority Site" for toxic waste removal in 2000. A century of poison has made the Willamette one of the most polluted rivers in the United States - it contains at least 65 chemicals that risk human and environmental health, according to the EPA, including petroleum, polychlorinated biphenyls (PCBs), pesticides like DDT, polycyclic aromatic hydrocarbons, and heavy metals such as lead, cadmium, arsenic, mercury, asbestos and zinc.



LOOK BACK AND LISTEN

1: Make a playlist of some favorite songs from your childhood.

2: Listen to the playlist, paying close attention to the rhythms.

3: Pick a rhythm that resonates the most with you right now!

4: Recreate that rhythm using found objects!

*Record the rhythm using audio only, or record it as a video!

*Bonus! Record more layers of the rhythm & instrumentation using different objects, & combine them to construct more of the song!

Prompt by Mars, trans, non-binary femme performance & mixed media artist, exploring emotional landscapes & fictionalized non-fiction.

What is something that you've been wanting to learn more about? Is it a skill? Is it a statistic? Is it just a random, fun, morbid, or super weird fact?

Go out and collect that data and/or information, and summarize your findings in a reflection of your making. Maybe it's a written response, maybe you make a collage or a piece of sculpture, etc. It's entirely up to your whim!

Prompt by Mohabbat Khatibnia-Mansouri "I take the dust from stars and inject them into my veins, I breathe in their light as, I live, I live, I live."

Making Memories

1. Make a memory with someone
2. Collect a found object from that memory
3. Wait awhile, then make art documenting it (the worse, the better)
4. Without warning, show them what you made, surprise them

Prompt by Laura Helgeson, Ex-Alaskan and avid collector of garbage

Create by Cleaning

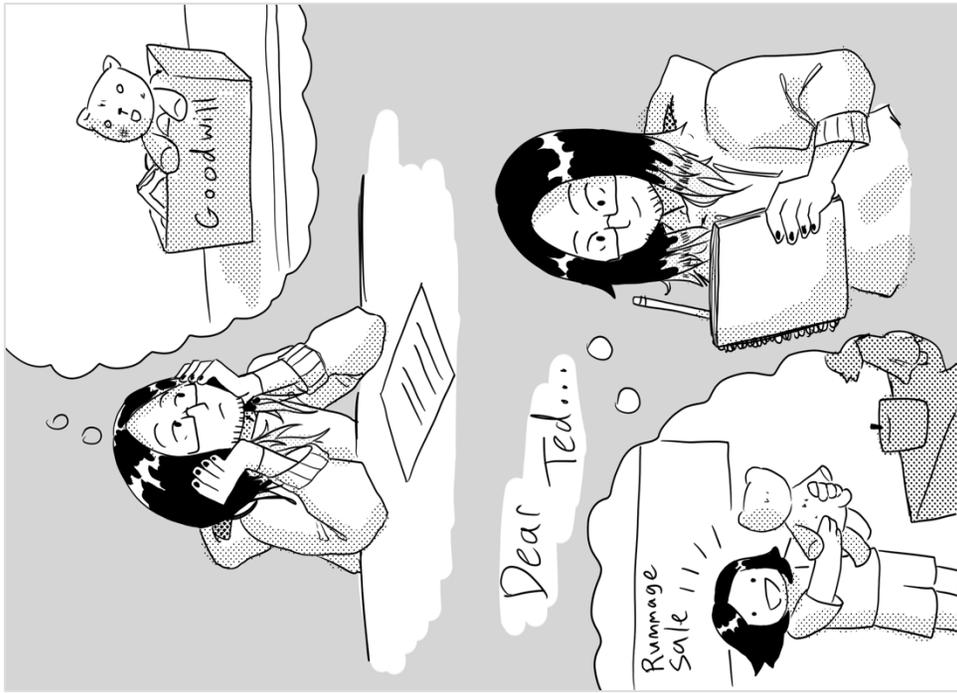
Step 1: Identify a space or object you would like to clean.

Step 2: Clean the object.

Step 3: Through the cleaning process, gather supplies to use.

Step 4: Use the supplies gathered to create.

