



Re-viewing Visual Journals as a method

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Visual journaling is a practice shared by many artists and creative people that allows them to experience and document discoveries. Journaling is a unique pathway to a lifelong habit of self-reflection, a practice that can help us all make meaning of our lives at our own pace. The webinar (March 12, 2022), organized in the context of the European CARE project <http://care.frederick.ac.cy/>, invited art educators, artists, and illustrators to share their experience with visual journaling as a core method to develop their visual thinking.

Having worked as an educator at Centro Social Paroquial Vera Cruz in Portugal during the European Research Project CARE implementation, Sofia Kotsopoulou shared her experience and the procedure she followed in getting both teachers and students involved in keeping visual journals. Dorotheos Orfanidis commented on the media change from visual diaries to online diaries as an example of art practice in the post-covid era. Following, the artist Lena Athanasopoulou offers an inside look into her visual journal for the first time, sharing crucial thoughts on how to detect inventiveness via keeping a daily sketchbook. The free-lance illustrator Katerina Veroutsou invited us on a two-fold journey – the exploration of the unique island of Lemnos and a journey of self-discovery through visual journaling. Finally, the Scottish artist Morag Thomson Merriman was presented with her statement and a few photos offering a closer look at her lockdown diary 2020, including 55 landscape memories.

Presentations were followed by a fruitful discussion on maintaining flexibility, spontaneity and privacy when presenting and evaluating visual journals in the classroom. At the same time, the multiple roles those hold in our personal lives and education were highlighted, concluding that they are a unique way of connecting with our daily lives, which by keeping them becomes even more essential and accepted or appreciated.

You can watch the webinar on InSEA platform: <https://www.insea.org/insea-webinars/>