october 2026

soulfill monthly:

thirty-one days of everyday art!

• noticing

SUN	MON	TUE	WED	THU	FRI	SAT
				01 notice an object nearby. slowly trace the outline with your eyes.	02 draw a line while breathing in. change directions when you breath out. continue.	03 fill your page with a tangle of scriibles. notice what shapes or objects you see in the scriblles.
04 fill your page with all different sized circles, letting them overlap. notice where they intersect. draw a small dot on each intersection.	05 gather two colors to use (pencils, markers, etc. draw a circle with one color. with the second, draw another right on top of it. notice how the colors interact.	06 fill a page with a curving, scribbly line. once you are done, slowly trace over it.	07 look out the window or around you. find as many shades of one color as you can.	08 scatter dots all around your page. connect them with different styles of lines - straight, jagged, loopy, etc.	09 create a spiral starting from the outside, spiraling inwards. notice how it feels as it gets closer to the center.	10 choose an object nearby. close your eyes, picturing it in your mind with as much detail as possible. open your eyes and notice any differences.
11 draw small circles moving just your fingers. then bigger ones moving just your wrist.	12 choose an object nearby. notice the space around it - the negative space. what colors touch its edges?	13 draw a line all the way across the page as you breathe in. draw back in the other direction as you breath out. fill the page with parallel lines in this way.	14 draw curvy lines all around your page. go back over it with tiny, perpendicular dashes, resembling stitches.	15 fill the page with rectangles of all sizes, fitting into each other like puzzle pieces.	16 take a few minutes to look around. name the different textures you see.	17 draw wavy lines from one side of the paper to other. repeat multiple times, going on different angles so they overlap in spots. shade in any shapes you create.
18 draw lines across the page repeating: up, across, down, across.	19 draw a small circle in the center of the page. with each breath out, draw a line from the circle to the edge of the paper, like sun rays.	20 notice the colors around you. try to find each color of the rainbow.	21 draw dots all over the page. then, draw a circle around each one.	22 take a deep breath in. as you breathe out, let your pen wander.	23 draw a wavy line all around the paper. go back along it, and draw tiny tear-drop shapes on both sides of the line.	24 make a grid of lines on the page. draw a circle at each intersection.
25 fill your page with rectangles. fill the space between them with tiny circles.	26 draw a random shape or blob. fill it with tiny circles. color in the negative space.	27 draw lines from the bottom of the page, upwards. along each one, draw small circles.	28 look around. stop on an object. notice any patterns it contains.	29 draw small circles scattered all over the page. draw small lines radiating out of each circle. add a dot to the end of each line.	30 draw a circle in the center of the page. draw small circles around the edge. draw another round of circles around that. keep going.	31 starting at the bottom of the page, draw a row repeating arches. draw another one above it. fill the page. when it's full, add two small dots in each shape. happy halloween!