



Welcome to this brand new Feel Good edition of the 'Art is where the home is' activity pack, ready to help you stay creative as we venture out more, schools reopen and the weather cools.

All of the activities here have been designed around the 5 Ways to Wellbeing aimed at improving the mental health and wellbeing of the whole population. The 5 Ways are:

1. **Connect:** Good relationships help build a sense of belonging and self-worth.
2. **Be Active:** Being active improves mental wellbeing as well as physical health and fitness.
3. **Take Notice:** Paying more attention to our thoughts and feelings, and the world around us.
4. **Keep Learning:** Learning new skills boosts self-confidence and raises self-esteem.
5. **Give:** Acts of giving and kindness create positive feelings and a sense of reward.

You can find out more about these on the UK government website:

www.gov.uk/government/publications/five-ways-to-mental-wellbeing

The 35 activities in this pack have been produced by a diverse collection of brilliant artists, all with connections to Firstsite's local patch of Essex and Suffolk. Go to the back page to find out more information about them, as well as links to their websites and Instagram pages.

We have more activity packs in the pipeline including ones focused on activism and the environment. Please sign up to the Firstsite mailing list on our website www.firstsite.uk/newsletter to receive yours as soon as it's released online.

As ever, when you have made your artworks, we'd love to see them. Whether making at home after school or during weekends, or if you are a teacher using these activities in the classroom, please share your creations by posting on your chosen social media channels, and don't forget to tag Firstsite!

Facebook [@firstsite](https://www.facebook.com/firstsite)

Twitter [@firstsite](https://twitter.com/firstsite)

Instagram [@firstsitecolchester](https://www.instagram.com/firstsitecolchester)

You can also share your artworks on our Online Studio, where you can see other people's posts and get inspiration for your own ideas.

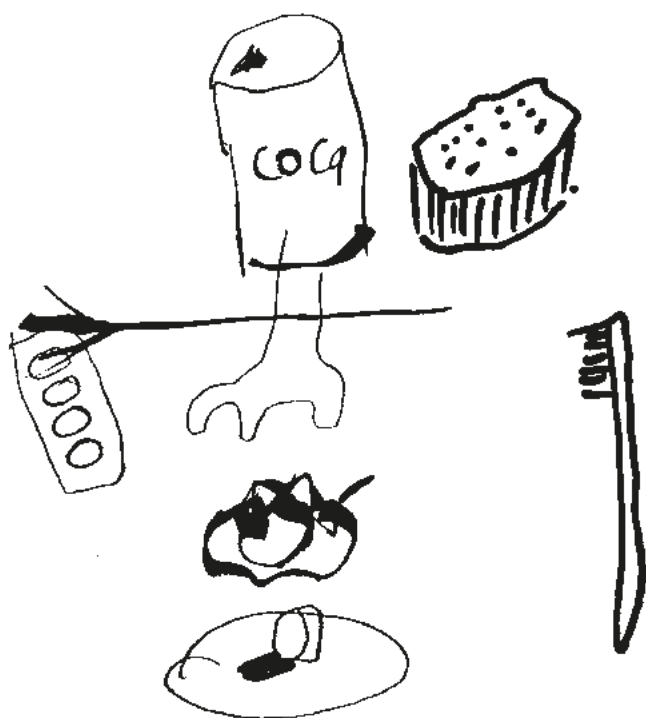
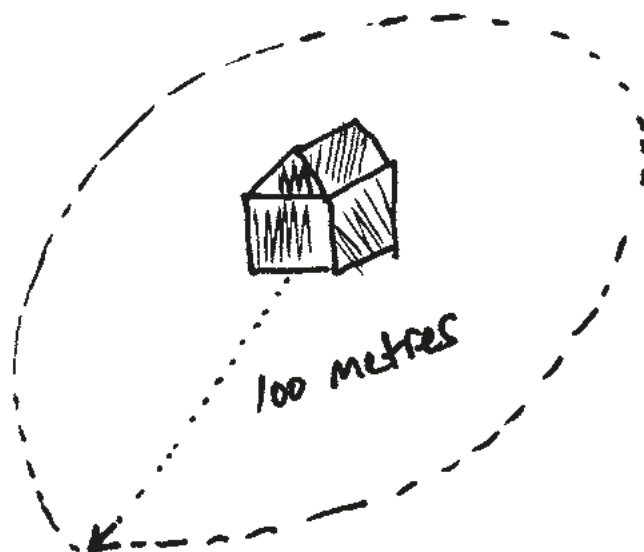
www.firstsite.uk/online-studio

We look forward to seeing your artworks and hope you have lots of fun and feel good making art at home.