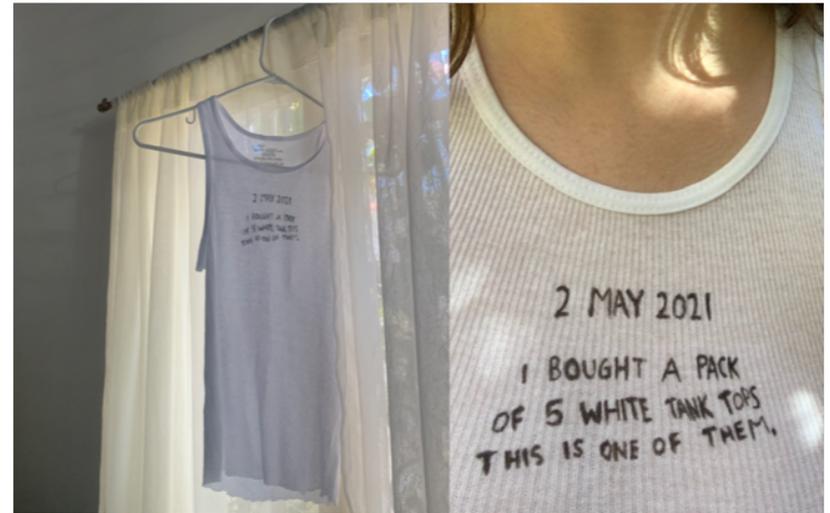
Prompt by Lucca Jenkins-Law. "I Am Here for Good Vibes."



MIX AND MATCH
SALAD



<p>Base</p> <ul style="list-style-type: none"> • lettuce • cabbage • pasta/ramen • mixed greens • beans • fruit • potatoes • arugula • rice <p>Meat</p> <ul style="list-style-type: none"> • shrimp • fish • ham • squid • sausage • bacon 	<p>Mixers</p> <ul style="list-style-type: none"> • tomato • radishes • avocado • carrots • peppers • cucumber • fruit • beans • beets • onion • celery • mushroom 	<p>Toppings</p> <ul style="list-style-type: none"> • cranberries • pine nuts • basil • cheese • parsley • cilantro • egg • green onion • olives • bean sprouts • croutons • grated coconut 	<p>Dressings</p> <ul style="list-style-type: none"> • ranch • blue cheese • caesar • olive oil • vinegar • lemon/lime juice • peanut sauce • mayonnaise • soy sauce • fish sauce • whip cream
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What's Your Name?

1. Start by finding a medium you like. It can be 2D or 3D, whatever you feel like.
2. After you have collected your supplies, write your name! Whatever you do, don't use letters . . .
3. Find a way to present your name in a way that someone who didn't know you wouldn't understand (think about letter size, shape, energy, etc.).

Prompt by Cassidy Moore. "I'd rather be lounging at the Oregon Coast and chatting with those I love over a perfect cup of coffee."

Visible Vulnerability:

1. Get a white shirt
2. Write a journal entry on the shirt with permanent marker

Prompt from Gina Rafael, who is still terrified of yo-yos and Rumpelstiltskin.

Letters to Relics of Old

Picture an object that you owned once but don't own anymore. Is it something you lost? Something you gave away? Something you threw out? Something that was stolen?

Make a short list of objects like this.

Think about why you thought of these objects. Why do they stick out in your mind? What makes them memorable to you? What was your relationship with them? Positive, negative?

Finally, what would you like to say to these lost items?

In this prompt, you'll be creating a message to one of the lost items on your list. This can be a letter, a drawing, a poem, a song, an interpretive dance, or any other way you would like to speak to this object. Treat this object as if it has a soul.

What will you say? Will you be kind, or treat it with scorn? Will you reminisce with it, or will you simply ask how it's doing? It's up to you!

This is a prompt about reflecting on our relationships to the things that we own. Get creative with it!

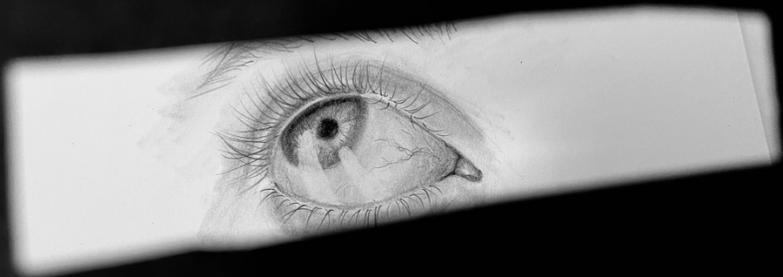
Prompt by Rae Merrill, Stardew Valley savant and ghost perpetually haunting the comic book section of any local bookstore.

