



*Why Keep a
Sketchbook?*

Sketchbooks are not just for artists, and not just for sketching.

Sketchbooks, notebooks or journals are places where lots of different activities can take place, all of which can help you think, explore, record and reflect.

This booklet has been downloaded free of charge at <http://www.accessart.org.uk/sketchbookspace>, and has been designed to get you thinking about how keeping a sketchbook, notebook or journal can give new focus to your interests, hobbies and learning.


So what do we mean by sketchbook?

Any book or collection of papers which is being used to collect or explore your thoughts. It's the processes that take place in a sketchbook which make them so valuable, not so much the format of the sketchbooks themselves.

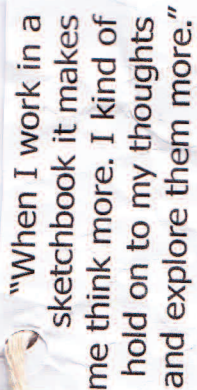


So which processes take place in a sketchbook?

There are a number of activities or ways of working which can take place in a sketchbook. We'll call these the *overt* activities, things like doodling, making notes, collecting, sticking, referencing, reflecting, writing, drawing, collaging, painting... The sketchbook is just a holder for these activities to take place.



The best bit though is that whilst those activities are taking place, another layer of activities is taking place which can really help you to enjoy, connect and deepen your learning. Whilst you are busy doodling, notemaking and sketching, you are also investing time in your interests, allowing your thinking to deepen, making connections, widening or intensifying your focus, playing with ideas and externalising what's inside your head.



"When I work in a sketchbook it makes me think more. I kind of hold on to my thoughts and explore them more."

"I don't draw at all in my sketchbook, just collect and write and doodle"



Carry it everywhere

Tell me something else about sketchbooks which will convince me to try starting one!

The single most powerful thing about getting into the sketchbook habit is that the sketchbook puts you at the centre of your learning.

It might sound odd that you're not already at the centre of your learning – but the reality is, in a busy life, your interests, hobbies and pursuits are squeezed into segments, with many activities only taking place within a specific place geared up to that activity.

But once you start a sketchbook, notebook or journal and get into the habit of using it regularly, you'll find that all your interests meet in one place, and take you new places, and that because you are externalising and exploring your ideas and thoughts then your interests will stay uppermost in your mind.

And because your sketchbook can fit into a pocket or a bag, you quite literally carry your enthusiasm with you.

*Make time for the things
you're interested in*

USE ENVELOPES
AS CONTAINERS

Quite literally, fill your sketchbooks

Houston 10-11.30
Friday

15-12.45

Cambodia
Ha

(10)

So give me five pointers to get me started

Carry this booklet around with you in your bag/pocket and have a look at it when ever you get a moment – on a train, tube, bus, waiting for the toast to pop up... Get used to the idea of carrying a bit of you around...

Fall in love with a sketchbook – enjoy choosing one if you decide to buy, or enjoy making one if you decide to make (see inside this booklet for more info).

Don't despair at the white space – its everyone's first hurdle. Try some of the activities in this booklet to get you started, or visit the SketchbookSpace website for more ideas (see below).

Don't take it all too seriously – it's your scruffy book and no ones going to judge you on it.

Visit the **SketchbookSpace website** for more ideas, inspiration and examples at
<http://www.accessart.org.uk/sketchbookspace>

Start with the sketchbook...

A specially bought one,
or one made by hand for free...

Simple ways to make:

Hole punch loose sheets and
tie together with string,

or even simpler:

Fold sheets in half
and fasten with an
elastic band, or staple



A6 landscape
160gsm Acid Free
Drawing Cartridge
paper contains 35 leaves.
Hand-made cover -
Made in Huddersfield,
England

6 50935 93636 2

The logo features a stylized pig in profile, facing right, with a registered trademark symbol. Below the pig, the words "PINK PIG" are written in a bold, black, sans-serif font.

PINK PIG

The pink pig logo is a registered trademark of Piggy Piggy, Huddersfield, England.

See <http://www.accessart.org.uk/sketchbookspace>
for sketchbook-making techniques

*Get past the white space
and get started...*



Find 3 sketchbook challenges at

<http://www.accessart.org.uk/sketchbookspace/?p=314>



and don't forget...

Elina

*Boredom can be a
great inspirer*

W

find more ideas and inspiration at
<http://www.accessart.org.uk/sketchbookspace>



---- fold here, then sew or staple ----

SketchbookSpace by AccessArt
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