



A self-guided art project

A practice of support with [Project Tomorrow](#) for Suicide Prevention Month

If you need someone to talk to, help is available. Remember that your tomorrow matters. Call 1.800.273.TALK (8255).

Click here [to watch this special episode of Embodied Engagement](#), called “Embracing the Liminal Space”

Artist: Cristina Marian

Artwork: *Turning World*, acrylic, oil, oil sticks and image transfer on canvas, 2021

On view at the Missoula Art Museum in *The Space of Hope: A Collective Response*

Create: An art journal inspired by Cristina Marian’s painting (above) using simple materials found in the home

Materials: A pre-made or repurposed notebook, or sheets of paper to staple together to create a journal. Anything that you can use to create on the journal pages: crayons, paint, colored pencils, markers or pencils, tape, old magazines, glue or glue stick, scissors if you have them. Whatever you can find is fine!

Prompt: Cristina Marin’s artwork, *Turning World*, is part of an exhibition titled *The Space of Hope: A Collective Response*. This quote by author Rebecca Solnit inspired the artists: “*We don’t know what is going to happen, or how, or when, and that very uncertainty is the space of hope.*”

Instructions:

The liminal space, the space of unknowing, the transition, can feel scary or uncertain, but can also be seen as a space of possibility, of change, of growth. An art journal can be a container to explore and track these feelings and emotions that are hard to put into words. This project invites you to create an art journal that you can add to, change, edit, and re-make over time.

1. Decide what you will use as your journal. This can be a new notebook, but this project might be more fun and easier if it is something repurposed like an old notebook, or even a thrift store book or magazine. Often it can be easier to paint or collage over existing words or images than to start from scratch.
2. Gather any materials you have. This can be as simple as a pencil, or can include crayons, paint, glue, old magazines, whatever you have
3. As composer John Cage has famously said, "Begin anywhere." You could start with the cover, or with a page in the middle or at the beginning. Below are several prompts to get you going, but feel free to give free expression to your own ideas.
 - On a page with existing writing, grab a marker, pencil or crayon and create blackout poetry. Following your intuition, black out all the words that are boring, leave the juicy or expressive words. Don't overthink it! At the end you will have a poem that you can add to, leave as is, or embellish with images.
 - Spend time cutting out words from magazines or junk mail. Put on music you like and do this until the song or playlist ends. Sort through the pile making 3-word phrases or haiku. Don't stress over the meaning, just do what feels right or even fun.
 - Glue or tape some of the cut out words to a double page spread. Collage or drawing images to go with the words. Alternatively, draw or collage images first and then add words.
 - When each page feels done, or you feel tired, stop. Let it marinate. Come back to it later or move on.
 - You can set a goal (a page a day? 10 minutes a day?) or set no goals and just create when you feel moved to do so. As long as it feels peaceful and not stressful it's a nourishing activity.
 - MAYBE you even want to share what you have made with a friend or on social media using the hashtag #saturdayswithMAM and tag us @missoulaartmuseum.