DIY Salad

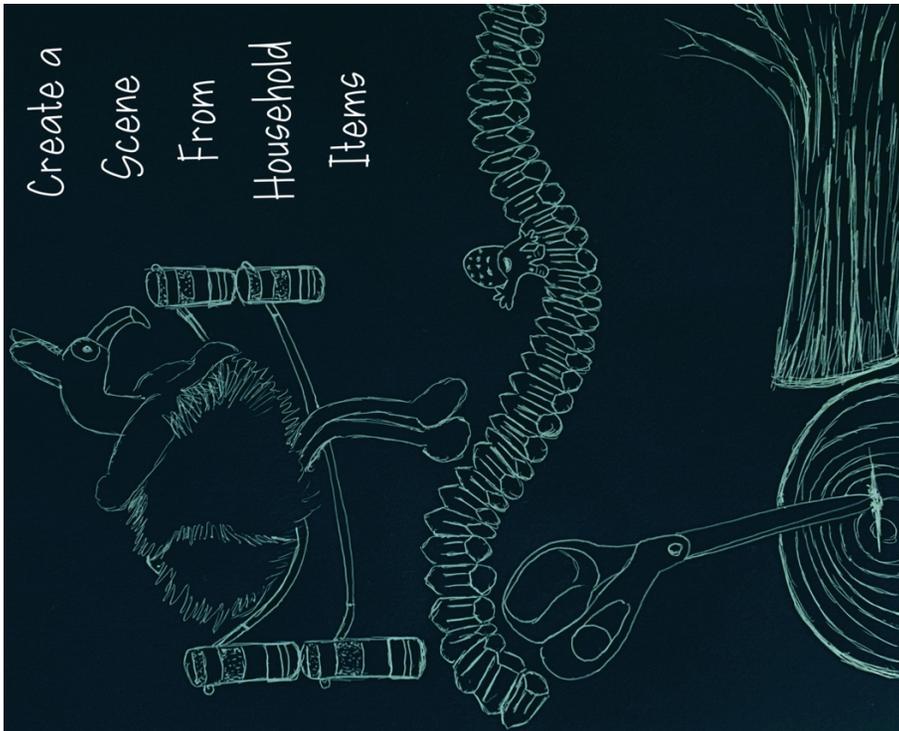
1. *Choose and Prep ONE (1) Base*
2. **OPTIONAL* Choose and Cook ONE (1) Meat*
3. *Choose and Wash TWO (2) Mixers*
4. *MIX TOGETHER (in a bowl!)*
5. *Choose and Prep ONE (1) Topping*
6. *Choose ONE (1) Dressing*
7. **E A T**

Prompt by Vinna Ottaviano. I'm not your average garlic bread enthusiast.

"The narrow eye slit limited his vision,
and he needed to be able to see for
what was to come."



Create a
Scene
From
Household
Items



Familiar
Caricatures



Create a Scene from Household Items

1. Find 5-10 small objects that can fit into a bag or basket
2. After putting the objects in the bag, shake them around a little and scatter them on a flat surface
3. Photograph the items in their resting position
4. Draw them exactly as they are
5. Connect the objects to each other in any way that you can, using any medium. Add or subtract whatever you need, but try to make it a cohesive piece.

Prompt by Nino Semanak, afraid of everything; stumbling onwards.

Familiar Caricatures:

Grab someone to help you, and have them choose a photo of one of your family members. (Without them telling you who it is)

Have your helper describe the person with as much detail as possible.

With art supplies of your choosing, illustrate the person's face based on the description that you hear.

When you're all done, reveal your drawing to your helper and have them show you the image they chose. Add any desired details you would like to your drawing.

Prompt from Quebec Texta, emotional Mexican gay boy who's obsessed with all things Disney.