4	EVEWRIGHT
9	Alicia Barnes
10	Freya Gascoyne
12	Kelly Wu
13	Aparna Mitra
15	Darla Wilson
16	Jack Dempsey
18	Jason Kofi-Haye
25	Level Best Art Café
33	Ilona Sagar
39	Amy Rose Williams

100 Metres

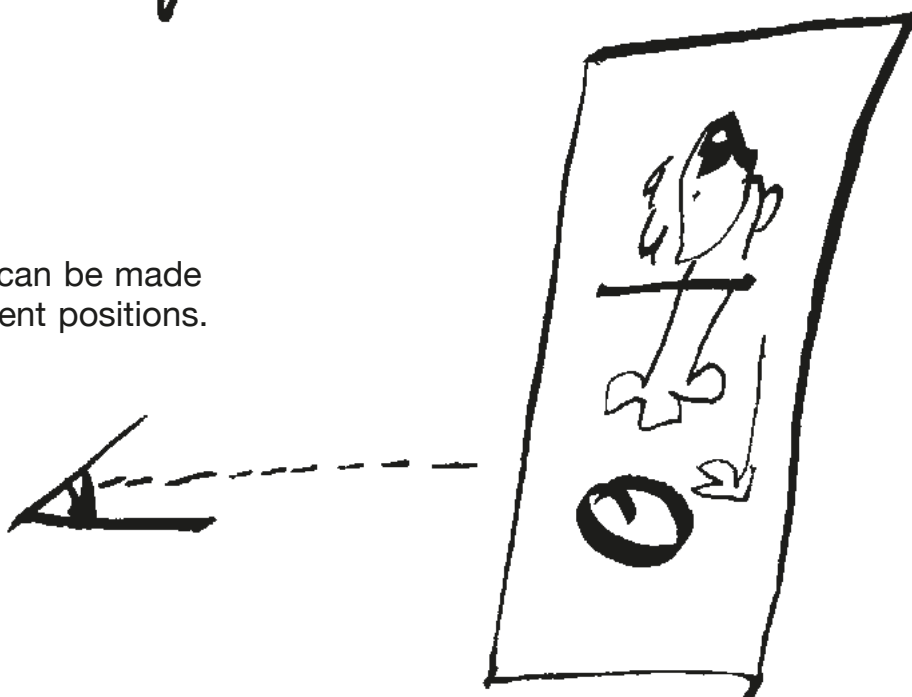
Go for a walk no more than 100 metres away from your home (The length of a public swimming pool). Pick up 10 random objects on your journey. They can be any size.



Bring your objects home and create a collage of a face or a standing figure (a full-length person). Make a drawing of your collage using any medium such as pencils, crayons or paints. Move the objects into a new configuration and make another drawing.

Make 10 × drawings.

See how many different faces can be made from the same objects in different positions.



Memory of your legs

Go for a walk, run or wheel chair ride.

