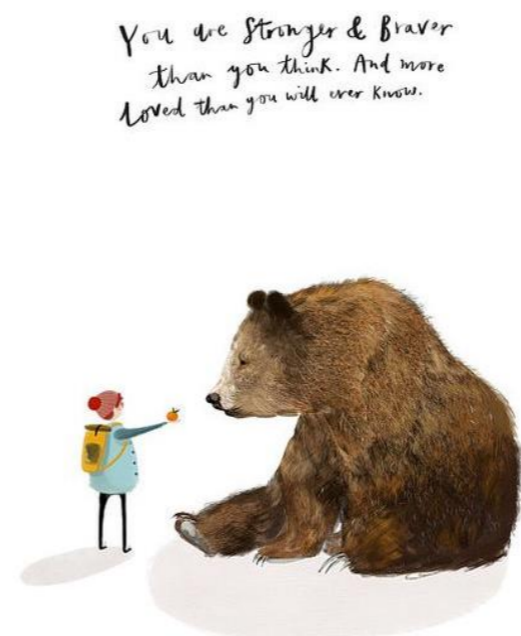
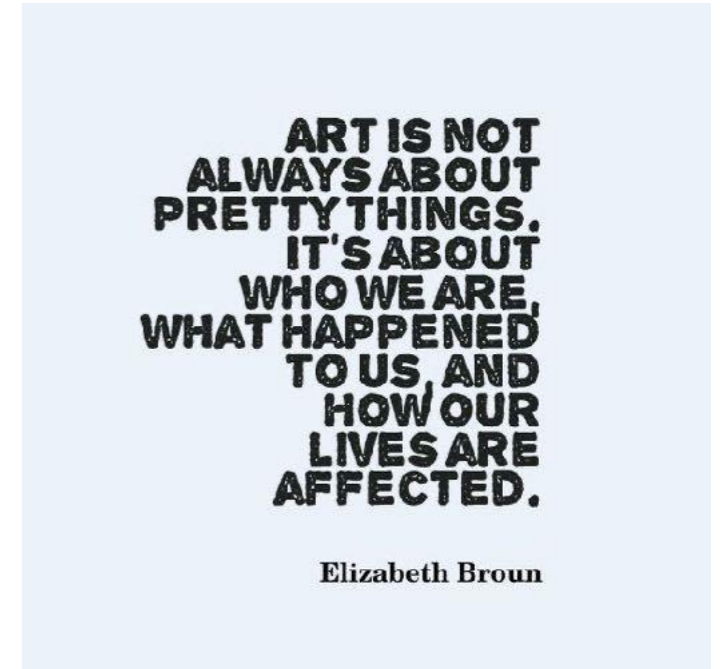


Community & Self Care Through The Arts

Now could be an opportunity for you to relax and be calm. Use this time wisely, it won't last forever and things will be normal again soon. This powerpoint has a range of ideas and suggestions to help keep the artist inside of you inspired, safe and healthy.



Possible outcomes:

Health	Drawing food Drawing figures Drawing landscape/room
Expression	Colour emotion wheel Colour and pattern Colour in Who are you?
Community	Paint a pebble and leave it outside Complete a random act of kindness Sprinkle some kindness

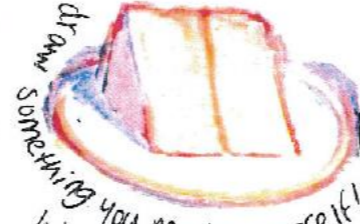
Health

aim high...

Complete as many of these activities as you can. Remember - quality not quantity



Draw your breakfast
What ideas does this give you?
"Breakfast is the most important meal" why? what ideas does this give you for images?



Draw something you made yourself!
What ideas do you have?
Observational drawings of cooking, ingredients...



Draw some ideas.

BUTTER WOULDN'T MELT IN HER MOUTH

DRAW YOUR FAV FOOD



Create a drawing surrounding this:
"A COUCH POTATO"

Draw a condiment or sauce
Use colour pencil + lines.



Yummy yum...

Draw your pets eating

Draw your least liked food +



it look vile!

"A PIECE OF CAKE"

Draw your idea...

DRAW YOUR DESSERT!

Draw some food waste



or litter - what ideas do you have?



Draw your food vice!



DRAW ME!
The Apple of my eye!

Draw something fresh + natural



make a stencil of familiar foods. Consider colour.



make a landscape out of logos!?!

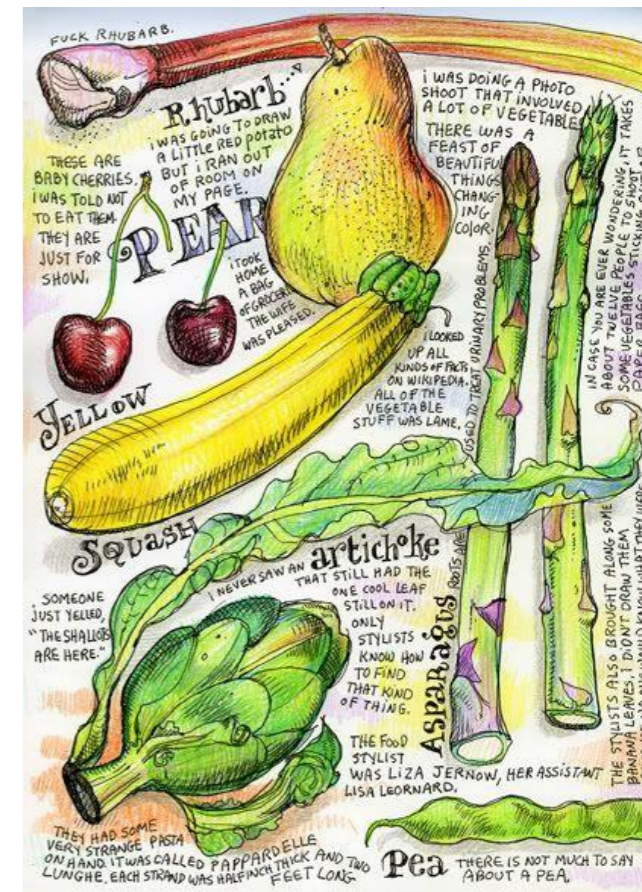


It has been said "we are what we eat"

