



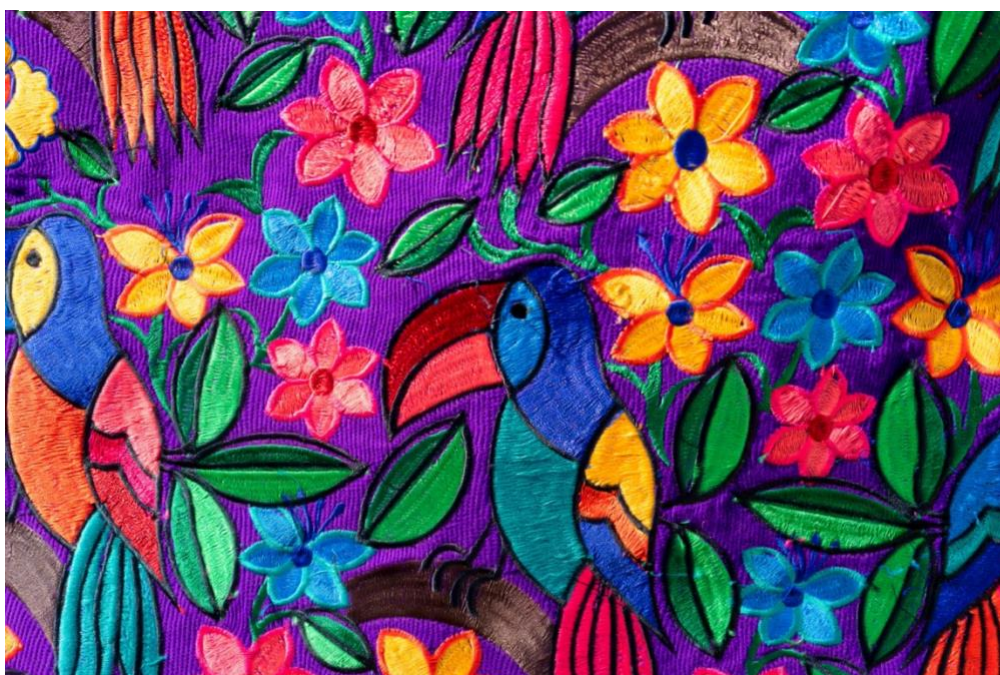
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Art Journal Prompts for India and Mexico

Indian Block Print (Rajasthan, Gujarat)



Mexican Otomí (Tenango Embroidery)



Indian Block Print (Rajasthan, Gujarat)

Origins: Centuries-old carved wooden blocks for textile printing

Visual Characteristics:

- Dense floral vines (butis and jaals)
- Paisleys (mango motif)
- Borders: repeating lines, dots, mandalas
- Natural dye palettes: indigo, madder red, turmeric yellow, earthy greens

Symbolic Notes:

- Paisley/buta = fertility and cosmic energy
- Floral vines = interconnectedness

Art Journaling Ideas:

- Use carved rubber stamps for handmade patterns
- Build a layered pattern background using just two colors

Traditional Block-Print Color (Optional)

Typical Rajasthan / Gujarat palette:

- Indigo, deep blue
- Madder red, rust, maroon
- Mustard, turmeric yellow
- Leaf green, teal

Use flat color areas, no blending—like stamped fabric

Paisley Shape Filled with Micro-patterns

Step 1 - Start With a Guideline Grid. Lightly draw a vertical center line. Draw a horizontal base line crossing it near the bottom (this is where the paisley “sits”).

Step 2 - Block Out the Basic Paisley Shape. Draw a big teardrop shape leaning slightly to the right or left. Round and full at the bottom/ Narrow at the top. At the top point, curve it inward like a comma hook. Keep it smooth and bold—Indian block prints use simple, strong

Step 3 - Add the Inner Paisley Outline Block prints often have a double or triple outline. Inside the main paisley, follow the shape and draw a smaller paisley. You can add a third outline if you want a more ornate look.

