

A YEAR OF JOURNALING



HEAT WAVES

French Impressionist painter Jean-Louis Forain painted this piece during a trip to the coast, likely right on the beach. Real grains of sand are embedded in the paint.

Forain's hasty brushstrokes and grainy details create a hazy atmosphere and evoke all the sensations of a summer day.

Jean-Louis Forain, *Walk in the Sun* (detail), c. 1880–83. Oil on panel. Acquired by Sterling and Francine Clark, 1924, 1955.736.

IN YOUR OWN WORDS

Imagine yourself within the picture. How would it feel to stand on the beach in this woman's shoes?

The ocean is just out of focus in Forain's painting. Imagine what other smells, sights, or sounds may be just beyond the image you see. How might these things outside the frame change the mood of the painting?

How does the intense summer heat affect your mood and energy? What places and activities do you enjoy when it is very hot?

Heat waves and ocean waves ebb and flow. What parts of your life seem to ebb and flow in a similar way? Your feelings? Thoughts? Ambitions?