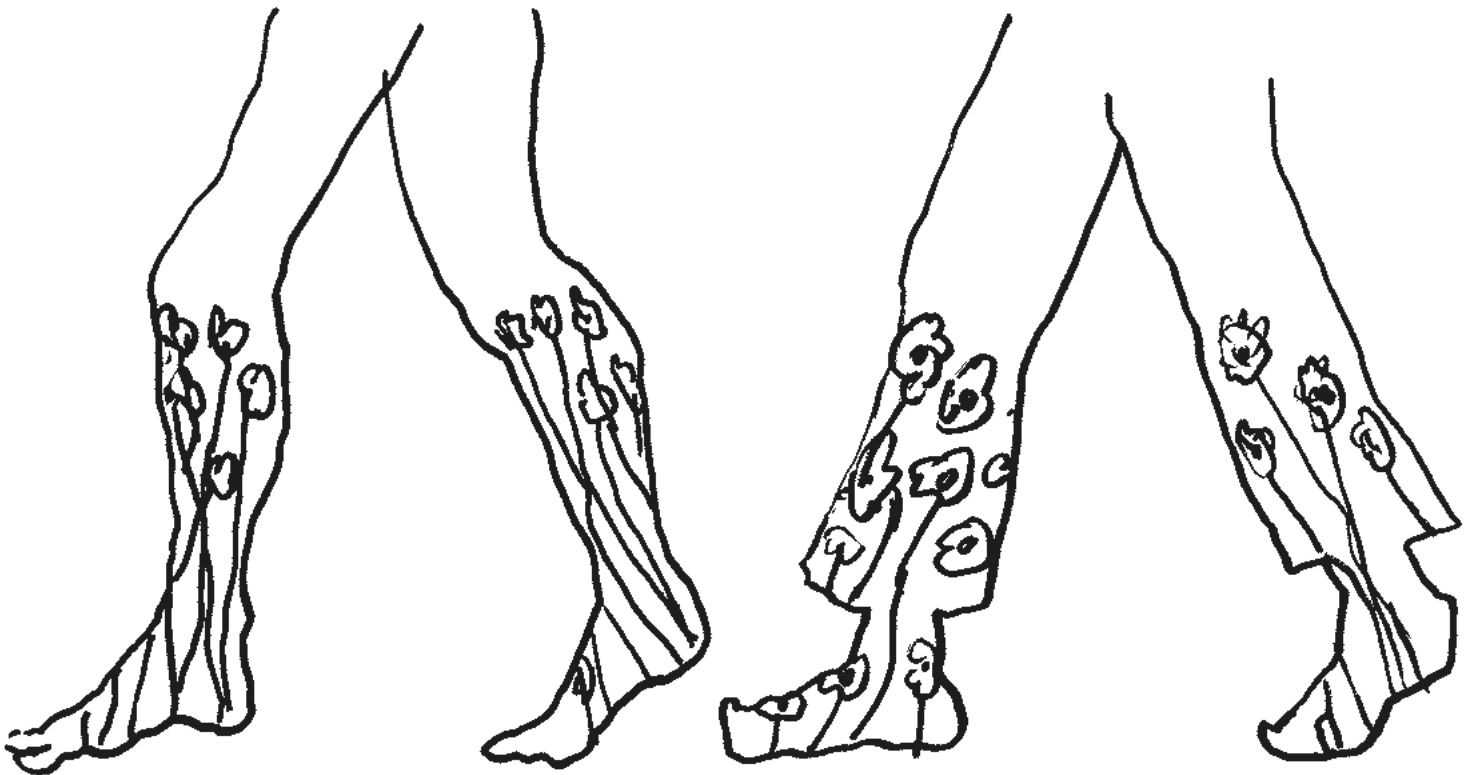
As you move, stop 5 times.

Look down and take a mental note of your legs and their position and their surrounds. When you get home try to remember your journey with your legs or wheel chair.

Using the largest paper that you can find, make tracings of your legs and feet. Ask for help from a family member. Within the outline of your legs remember and draw your journey and the things that you noticed when you stopped 5 times. What did you see? You may have walked through grass or passed a neighbour's dog.

What did you hear? What did you smell?

Your legs have a memory. This experiment makes you aware of how different parts of your body travel through space.



Spirit of the moon

3 August 2020 = Full moon
'Sturgeon moon'

In 2019 I spent two months in the Caribbean with my brother a local farmer. I saw some beautiful moonlit nights which inspired some interesting paintings. My brother told me that rumour has it that when they sow corn they plant on a 'Dark moon'. I was told 'because it's a time where there's no insect movement in the soil'.

Jamaica is the land of my recent ancestors and I became interested in the spiritual connection and presence within as well as the surrounding natural environment, especially the moon. I began to think about how the moon can affect the earth, humans and the tides and what that could look like in a drawing.

On the day of the full moon, take a late evening walk or you can go out into your garden. If you can see the moon great. If not, that's ok. Try to imagine it. Try and feel its presence. The moon transforms itself on different days. A new moon is the dark moon and this happens every 29.5 days.

Create a self-portrait and make sure the moon features in the composition....
use any medium and put the spirit of the moon in you.



Mobile Phone Drawing

I use film a great deal in my art practice and the mobile phone has become an indispensable artistic tool. Use the film function on a device. Most phones have them as well as the basic edit function.

