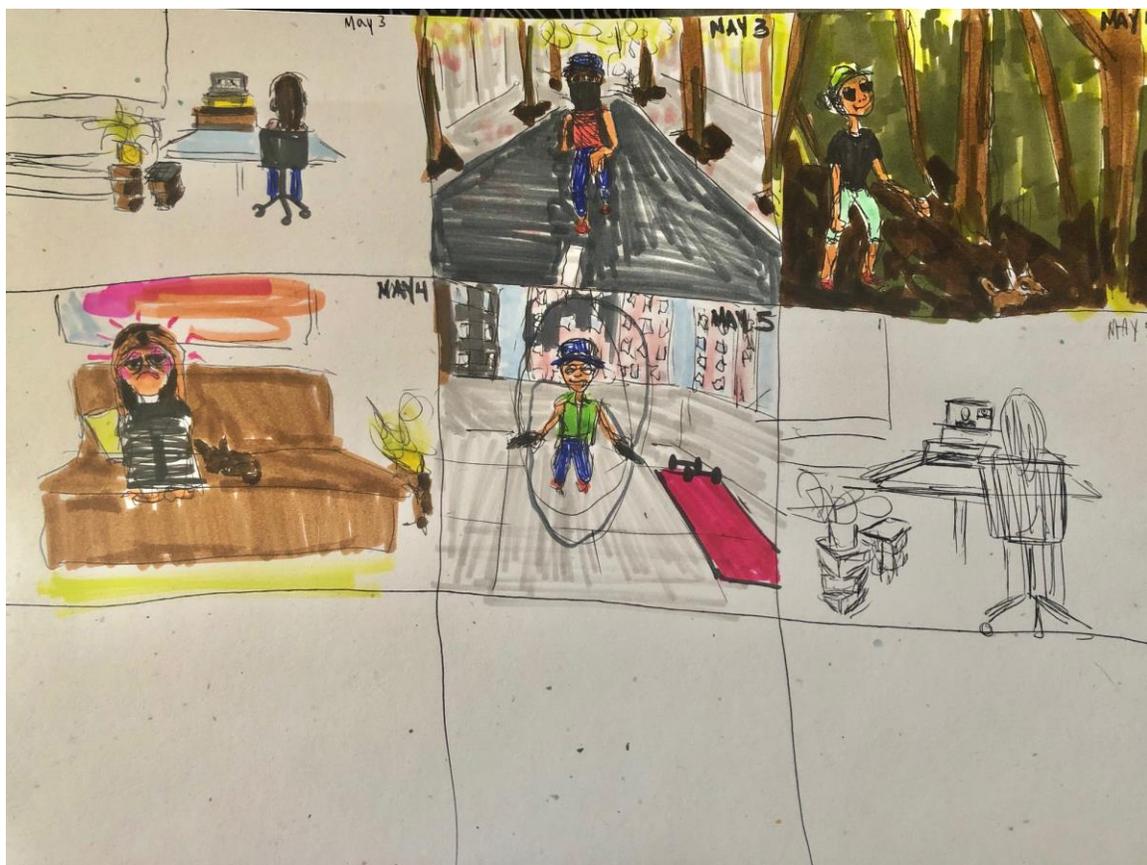


Art at Home: *3-Minute a Day Comic Diary*

~Nikki Schiro, Hospital Artist-In-Residence, Mount Sinai West



Materials needed:

- pen or pencil
- markers and colored pencils to add color
- paper or sketchbook, if you'd like to make an ongoing diary

The goal is to make a comic book-style sketch of your day in less than three minutes. This drawing game isn't about quality...it's about getting it down quick. You can do just one, or as many 3-minute sessions as you want for each day.

All you have to do is pick some element of your day. It can be you sitting in a chair getting chemo, you watching a movie on your iPad, what you ate for lunch, something funny you saw on the street... All that matters is that you get something down that documents some aspect of your day.

Using pen or pencil, get your drawing down, then add color. Take all the time you want for this part. The idea is to move your focus to something creative. You can be as silly or serious as you want to.

It would be awesome to dedicate a notebook just for these to create a diary. You can also save these sessions for days at the hospital—patients with long treatments or for staff members on their breaks, and collect them over time or just enjoy the process and let them go. You don't need drawing skills for these—stick figures are just fine.

DID YOU KNOW?? Don't feel like drawing today? There are many free phone apps that can turn your iPhone photos (from your daily walk, your home, the inside of your refrigerator!) into a sketch or a coloring book page. You can print them on regular computer paper to produce another type of diary and you can easily share these via email or text with friends and family across the city- or the country! Invite them to color your world, too!

Try these: Sketch Photo Maker, Sketch Me, FotoSketcher, Pencil Sketch Photo Editor, Prisma Photo Editor

And to see how others are using comics to document their days:
<https://www.cbc.ca/arts/coping-with-covid-through-comics-1.5524496>