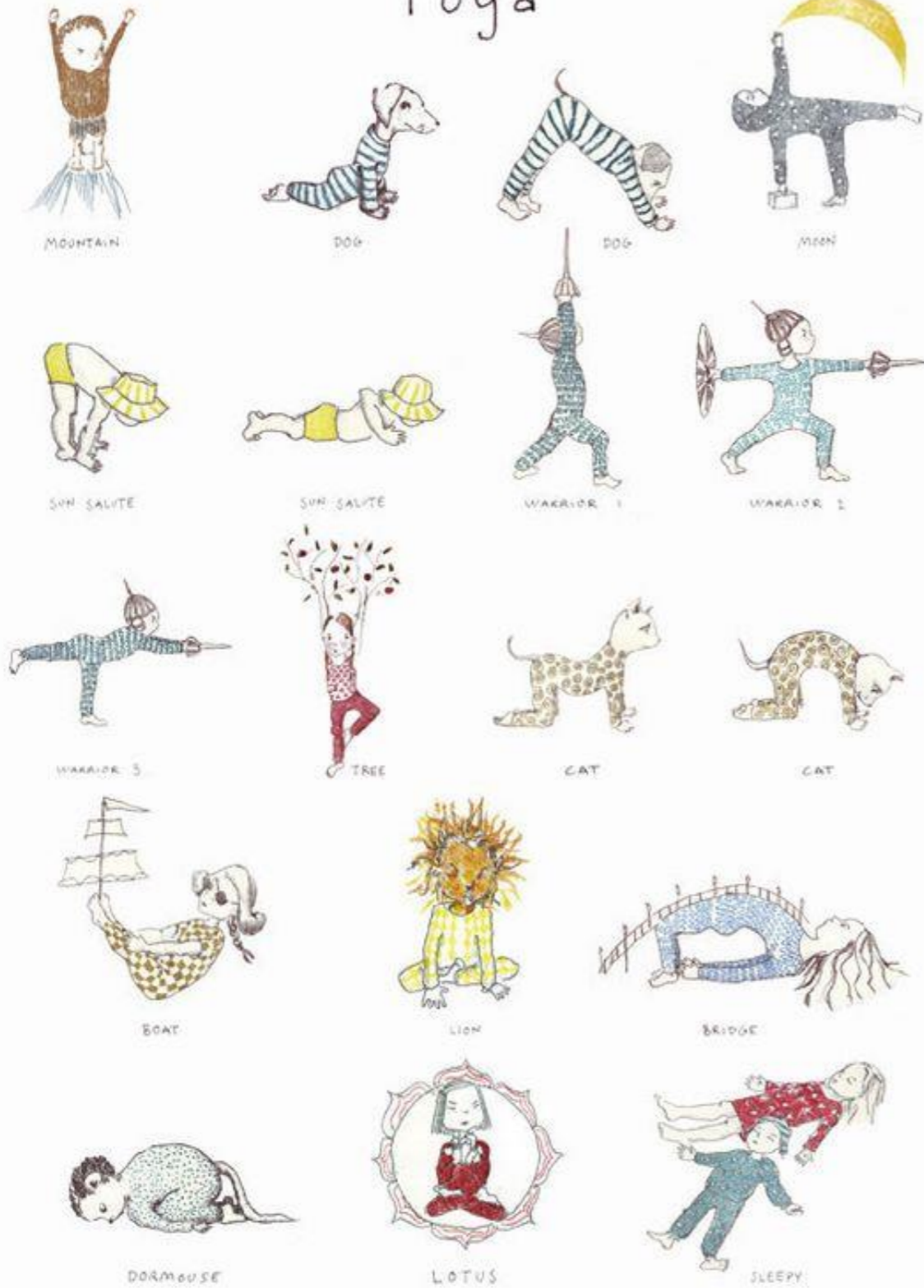
Now could be the time to consider what we eat and how this impacts on our health and well-being.

This sheet has some ideas and suggestions for you to create Artwork considering and using food as the subject matter.

What ever you choose to eat is up to you, but why not draw it first!



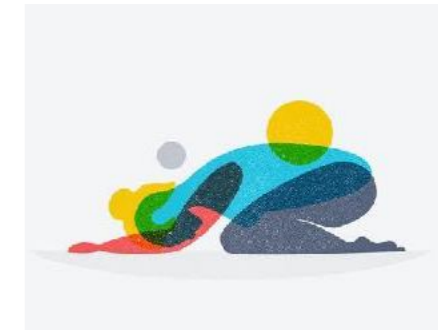
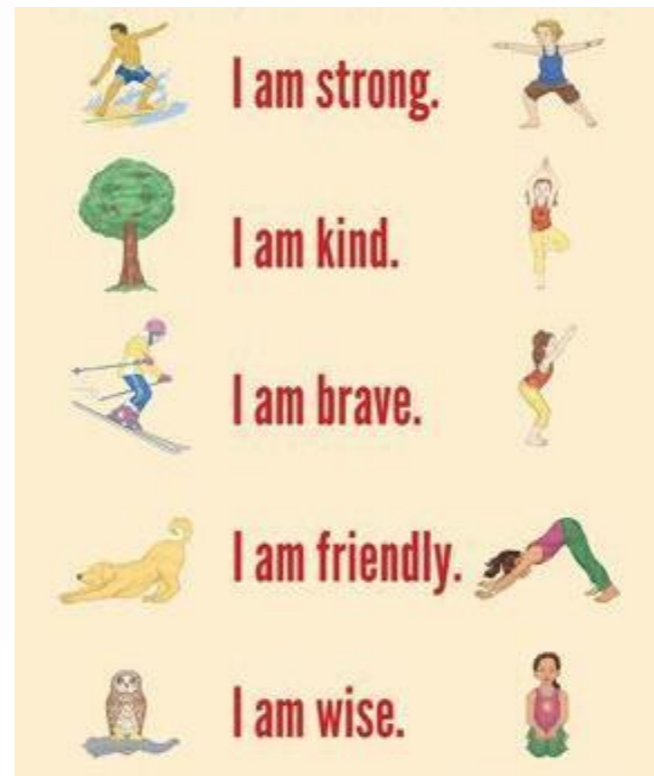
Yoga