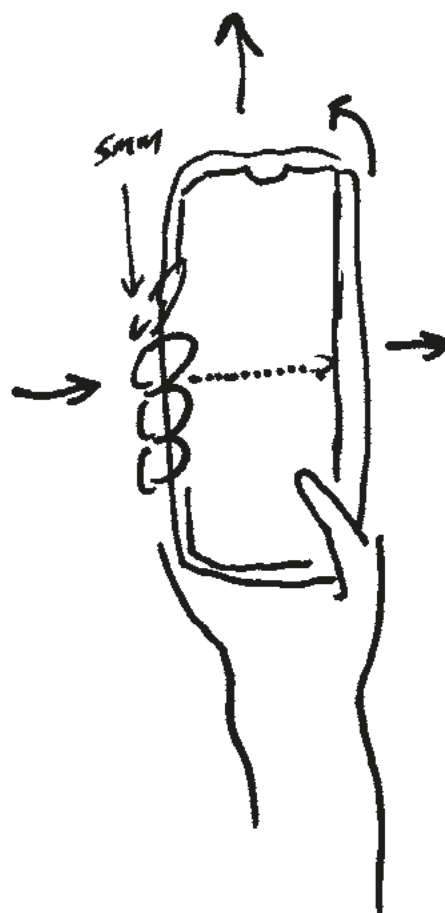
You can hold the camera in a horizontal position or a vertical one it's your choice. Just remember to keep it the same throughout.

Find a line on the street where you live and follow it and record with video. Make the clip not too long, about 30 seconds – 1 min maximum. Do a series of recordings of different lines. Try and start the clip where the last one ends so that the lines match up. You can try putting some removable tape as a marker on the screen to help you.

Look at cracks on the pavement or lines on tree bark. Think about the thickness, colour and texture. Because you are using film try doing a little storyboard before you begin. Producing an unplanned random film as you walk is also exciting. Remember on both counts, record lines only, not objects or people. Remember to keep your social distance or find a quiet area where you can record uninterrupted without passers-by. You can use sound or sound track as you record.

The phone is now a pencil that you can use.

Artist Paul Klee said: 'A line is a dot that went for a walk'.



Drawing Light through Dark

Charcoal is one of the world's oldest drawing mediums. It is my basic comfort food for my art practice. The rubber is its partner and when I go to an art shop I always buy a few to take home. I make sure they are different sizes and consistencies ... a putty one or plastic it doesn't matter.

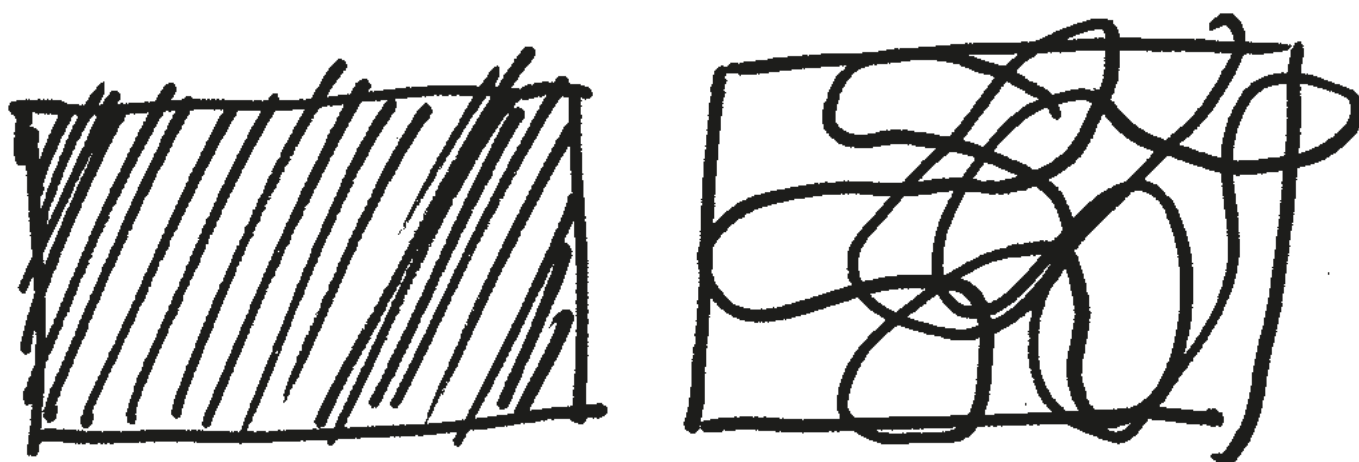
Rubbers are like paint brushes and they all harbour their own secrets, which can only be revealed when you use them.