Illustrate A Sentence

1. Think of a book genre (nonfiction, fiction fantasy, mystery, sci-fi, etc.)
2. Choose a book in your proximity in the genre you thought about.
3. Count how many pages are in the book (or just flip all the way to the back of the book and look at the last page number).
4. Find a random number generator online (a good one to use is on random.org) and type in the number of pages (example: 1-insert page #) and generate a number.
5. Flip to the page number in the book that was generated.
6. Count how many sentences are on that page (this might be a bit tedious—trust the process).
7. Use the random number generator again, but this time type in the number of sentences that you counted (example: 1-insert sentence #) and click generate.
8. Find the random sentence + read it!
9. Draw what the sentence says/describes.

Prompt by Alex Rice. I'd like to thank *Death Note*, the anime, for inspiring me to draw; for if I hadn't watched it 11 years ago before my freshman year of high school, I don't think I would have ever awakened the dormant passion I had for making art.

Create a form related to PLANTS!

Think of an interesting or majestic word of which your plant will represent *this word must be at the bottom of your design.

Think of a man-made object that you will incorporate into your design.

Create a postcard sized thumbnail from instructions 1 and 2.

Once you have your final design, draw your design on your 9x12 bristol sheet.

After your drawing is complete cut/tear out shapes and pieces and glue them to fill in your design.

Prompt by Jasmine Smith. My favorite color is yellow and I love abstract art!



Unfinish

Choose an incomplete artwork, something that has been sitting and you feel no drive to finish. I know you have one.

Destroy it!

Distort or destroy it in an attempt to create something completely new or different.

Prompt by Lexi Wilson, 6 foot 3 in heels and not afraid to wear em'.

Become the Sponge

1. Start working on a project or resume one you've put aside for a while.
2. When you find a problem or doubt your work, pause and ask yourself:
3. What would SpongeBob do?
4. Use the answer to dismantle the roadblocks that cause doubt in your creative process.

Prompt by Clark Thompson. My love of cats and cartoons knows no bounds.

Sentimental Places

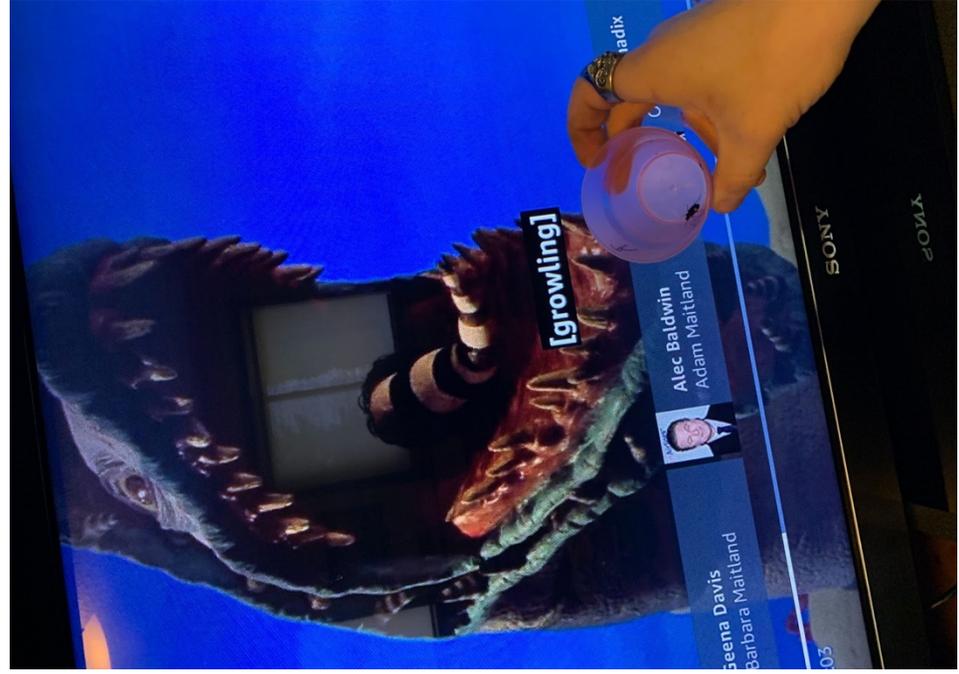
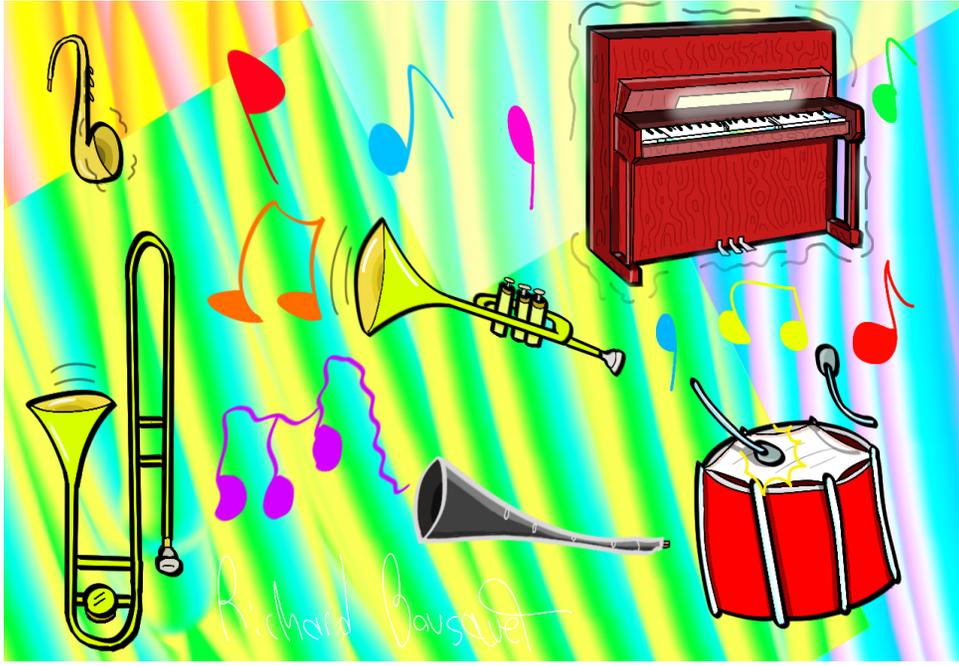
1. Think of a place/object that holds sentimental value to you.
2. Collect desired materials to recreate that place/object.
3. Recreate that space without photo reference to the best of your ability.
4. Create a list of words and memories you come up with during the process and after completion.