YOGA
 Doing any form of exercise can do you good, if you can include fresh air then even better!
 Here are some yoga poses to keep you bendy and calm.
 Before you try why not sketch these and create your own drawings and illustrations to share with others!

Namaste.

GARDEN YOGA



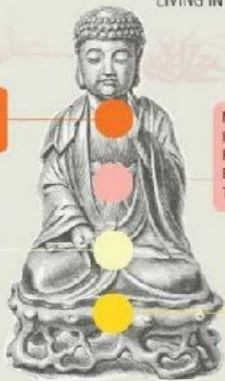
MINDFULNESS

BY APAGE

WHAT IS MINDFULNESS MEDITATION?
LIVING IN THE MOMENT

MINDFULNESS BEGAN AS A BUDDHIST TRADITION.

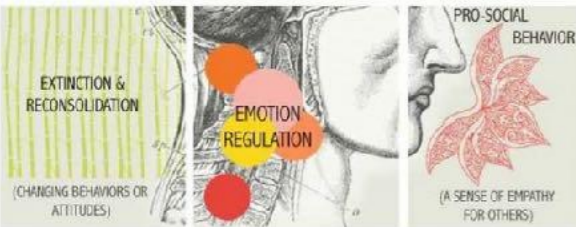
IT'S A SEATED MEDITATION TECHNIQUE THAT FOCUSES ATTENTION ON BREATHING, BODILY SENSATIONS AND MENTAL RELAXATION.



MINDFULNESS MEDITATION IS NOW RECOGNIZED BY PSYCHOTHERAPISTS AS A FORM OF COGNITIVE THERAPY.

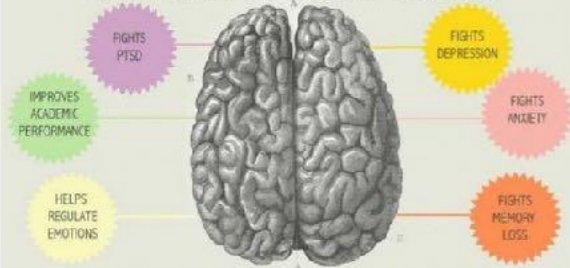
WHAT MAKES MINDFULNESS UNIQUE FROM OTHER FORMS OF MEDITATION IS THAT THE PRIMARY FOCUS IS ON ONE'S CURRENT PHYSICAL STATE.

HOW IT WORKS: THE SCIENCE OF MEDITATION
MINDFULNESS INVOLVES SIX NEUROPSYCHOLOGICAL PROCESSES THAT LEAD TO A PERSON'S MEDITATIVE STATE OF SELF-AWARENESS.



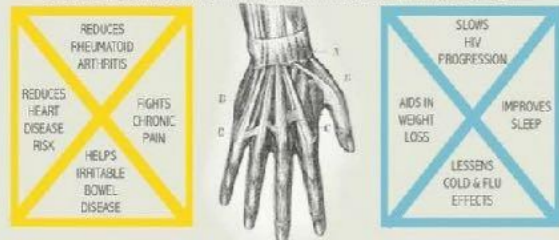
THE MENTAL BENEFITS OF MINDFULNESS

MINDFULNESS INCREASES BRAIN GYRIFICATION (FOLDING OF BRAIN TISSUE), WHICH ALLOWS THE BRAIN TO PROCESS INFORMATION MORE EFFICIENTLY - PROVIDING A BETTER GRASP ON LIFE'S STRESSORS

