

june 2026

soulfill monthly:
thirty days of everyday art!
- light and dark -



SUN	MON	TUE	WED	THU	FRI	SAT
	01 step outside and notice where the sun hits your skin	02 fill a page with dots - make some darker, some lighter	03 notice the color of the shadows around you - what colors are they?	04 draw lines that get lighter as they cross the page	05 find the brightest spot in your space and sit in it for a moment	06 fill a small page or corner of your planner with tiny marks - vary the pressure as you go
07 observe a spot and how the light hits it - observe it again in the evening. how is it different?	08 look for a shadow nearby - study its edges	09 draw a line as slowly as you can - start light, and get darker as you go.	10 notice the shapes the light makes in your space	11 fill a corner of a page with the darkest marks you can make, and fade them towards the opposite corner	12 find a reflection and study it - where is the light, what are the shapes, etc.?	13 press your pen/pencil harder and softer as you draw, changing pressure as you breathe
14 notice how the light changes an object you see everyday.	15 draw scribbles fast and slow - notice when they're dark or light	16 notice the light in a favorite photo	17 shade your paper from dark to light - starting as dark as you can, to barely making a mark	18 fill a page with small shapes. color some of them in and leave some empty - what patterns do you notice?	19 make a pattern with dark and light lines - ABAB, ABCABC, etc.	20 divide a paper in half - draw a simple pattern or design on one side, and try to mirror it on the other side
21 draw lines close together, and farther apart. notice the shades you create.	22 fill a page with overlapping circles, and shade in where they overlap.	23 make lines that are thin and thick.	24 make marks or lines on your paper with your eyes closed. notice how it feels and sounds.	25 fill a page with scribbles, make some areas closer together, and some areas more spaced out.	26 draw several circles - choose a color and fill each one with a different shade.	27 draw lines across your paper, and then up and down. round all the intersections.
28 fill a page with marks as quietly as you can.	29 draw a wavy line. as you breathe in go up and press dark, breathe out and go down and lighten your touch.	30 choose two colors, and fill your page with lines, dots, or shapes with them.				