

Creative Ideas

Crumple painting/ drawing

- Take a piece of paper and crumple it into a ball.
- Flatten the paper out again.
- The crumpling will have left lines and shapes across your page.
- Paint or colour in the different shapes to create an abstract art piece.
- Tip- you can get some interesting results by only using 3-4 colours (pick your favourites!) or by using different materials in different areas (paint, pencils crayons etc).

Junk modelling/ tinfoil sculptures (3D pictures)

- Pick a theme such as pets, dream house, a walk in the park, a feast, friendship, flowers. . . what other themes can you think of?
- Collect together clean recycling such as plastic bottles, cereal boxes, egg boxes, food containers. Tin foil also makes a great material for building sculptures.
- Using glue, tape, paint and anything else you have to hand to put your sculpture (s) together.

Design your own graffiti signature/ Tag

- Write your initials as big as possible on your page in bubble writing if you can do it.
- Then start doodling and colouring your image with your favourite colours and things.

Defacing magazine pictures

- If you have old magazines you may want to pick some pictures from them.
- Using pens or paint re style the pictures.
- Tip- you may want to look at some 'pop art' images to give you some inspiration.
- You can also cut up old magazines to make some collages. Again you may wish to pick a theme for your collage. Select your pictures, cut out and glue onto a fresh piece of paper to create your new design.

Keeping an art journal/ book of calm

- If you have a sketch book or note pad you can keep an art journal or make a calm book.
- Draw a picture in your journal each day.
- You may want to date each picture and perhaps give them a title.

- Alternatively collect images from old magazines, old photos, inspirational quotes which make you happy/ feel calm and stick, write or draw them into your book.
- This can be an ongoing project.
- If you are having a less good day you can look through your book to cheer yourself up.

Cards and post cards

- As it can be difficult to communicate at the moment we may feel like we have things to say but can't say them.
- These can be turned into cards and post cards.
- Draw a picture on one side which links to what we wanted to say and write the words on the other side.
- It may be that you are grateful to someone and want to say thank you
- Or it maybe that you are feeling angry with someone about something. It can be really nice to get these feelings out onto a post card which we can then rip up or throw away. This can help us to begin to let go of those more uncomfortable feelings.

Make your own play dough

- You will need:
 - 8 tbsp plain flour
 - 2 tbsp table salt
 - 60ml warm water
 - food colouring
 - 1 tbsp vegetable oil
- You can also add glitter or essential oils to make the playdough smell nice

Method

1. Mix the flour and salt in a large bowl. In a separate bowl mix together the water, a few drops of food colouring and the oil.
2. Pour the coloured water into the flour mix and bring together with a spoon.

3. Dust a work surface with a little flour and turn out the dough. Knead together for a few minutes to form a smooth, pliable dough. If you want a more intense colour you can work in a few extra drops of food colouring.

4. Store in a plastic sandwich bag (squeeze out the air) in the fridge to keep it fresh.

Origami

- This can be a great way to make your own characters, sculptures and even useful objects like a jewellery box out of paper. (although you may need scissors to create the origami square).
- There are lots of great ideas and instructions on <https://www.origami-fun.com/> or <https://origami.me/>
- You can also decorate the paper you are using for the origami with patterns and colours to make them more interesting.
- Tip- start with the more basic instructions first to get used to how the origami works.

Things that I love poster

- You can use the template below or create your own.
- Fill it in with colours, patterns, shapes and symbols to represent all the things you love.

Mandalas

- This basically means a drawing in a circle.
- This is often found to be a relaxing art activity.
- Often Mandalas have repeating patterns but not always.
- You can find inspiration online by searching images of mandalas or simply make a mark and start creating your own.
- You can use the template below or make you own by drawing around an object such as a bowl.



