november 2026

soulfill monthly:
thirty-days of everyday art!
• stillness in nature

SUN	MON	TUE	WED	THU	FRI	SAT
01 take notice of a nearby tree. follow its contour with your eyes. at the sime time, draw that contour on your paper.	02 breathe in, and notice a color. breathe out, look more deeply at it. breathe in, find a another color, breathe out, look more deeply at it. keep repeating.	03 gather some leaves. hold them in your hand - notice their weight, texture, colors. save and press them for prompts later in the month.	04 look out at the nature around you. choose something to focus on, and spend some time noticing. this will be repeated again later in the month, to find changes.	05 fill your paper with scribbles. when it's full, turn it upside down. find any shapes or colors, almost like looking for shapes in clouds.	06 draw a small dot in the center of the page. draw radiating lines all around it, starting from the outside edge, focusing on drawing straight to the dot.	07 draw a wavy line diagonally from one corner of the page to the opposite corner. draw wavy lines out of each side to the edges of the paper. fill the spaces with patterns.
08 draw a small dot in the center of the page. draw tiny, teardrop or petal shapes around it. make another round of them around that. keep going.	09 step outside. notice 5 sounds.	10 using some of the leaves collected last week, do some leaf rubbings. notice the patterns that arise.	11 notice an object. find its shadow. notice the differences. find the ways the shadows are created.	12 choose a color to write with. create as many shades of it as you can.	13 draw squares with your breath. breathe in, draw a side. hold, draw a side. breathe out, a side. hold, a side.	14 listen to a favorite song. do nothing other than listen.
15 draw soft wavy lines from the bottom fo the page, up. on each side of the lines, draw small, tear drop shapes.	16 take a deep breath in. on the breath out, draw a spiral from the center out. stop for the breath in, continue on the breath out.	17 using one of the leaves collected, trace around one of them on your paper. move it to another spot, trace again. keep going. fill in the overlapping spaces with parallel lines.	18 look out at the same spot as earlier in the month. notice any changes - in the way the light hits, the colors, etc.	19 take a minute to doodle while you listen to a song. notice what is created.	20 draw a small circle on your breath in. draw a larger circle around it on your breath out. keep repeating.	21 fill the paper with small dashes in all directions. go back, and make dots on the ends of each one.
22 draw a tightly spaced grid with squiggly lines. add a dot to the center of each square.	23 draw small arches along each edge of the paper. draw another round just inside that one. keep going towards the center of the page.	24 using one of the pressed leaves, trace its veins with your finger.	25 choose a color. notice as many shades of it as you can around you.	26 make a dot at the bottom of the page. draw several wavy or circling lines from the dot to different spots at the top edge of the paper.	28 draw a wavy line all around the paper. trace over it with another color. keep repeating.	29 make a loose grid diagonally on the paper. shade in every other diamond shape.
30 fill the page with teardrop shapes. fill the space between them with tiny lines.						