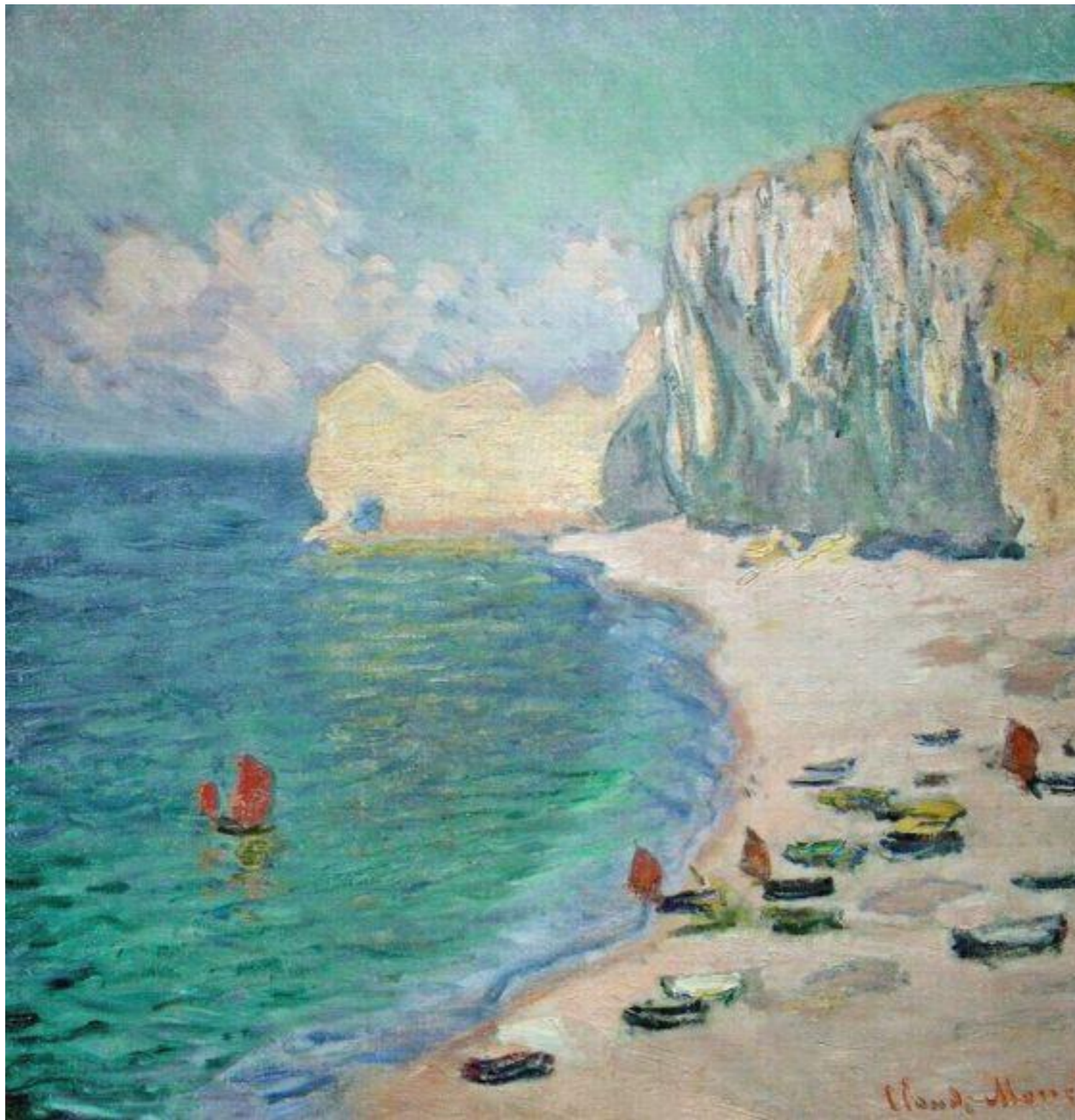


THE PHYSICAL BENEFITS OF MINDFULNESS

IN ADDITION TO REDUCING STRESS AND BOOSTING RELAXATION, RESEARCH SUGGESTS MINDFULNESS CAN LOWER STRESS-INDUCED INFLAMMATION, WHICH CONTRIBUTES TO MANY PHYSICAL ILLMENTS.



<http://www.healthcentral.com/anxiety/c/slideshows/16-ways-to-stop-stressing-out/say-on/>
<http://www.healthcentral.com/depression/c/458275/158946/healthcentral/>
<http://www.medicalnewstoday.com/releases/252204.php>
<http://www.medicalnewstoday.com/releases/255048.php>
<http://www.healthcentral.com/depression/c/4182/155892/meditation-good>



Breathe, being mindful takes quiet and time. Luckily you have both! Picture yourself in a safe, quiet place, your favourite place. Mine is this beach by Monet. Use any media to draw your quiet, happy place.



FOCUS ON THE PHYSICAL



Concentrate on your fingers and toes. Notice how they feel. Or try focussing on the tip of your nose. Another way is to take a shower and concentrate on how the water feels against your body.

WRITE IT DOWN



Buy a pretty notebook and journal your thoughts. A 'brain dump' of everything in your head is a useful exercise.

INHALE LAVENDER



There is evidence that lavender can help reduce anxiety, depression and insomnia. And it smells fab!

LISTEN TO MUSIC



Put on your favourite song, crank up the volume and sing and dance along! The change of focus plus the exercise is sure to distract you from your thoughts.

READ A BOOK



Lose yourself in a good book and feel the stress melt away!

WATCH YOUR THOUGHTS

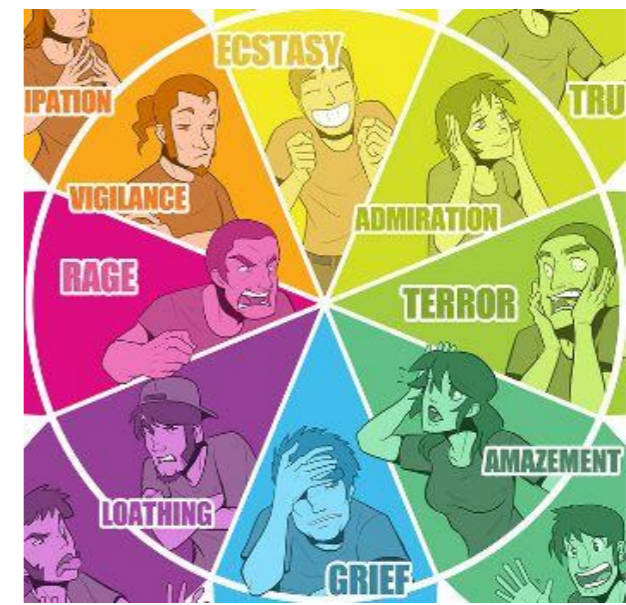


There are many visualisation meditations you can try to help you get the hang of this. Try imagining your thoughts as leaves on a stream and watch them float by.



