

# Virtual Resources

## About The Postcard

Interested in learning more about the postcard? Check out this [slideshow](#) or watch this [short video](#) about the ways people communicated using this art form.

For some postcard inspiration, you can view these [quirky postcards from the past](#) as well as [North Carolina Postcards](#) from the University Library collection!

## Creative Forms of Expression

### Collaging

Given the nature of the medium, collaging is a very accessible art form! You can collage using anything from old magazines to receipts to food packaging! Collaging allows the artist to think creatively in terms of how to use materials. If you want to make your own collage, you can learn how to [here!](#)

### Mandalas

Mandalas have a rich history, dating back to the fourth century. This art form has roots in Buddhism and can represent the impermanence of aspects of life. Creating your own mandala can be a meditative and peaceful experience, and we recommend you try it out on your postcard! If you are interested in designing your own mandala, you can learn how to [here!](#)

### Paper Cutouts

Many artists have utilized paper cutouts to enhance their work or make entire landscapes. Henri Matisse famously worked with paper cutouts in his older years to create stunning masterpieces! You can dabble in this art medium by creating a paper cutout landscape of your own by following [this](#) tutorial.

### Self Portraits

How do you see yourself? A great way to express who you are and how you view yourself is through a self-portrait! Self-portraits can be either literal or figurative, showcasing things you enjoy and love or showcasing yourself! If you are interested in creating a self-portrait for your postcard, you can follow this colorful tutorial [here!](#)

## Zendoodling

Are you looking for a way to release stress while also being creative? Zendoodling may be for you! Zendoodling involves drawing small doodles and creative repetitive patterns. This process can often be meditative for the artist. To learn how to zendoodle for your postcard, click [here!](#)

## Writing Prompts

- What's happening? What's happened?
- Where are you? Why are you there?
- "Wish You Were Here" - send a note to a recipient you miss
- Talk about a new hobby.
- Write a note or a letter to your future self.
- Write a bio to your future self.
- What do you want to learn to do?
- What do you want to let go of in your life?
- Write a list of books you want to read.
- What do you need to protect in your life?
- What is your biggest strength?
- What moves you?
- If you were a color, what color would you be?
- What are your wildest dreams?
- What qualities do you enjoy about yourself?
- What lessons are you currently learning?
- What are you grateful for?
- What is your favorite quote?
- What is going well in your life right now?
- Write about a time you felt brave.
- What do you enjoy doing in your free time?
- What would you do if you had no fears?

## Virtual Postcards

Looking for other online postcard templates? Check out free online resources like [Canva](#) where you can choose from hundreds of templates to design a custom postcard in just a few minutes. UNC instructional staff also have access to [Adobe Creative Cloud](#) where you can design and play with pre-made [templates](#) and then download or share when you're done!