

# Art Fluency

## Scaling UP!

### Sketchbook Practice and Reflective Prompts:

Here are some ideas and prompts for your journaling practice over the next week or so. Feel free to play around with these ideas.

Do as much or as little as you feel like and have fun!

You might like to continue limbering up and discovering your larger gestures by doing more free expression paintings in large scale. This can also be a useful way of getting used to painting large by creating works that are “just play” helping you to disinvest in the outcome.

You may also want to continue working on your large painting.

### Reflections:

What did you find surprisingly easy about scaling up your work?

What has been most challenging about scaling up your work so far?

What are you left uncertain about or yet to resolve?

What do you need to learn or do to progress in this area?

How will you do this? What help or resources do you need?