Expression

MY EMOTIONS WHEEL



Connect with your feelings

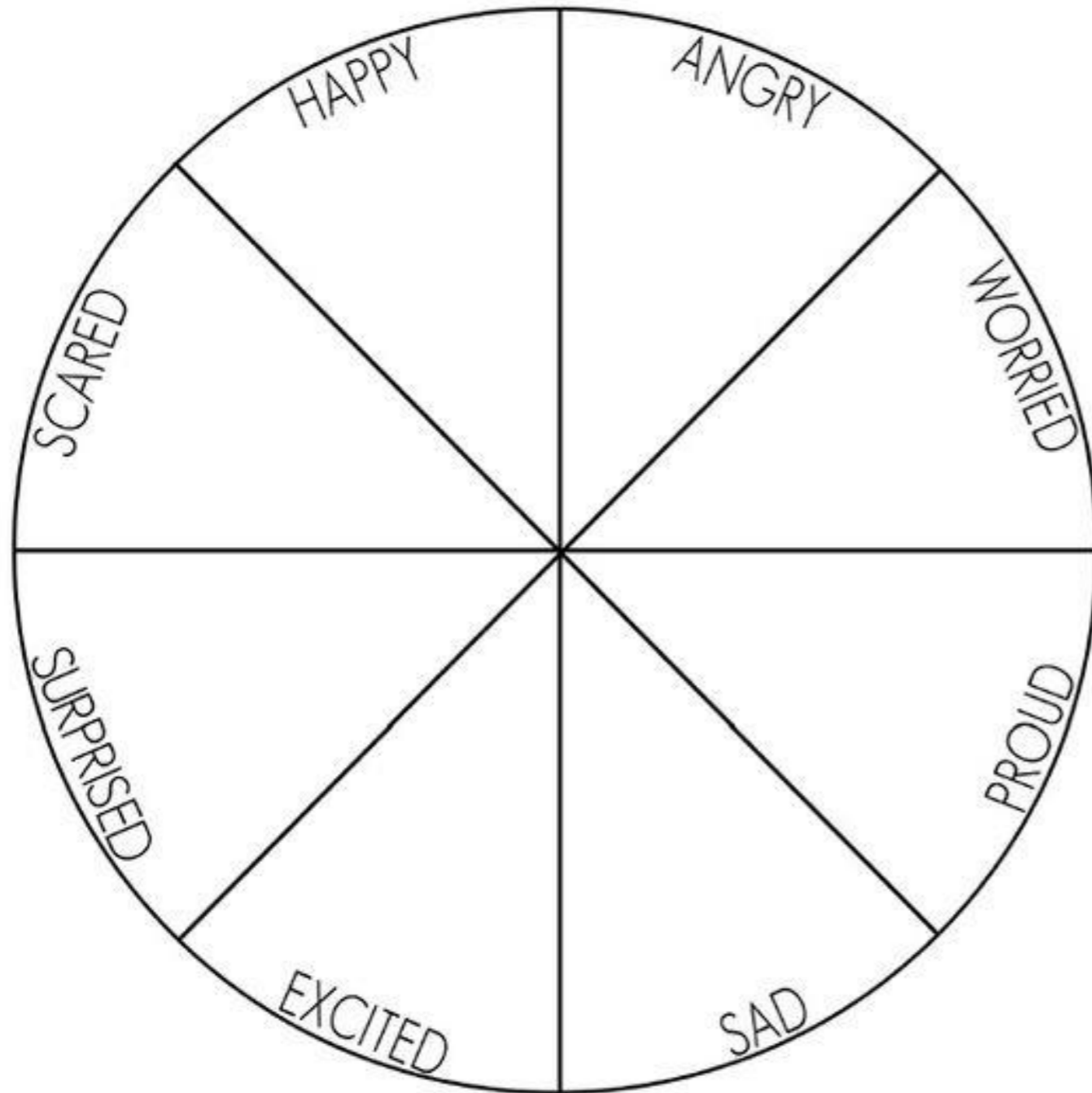
Colour plays a vital role in Art to communicate feelings and emotion

What colours, shapes and patterns are you feeling?
Use any media, any patterns to complete the wheel!



Name _____

MY EMOTIONS WHEEL



COLOR EMOTION

- PINK - HAPPINESS
- ROSE - COMPASSION
- LIGHT RED - LOVE
- RED - LUST
- DARK RED - HATE
- BRIGHT ORANGE - CURIOSITY
- ORANGE - PSYCHOSIS
- DARK ORANGE - SUSPICION
- BROWN - ILLNESS
- LIGHT YELLOW - COWARDICE
- YELLOW - FEAR
- DARK YELLOW - BRAVERY
- LIGHT GREEN - ENVY
- GREEN - GREED
- DARK GREEN - JEALOUSY
- TURQUOISE - SERENITY
- LIGHT BLUE - SADNESS
- BLUE - MELANCHOLY
- DARK BLUE - DEPRESSION
- LAVENDER - PASSION
- VIOLET - ANGER
- PURPLE - RAGE
- WHITE - PURITY
- GRAY - CONFUSION
- BLACK - CORRUPTION
- GOLD - SPIRITUALITY
- SILVER - MAGICAL



Your local area

It could be said that we are lucky to live near the coast, you could use the environment to create Art. Here are some thoughts and ideas you could try out...

COLOUR + Pattern

COLLECT - You'll need a CARRIER BAG!
 GO TO THE SEASIDE AND GATHER AS MANY DIFFERENT MATERIALS AS YOU CAN. THESE MAY INCLUDE - SHELLS, SEAWEED, STONES, SAND, CHIP FORKS ETC.

