



Visual Notes are mini works of art that combine art making and self-reflection. Creating visual notes is a method of investigating encounters and examining our personal feelings and experiences about our work as art teachers. Artwork and reflective writing in this process can become a record of thoughtful aesthetic insights and new understandings that can inform our ongoing development and our practice as educators. Through the Visual Notes Project, we can develop insight, empathy and tolerance for others and ourselves.

## Directions

### 1. Brief visualization:

- Close your eyes. Take a few deep breaths at your own pace.
- Take a few moments to think about your experiences with students who have unique social, emotional and/or educational needs in your classroom.
- Are there images that come to your mind's eye? If so, what do you imagine? What shapes, lines, colors do you see? Try to recall details of your experience.
- When you are ready, slowly open your eyes. Stretch your fingers and arms. Wiggle your legs and your toes.

### 2. Art making and reflection:

- Create two - 4" x 6" visual notes about your experiences.
- Choose the art process, media, and materials.
- Use different creative writing techniques (free prose and poetry\*) to reflect on your experiences.
- Write reflections on the back of each visual note card.

#### \*Two Possible Creative Writing Techniques

Haiku	I am poem (Fill in the blanks)	
5 Syllables	I am the sound of _____	I am the taste of _____
7 Syllables	I am the sight of _____	I am the touch or sensation of _____
5 Syllables	I am the smell of _____	