

ISSUE NO.2



# SKETCHBOOK SOCIETY

CREATE TOGETHER | GROW TOGETHER



JUNE 1ST 2025

CLASSROOM AWAKEN TO PLACE

# WELCOME

Welcome to The Sketchbook Society—we're so glad you're here! This month, we're continuing our creative journey together by deepening our connection to the world around us through mindful observation and art-making.

Our featured class, Awaken to Place, invites us to slow down, notice more, and express what we see and feel through mixed media and journaling. We're thrilled to explore this together and can't wait to see what unfolds on your pages.





#### THIS MONTH'S CLASS

#### AWAKEN TO PLACE

In this course, Nicole invites us to cultivate a deeper connection with our surroundings and ourselves.

Through mindfulness and mixed media practices, we'll explore what it means to "awaken to place," using our sketchbooks as a space to express our experiences and reflections.



**BEGIN CLASS** 

#### WEEKLY CHECKLIST

- **WEEK 1:** Watch the intro lesson of Awaken to Place, then take a short walk and sketch or note colors, shapes, and textures that inspire you.
- **WEEK 2:** Explore mark-making lessons, play with watercolors or pastels, and sketch an abstract of a place that holds meaning for you.
- **WEEK 3:** Explore layering and mixed media, add collage or found materials, and reflect your inner world through your art.
- **WEEK 4:** Revisit favorite lessons and finish sketchbook pages that reflect your creative journey this month.

### BONUS SKETCHBOOK PROMPTS

- Sketch the view from your window at different times of the day.
- Create a page using only colors that represent how you feel today.
- Collect natural materials (leaves, petals) and incorporate their shapes or textures into your sketchbook.
- Write a short poem or phrase that encapsulates your connection to a specific place and illustrate it.
- Reflect on a journey—physical or emotional—and map it out visually.



### END OF THE MONTH REFLECTIONS

<ul> <li>How has your perception of your surroundings changed throughout this month?</li> </ul>
Which techniques or exercises resonated with you the most?
<ul> <li>In what ways did this practice influence your sense of place and self?</li> </ul>
What challenges did you encounter, and how did you navigate them?
<ul> <li>How can you continue to integrate mindfulness and art-making into your daily life?</li> </ul>