SNAP IT!
 TAKE SOME CLOSE UP PHOTOS OF PATTERNS YOU SPOT ALONG THE BEACH. EG. SHELLS, SAND, BEACH HUTS, STRIPES ETC...

AT THE SEASIDE

RELIEF
 CHOOSE YOUR BEST PHOTO AND MAKE A RELIEF OF IT. YOU MAY USE STRING, CARD, SAND, PAPER, PAINT, SHELLS, BUTTONS ETC. CONSIDER THE COLOURS CAREFULLY.

STICK!
 CREATE AN IMAGEBOARD OF ALL THINGS SEASIDEY. GLUE THEM DOWN TO CREATE A COLLAGE.

WEAVE
 MAKE A SEASIDE THEMED WEAVE. CUT ZIGZAGS EITHER END OF YOUR CARD AND WRAP STRING AROUND IT INTO THE GAPS/GROOVES. WEAVE ANY 'SEASIDE-Y' MATERIALS + COLOURS INTO YOUR WEAVE. PULL UP TIGHTLY + COMPACT FOR BEST RESULTS.

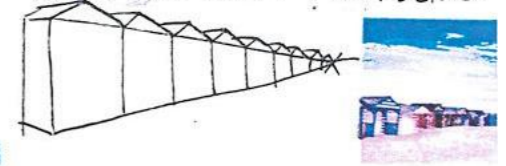
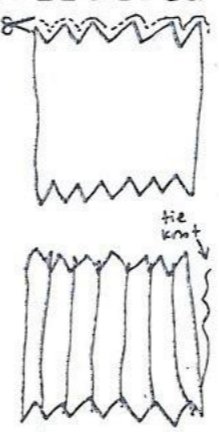
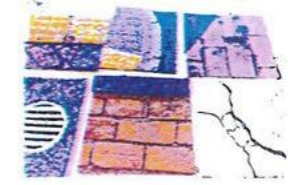
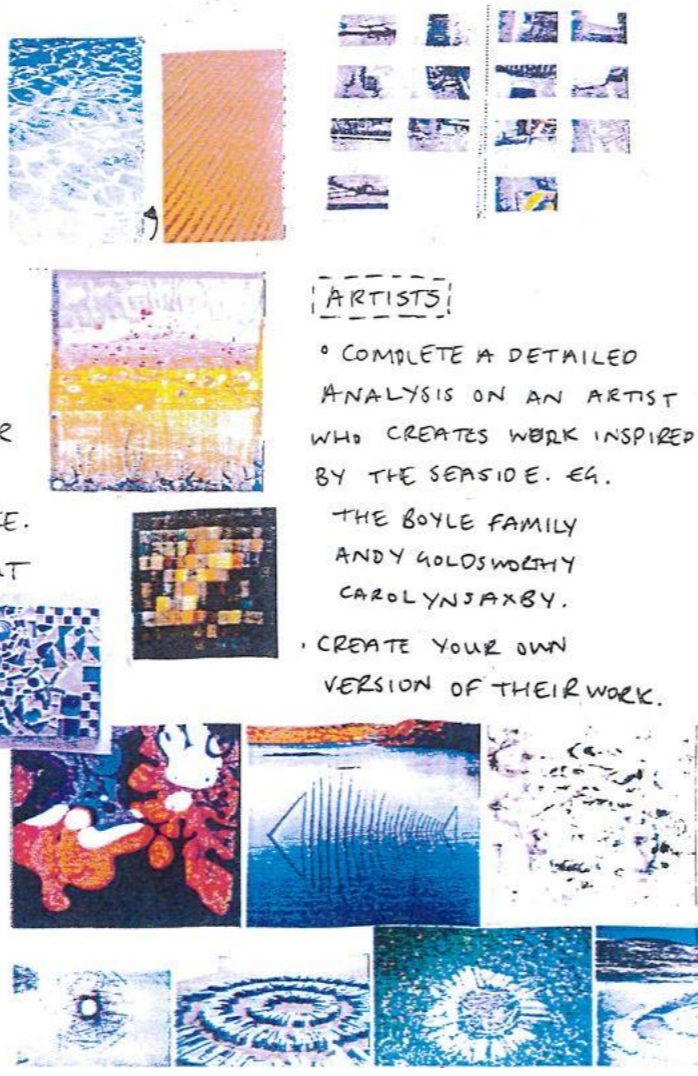
COLOUR
 SELECT COLOURS FROM YOUR PHOTOS + IMAGEBOARD TO GENERATE A COLOUR PALETTE. WHAT DO YOU NOTICE ABOUT THEM?

ARTISTS
 COMPLETE A DETAILED ANALYSIS ON AN ARTIST WHO CREATES WORK INSPIRED BY THE SEASIDE. EG. THE BOYLE FAMILY ANDY GOLDSWORTHY CAROLYN JAXBY.
 CREATE YOUR OWN VERSION OF THEIR WORK.

RUBBINGS
 TAKE TEN RUBBINGS OF THINGS DOWN THE BEACH. CONSIDER YOUR CHOICE IN COLOUR.

PERSPECTIVE
 DRAW THE BEACH HUTS USING ONE POINT PERSPECTIVE.