Produce TWO drawings one abstract or figurative.

Find two large white pieces of paper as big as you can find, ideally A2 size. Cover both sheets of paper completely and evenly with charcoal. Charcoal can be messy! Ask a grown up for help and make sure you cover the area where you are working and wear old clothes or an apron. You either can be outside or in a darkened room just allowing for the light to peak through the curtains.

Using a rubber only look to 'draw' the 'light'. If you are outside this could be the gaps in between the leaves on the trees. If you are inside in a darkened room this could be the shafts of light coming through the curtains.

For your abstract drawing just experiment with the different rub away marks. Remember charcoal leaves a memory mark when you remove it ... Use it in your composition. Try layering your drawing. Sometimes with charcoal a second or third drawing on top of the original can look amazing.





- ① Go outside
e.g. to the beach or a forest!
- ② Find a BIG flat-ish rock
- ③ Wash with soapy water + leave to dry
- ④ Plan your design

- ⑤ Get your materials ready...
e.g. paint, pens, paintbrushes, water, glitter etc.

- ⑥ Start Creating!

★ ★ HERE ARE SOME I MADE

SOME IDEAS

- favourite book or film characters
- inspirational quotes
- places you'd like to visit
- animals
- your family!



GROOVY DRAWINGS

DRAW ALONG TO THE BEAT OF THE MUSIC...



1 CHOOSE A SELECTION OF SONGS OF DIFFERENT GENRES TO PLAY - THE LESS SIMILAR THE BETTER! PREPARE YOUR PENCILS AND PAPER THE ACTIVITY.



2 PLAY THE FIRST SONG FROM YOUR SELECTION AND TRY TO DRAW IN TIME TO THE MUSIC - BE INSPIRED BY THE SONG & HOW IT MAKES YOU FEEL.



3 CONTINUE THIS PROCESS WITH THE OTHER SONGS. YOU CAN REFLECT ON HOW YOU FEEL ABOUT EACH PIECE. CAN YOU SEE CLEAR DIFFERENCES BETWEEN THEM - (E.G.) IN THE COLOURS USED OR THE MARKS YOU MADE?

GROOVY ARTWORK BY FIONTAN CONNOLLY, YAK.

COULD YOU USE SOME COLOURED PENCILS TO MAKE YOUR ARTWORK MORE EXCITING? ☺

SOFT RAP

POP

ROCK

NOTICE... WHICH MUSIC WAS EASIEST TO DRAW TO? WHICH DID YOU MOST ENJOY?

DO YOUR DRAWINGS TELL A STORY?

ROCK

SOFT RAP

Here are some I tried!

FREYA GASCOYNE FG

REGGAE • JAZZ • POP • ROCK • CLASSICAL • DANCE • RAP • BLUES • CLUB • IND! • HOUSE • ACCOUSTIC • HIP-HOP • THEATRE • FOLK • METAL

BLIND CONTOUR DRAWING!

① FIND SOMETHING YOU WANT TO DRAW

(EG) A MEMBER OF YOUR FAMILY, SOME FLOWERS OR A SPECIAL PLACE IN YOUR HOUSE!

② HAVE SOME PAPER AND A PEN / PENCIL READY TO USE, SIT DOWN IN FRONT OF YOUR SUBJECT

(the thing you're drawing).

③ PUT YOUR PEN DOWN ON YOUR PAPER AND LOOK DIRECTLY AT YOUR SUBJECT. REMEMBER NOT TO LOOK AT YOUR PAPER!

④ LOOKING AT THE SHAPE OF YOUR SUBJECT, TRY TO FOLLOW THE OUTLINE OF IT WITH YOUR EYES, AND WITH THE PEN ON THE PAPER. TRY NOT TO LOOK & DON'T LIFT THE PEN OFF THE PAGE!

⑤ ONCE YOU THINK YOU'VE FINISHED YOUR SKETCH, LOOK AT THE MASTERPIECE YOU'VE CREATED!

↳ DO YOU LIKE IT?
↳ CAN YOU TELL WHAT IT IS?

CREATE FUNNY, QUIRKY DRAWINGS JUST BY... NOT BY... LOOKING AT THE PAPER!