Step 4 - Draw the Central Motif (Flower or Leaf) Inside the smallest paisley: Option A – Flower: Draw a small circle in the fattest part of the paisley. Add 5–6 rounded petals around it (simple, almond or oval shapes).

Option B – Leaf Stack: Draw a short, curved stem. Add 3–5 small leaves growing along the curve. Keep shapes stylized.

Step 5 - Fill the Middle Space with Simple Block-Print Patterns. Around your central motif, use very simple repeats: 1) Tiny circles/dots in rows, 2) Short dashes following the curve, 3) Crosses or tiny plus signs, 4) Little tear-drop “seeds” pointing toward the tip.

Step 6 - Decorate the Outer Border. Work on the band between the outer and inner outlines. Choose one: Scallops: small half-circles all around the edge OR Saw-tooth: little triangles pointing inward or out OR Beads: small evenly spaced circles between the two lines. Make rhythmic & consistent, like a hand-carved stamp.

Step 7 - Add Surrounding Elements (Optional but Very Rajasthani!) Draw two or three small flowers near the base or tip of the paisley. Add tiny leaves or vines curling out from the sides. Repeat little dots around everything for a textile feel.

3 Variations



simple

medium

advanced

Journal Drawing prompt:

Draw a 2 inch pattern of paisley and diamonds across the bottom of your journal page and then repeat above the initial design, staggering it a bit. Above this design write your writing prompt.

Journal Writing prompt:

What is repeating in your life right now and what is it teaching you?

Mexican Otomí (Tenango Embroidery)

Origins: Otomí Indigenous communities in Hidalgo, Mexico

Visual Characteristics:

- Bright, joyful colors
- Stylized animals, flowers, spirits, and creatures
- Radial or balanced compositions
- Thick embroidered outlines

Symbolic Notes:

- Many motifs represent mythic animals or nature spirits
- Colors chosen for celebration and vitality

Traditional Palette

Classic Otomí colors:

- **Magenta, red, orange, yellow**
- **Lime green, cobalt, turquoise**
- **Purple, pink**

Use *flat*, vibrant color—no shading.

Art Journaling Ideas:

Mexican Otomí Bird (Tenango Style)

- **Materials:** pencil, pen, markers
- **Skill:** bold, playful, symmetrical
- **Step 1 — Draw the body**
A rounded oval or egg shape.
- **Step 2 — Add a head and beak**
Small circle for head, triangle for beak.
- **Step 3 — Add wings**
Draw **long, leafy feathers** — stylized, not realistic. Each feather should be a simple “leaf shape.”
- **Step 4 — Add the tail**
Several elongated leaf shapes fanned out.
- **Step 5 — Add legs**
Simple stick legs with triangle feet.
- **Step 6 — Outline in bold black**
Otomí style uses thick outlines.
- **Step 7 — Add decorative marks**
Lines, dots, stripes inside each wing or tail feather.

Mexican Otomí Flower (Tenango Style)

- **Materials:** pencil, pen, markers
- **Skill:** bold, playful, symmetrical
- **Step 1 - Start With a Guideline Circle** - Draw a light circle in the center. Sketch a smaller one inside.
- **Step 2 - Draw 5–6 Rounded Petals** - Otomí petals are oval, leaf-like, and smooth, not pointy.
- **Step 3 - Add Petal Details (Minimal!)** - Otomí style is *clean*. Inside each petal, draw one simple line from the base outward, or a single teardrop shape.
- **Step 4 - Add Stylized Leaves Around the Flower** - Otomí flora usually includes leaf “bursts.” Draw 4–6 almond-shaped leaves around the flower with smooth edges; Alternate directions for rhythm. Add one simple line inside each leaf.
- **Step 5- Add Decorative Tendrils** - Draw curved tendrils radiating outward; End them in simple teardrops, dots, or leaflets. Keep curves bold and confident



Journal Drawing prompt:

On one entire journal page, create a colorful design that contains your favorite bird as the main motif.

Journal Writing prompt:

What colorful part of your personality deserves more expression?