TONAL DRAWING
 CREATE A DRAWING OF YOUR BEST PHOTO

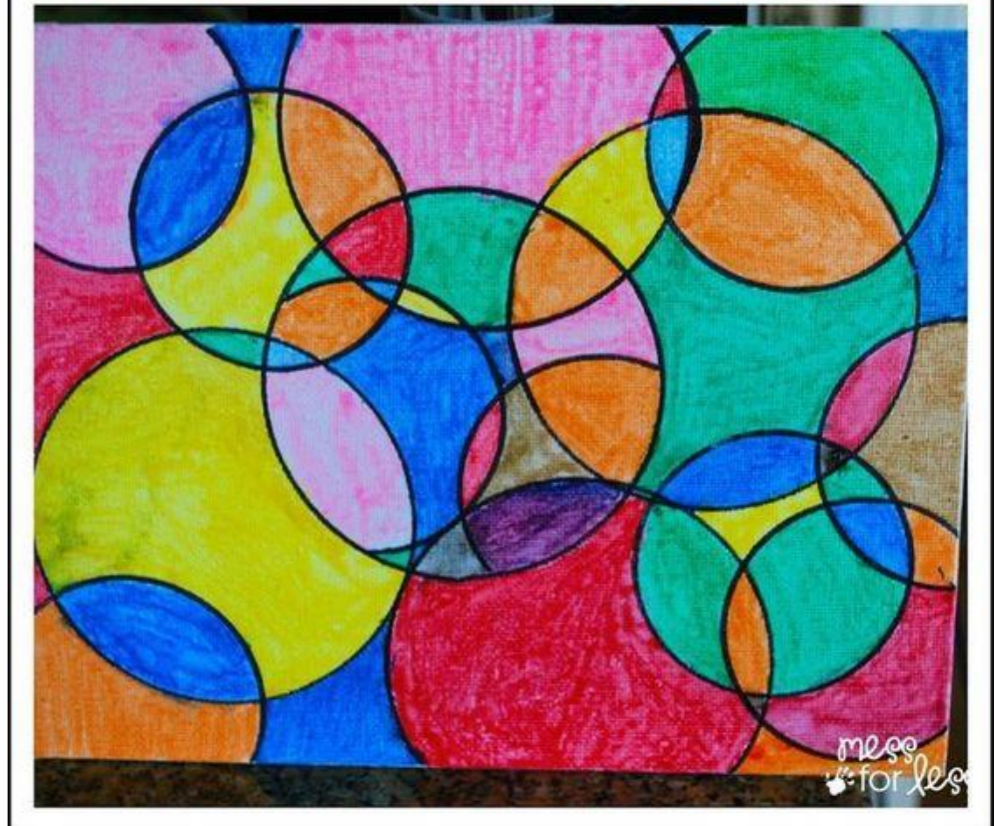
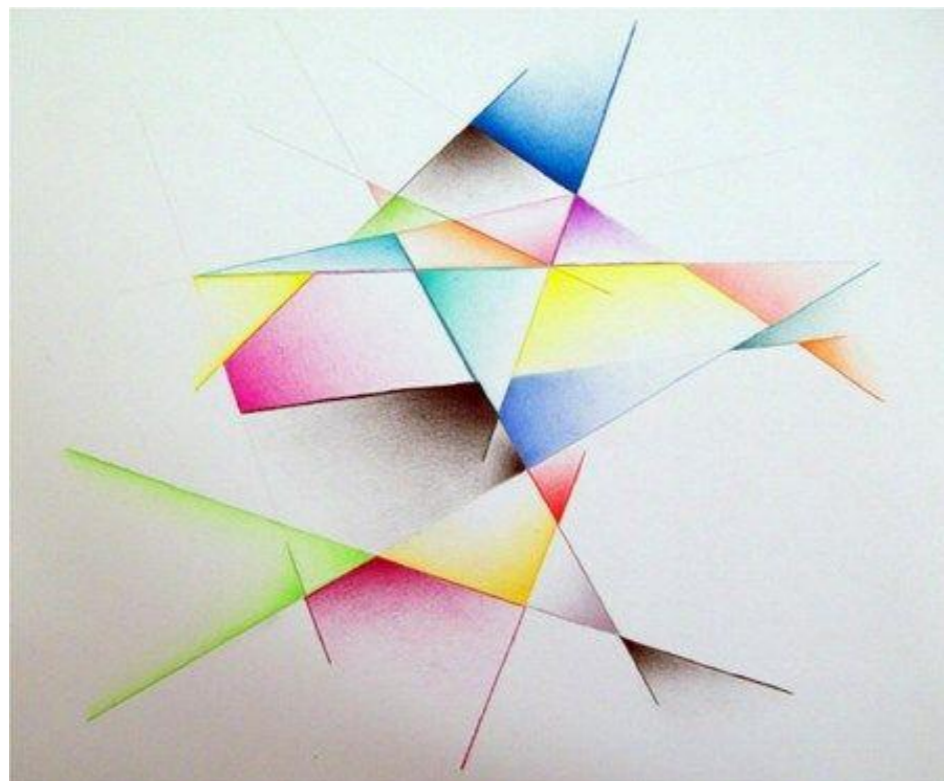




Colour in!

When and why did we stop colouring outside the lines?

Use this time to sit and colour. You can use any colour, any media, any pattern. Look and focus on the colouring. Go outside the lines if you want! Or remain controlled and consider your colours.



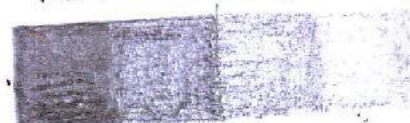
Tone

Tone creates depth.
It makes your drawing look less flat and more realistic.



EXAMPLES OF TONE.

Tone using a 2B Pencil:



DARK — MID — LIGHT

LIGHT SOURCE:

ALL ARTISTS USUALLY PLAN WHERE LIGHT IS COMING FROM BEFORE THEY START WORKING. ENSURE YOU PLAN YOUR LIGHT SOURCE.

