

# Art in the afternoon ~ Let's get creative!

"Art is the only way to run away without leaving home" Twyla Thorp

## Welcome to my creative arts challenge!

I hope this finds you all well! I am sorry that I have been slow sending out this next issue but I have been busy teaching and working remotely, which is fast becoming my new normal. In this issue have a go at paper sculpture, be chilled with therapeutic colouring sheets to download from Forestry England, visit some amazing places with Google's Arts and Culture website, complete our drawing and word challenges and enjoy some more lovely artwork.



Above all, HAVE FUN and enjoy the lovely weather safely!

For those of you in my Penrith Hospital Art Group I want to try a ZOOM get together next Wednesday afternoon at 2pm - just to see if we can! This will be your big challenge for next week. I hope to see you all there if you can. I will send you all some instructions to help with this so don't worry - I am here to help!

In the meantime EVERYONE please have a go at some of the challenges and keep sending in your super work.

Karen.

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### MAKE YOUR OWN ARTISTS MODEL

Use a sheet of A4 paper, fold it into an interesting shape. Draw it without lifting your pencil.

2

NOW DRAW YOUR MODEL LARGE HOLDING YOUR PENCIL AT THE END USING YOUR WHOLE ARM. YOU WILL NEED A LARGER PIECE OF PAPER FOR THIS!

3

MAKE A TONED GROUND BY SCRIBBLING EVENLY OVER AN A4 PIECE OF PAPER WITH A PENCIL AND RUBBING IT WITH KITCHEN TOWEL. NOW DRAW YOUR MODEL USING JUST AN ERASER!

### Word Line Challenge

Can you get from HEAD to TAIL in five moves changing only one letter at a time, and making a proper word each time?

Mary had a go at this challenge and then found a way of doing it in fewer moves. Here is what she did:

HEAD HEAD

HEAR HEID

HEIR HEIL

HAIR HAIL

HAIL TAIL

TAIL

Mary says that all the above words are valid for Scrabble - I think she has more than met my challenge!

Can YOU come up with another word game for next time?

Meet Arthur my paper sculpture penguin. He has escaped! 🐧

**On your computer or tablet: visit <https://artsandculture.google.com> and explore!**

This is an amazing site where you can visit galleries and museums all over the world, see work by loads of artists and even visit historic sites.

Let me know what you found and enjoyed.

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## Have a go at Paper Sculpture

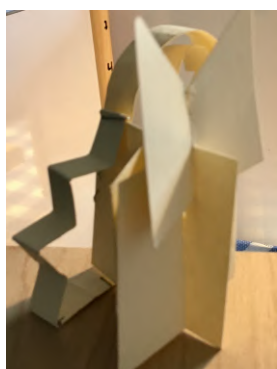
You will also need scissors, glue stick and possibly a stapler

TRY THESE METHODS FIRST

1. Cut out squares and cut a slit in each square and push them together so they can stand up.
2. Roll strips of paper round a pencil to make curls
3. Fold up a strip to make a zig zag shape like a staircase.

Using these 3 methods you can make all sorts of sculptures.

Have a look at my cat. This used 4 squares with slits. I shaped one of the squares for the ears + a rolled piece for the tail and a zig zag to give stability and suggest movement.



**What can you make?**

**Send in your pictures to share.**

## Therapeutic colouring is good for you!

For those of you who enjoyed the the therapeutic colouring sheet last week paste this link or copy it, into your internet browser. <https://www.forestryengland.uk/sites/default/files/documents/Forestry%20England%20-%20colouring%20sheets.pdf>

There are 6 colouring sheets to print out and colour - all focussing on forests and nature. These are produced by Forestry England - have fun!

### THIS IS OUR GALLERY FOR YOUR WRITING AND PICTURES

Catching up with everyone this week and sharing news.

Pat and Glenys have both been spending a lot of time in the garden enjoying the good weather. Geoff has been out and about walking the dog, watching lots of TV and enjoying a beer or two.

Here we have a beautiful flower painting by Vicki which I am sure she will be happy for me to 'send' as a Get Well card for Annette who is recovering well from her recent operation and is back at home, feeling very much better.



*And because we all need a little magic in our lives.....a beautiful fairy sent in by Deb - thank you!*