OTHER THINGS TO DRAW...

Flowers



view from your window!



A Pet



Your bedroom!

Your lunch!



BLOBS

For this activity you will need:

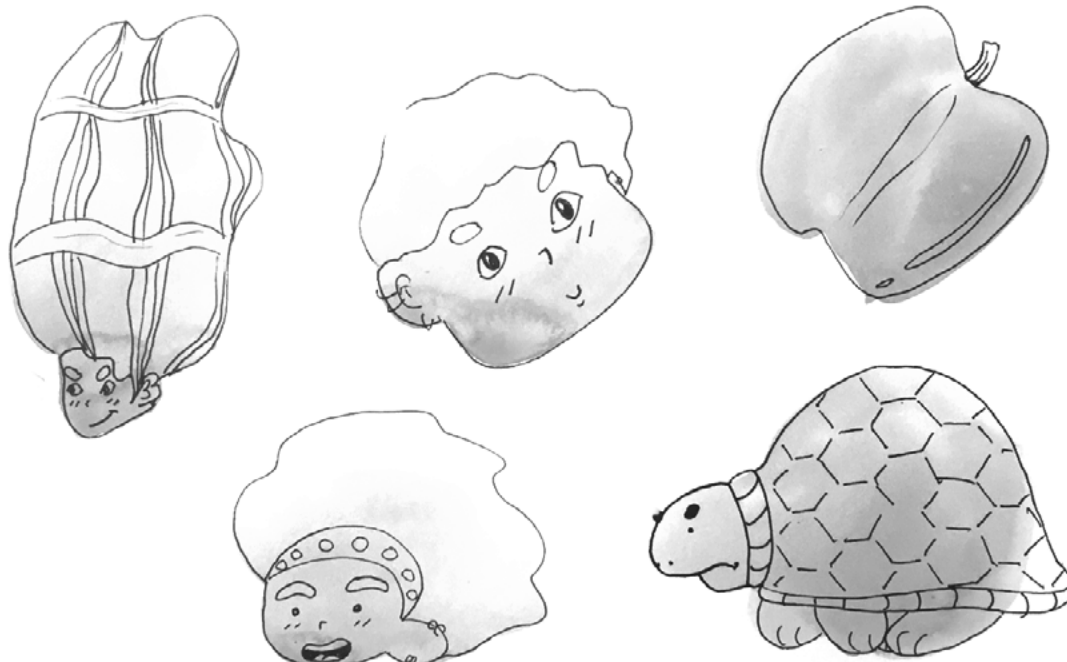
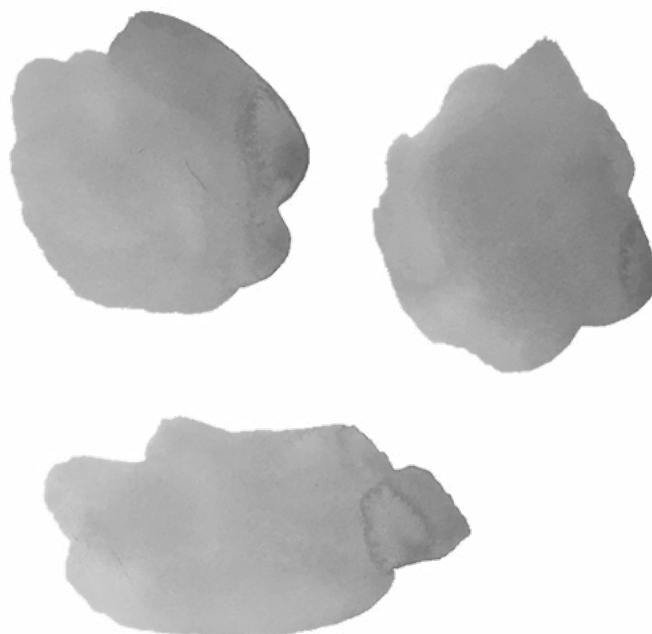
- paint
- paintbrush
- cup of water for rinsing
- black pen
- paper

Using the paint, create a few shapes across the page; the more obscure the better!
(Ideally these will look like random blobs!)

Then, after these have dried, observe the blobs you have just painted.
What do you see?

Using the black pen, draw this onto the paint. Perhaps you see an animal, a person, or even a plant.