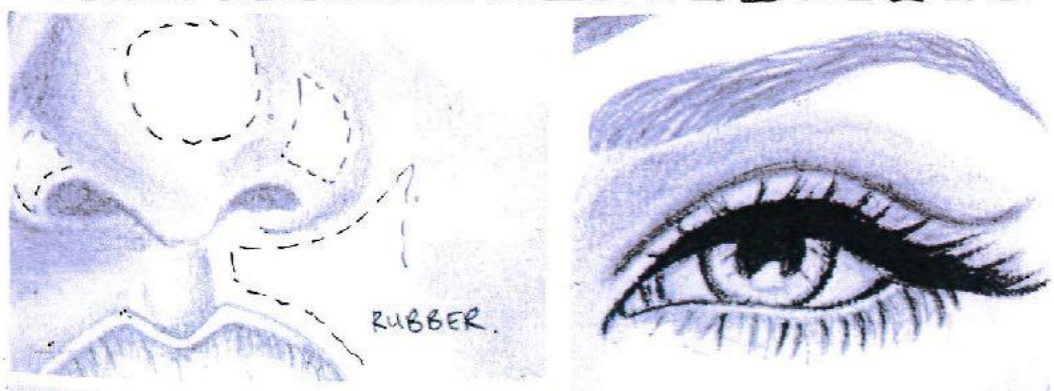


IT COULD BE THE SUN A LAMP OR EVEN THE MOON!

DARK TONES ARE PLACED WHERE THE LIGHT CANNOT REACH.

BRINGING BACK THE LIGHT:

USE A RUBBER TO BRING BACK AREAS THE LIGHT HITS.

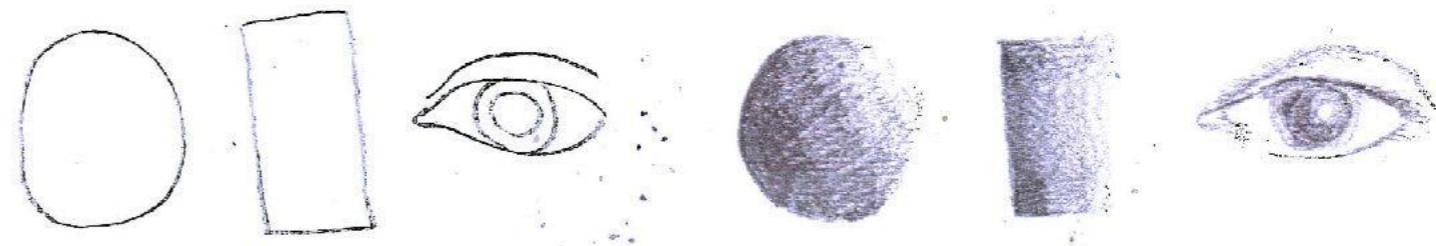


RUBBER.



REMOVING LINE:

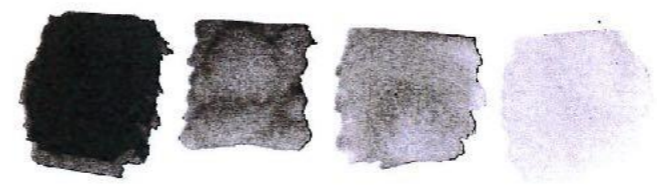
AS WITH ANY PIECE OF ART YOU SHOULD BE WORKING DIRECTLY FROM A IMAGE OR FROM OBSERVATION THIS WILL HELP YOU WITH TONE.



DRAWING USING LINE

DRAWING USING TONE

TONE USING INK/PAINT:



ONCE YOU HAVE CHOSEN YOUR LIGHT SOURCE + PRACTICED YOUR DRAWING YOU CAN TRY USING WET MEDIA TO CREATE TONE.

From darkness comes light...a reminder on tone

Community



RANDOM ACTS OF KINDNESS

Free Bingo Card

ACTS OF KINDNESS

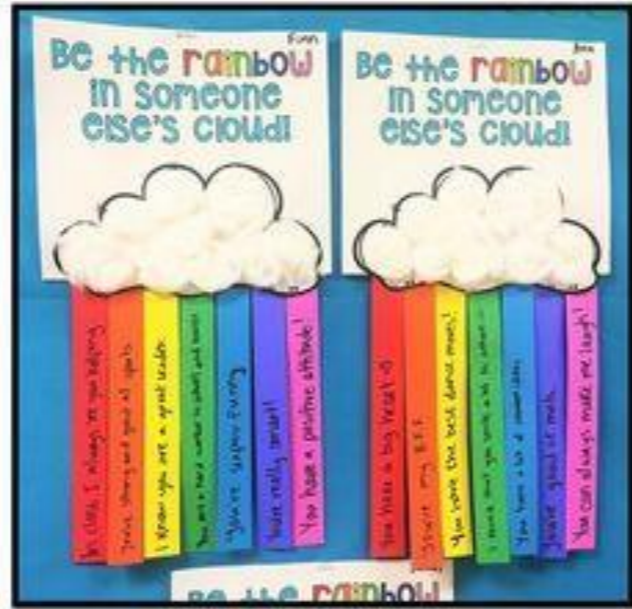
LEARNINCOLOR.COM

Leave someone a kind note	Give a compliment	Hold the door open for someone	Do a chore for a sibling	Create care packages
BRING DINNER TO SOMEONE	Donate old books	smile	Support a small business	Leave a snack and note for the mailman
Tell a family member how much you love them	Weed/rake leaves/shovel snow for a neighbor	FREE SPACE	PICK UP LITTER	Give a hug
LET SOMEONE GO AHEAD OF YOU	volunteer	Leave change at a vending machine	do a chore without being asked	Bake cookies for firefighters or police
Give a friend or the new kid a snack	ASK OTHERS TO PAY IT FORWARD	WRITE A THANK YOU LETTER	Visit a nursing home	Donate to a food bank

learn in color



KINDNESS CRAFT



stones



Thank you!