Prompt by Lola Lang, a girl who enjoys textures, sensations, patterns, experiences, and dreams. Occasionally I dabble in thoughts.

Recolor your Memories:

1. Choose a memory - try to find a digital or physical photograph from at least 5 years ago.
2. Edit the photo to be monochromatic (if too dark, adjust settings to lighten).
3. Print out your photo and crop to desired size.
4. State coloring! Use whatever medium feels best for the moment.
5. Mess around with style; either follow the source image or make up your own coloring. Use different materials and textures as you so choose. Remember: it's YOUR memory.

Prompt by Grace Wolfe. Simply a horse girl with big city dreams.



Beetle+Juice

STEP 1:

Go outside and find a beetle. Go ahead, any beetle will do!

STEP 2:

Bring the beetle inside and pour yourself a glass of your favorite juice. Any juice will do!

STEP 3:

Find the film Beetlejuice on any streaming service, and force the beetle to watch it with you!

STEP 4:

Let the beetle go, and watch it leave with a whole new view on the world!

Prompt by Kameron Koslowski, a Godzilla enthusiast with the soul of a 12-year-old who won't shut the hell up about dinosaurs!

Creating art by using your senses

Step 1. Create a playlist with 5 songs. These can be songs you picked, or you can have someone create it for you.

Step 2. Gather 5-10 small items and put them in a bag or container.

Step 3. Shuffle the playlist and close your eyes.

Step 4. Pick as many items as you want from the bag and feel the texture of them.

Step 5. While you listen to the song, use all your senses to visualize a creation in your mind.

Step 6. After the song has finished, draw what you envisioned in your head. It can be as simple or as detailed as you want it to be!

Prompt by Rui Barajas. Advocate for all things cute and pink!

MUSICAL SPARES

Pick your favorite instrumental song, and write your own lyrics.

OR

Pick a song that already has lyrics, and write your own!

If you don't want to write lyrics...

Draw a picture you feel fits in with the song that you chose!

Prompt by Richard Bousquet. I am a shy cartoonist who likes to draw and create.

Letters to Relics of Old

Picture an object that you owned once but don't own anymore. Is it something you lost? Something you gave away? Something you threw out? Something that was stolen? Make a short list of objects like this.

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