This activity allows you to transform an originally shapeless blob into a brilliant illustration of your own.



An Invitation to Dinner.

Make your own personalised dinner invitation for a post-lockdown reunion!



My kitchen
table

- ① Take a photo of your kitchen/dining table
← (you could also set up a picnic rug and take a photo of that)
- ② print out your photo or make a drawing of your table yourself.
- ③ draw some people gathered around the table. They could be your friends, family favourite musicians or even someone completely made up! You could even use cutouts of photographs/magazines and place these around the table
- ④ Add some food onto the table - make an interesting spread to get your guests excited!
- ⑤ Don't forget to add the date and time.
- ⑥ Distribute your invites and enjoy your dinner!



Positivity Spell Jar

This jar is used to attract good energy to you and your home.
You can fill it with anything positive or magical that you think will boost its power.

Some magical ingredients you might have and what they are for:



Sea Salt- Protection, Cleansing

Honey- Love, Healing

Flower Petals- Love, Family

A Coin- Wealth, Luck

Coffee- Warmth, Motivation

Cinnamon- Power, Success

Thyme- Courage, Strength

Feather- Creativity, Wisdom

Place all your items inside your jar. Write out your own spell, focus on writing about what you want your jar to achieve, it doesn't have to sound amazing as long as it feels right to you.

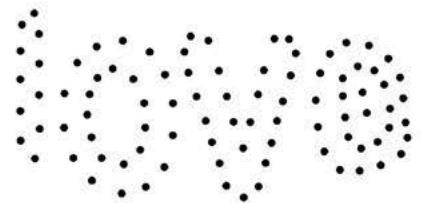
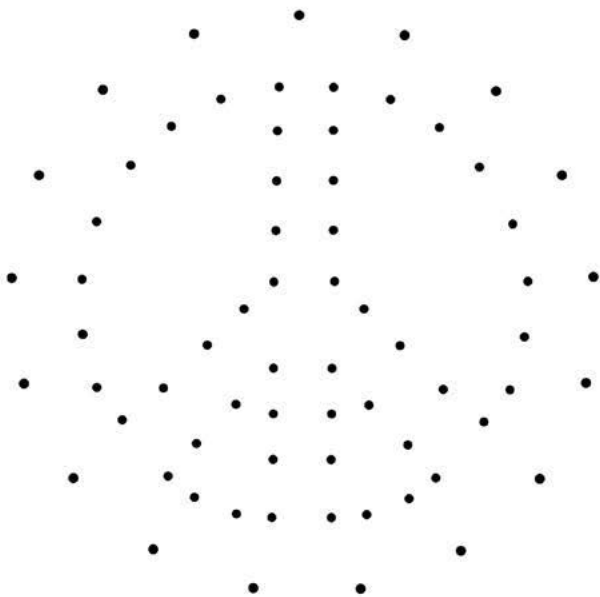
Decorate the jar however you want. When you're done visualise lucky, positive energy flowing into the jar and seal it with ribbon or whatever you want

Place it somewhere you can see it.



dot-to-to designer

this activity is about **your** process as an artist -
join together the dots to form your graphics -
then cut them out and colour in ready to go
onto your t-shirt - have fun!



by @lveyourselves

design your own t-shirt

creation page



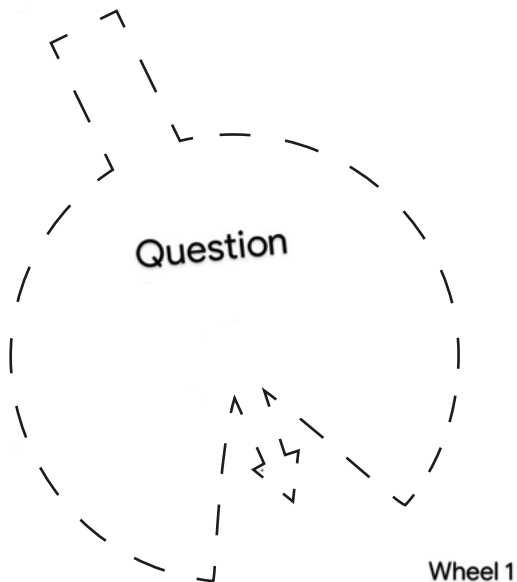
by @lveyourselves

**use your cut out
graphics and
get busy!**

**add your own
designs and
favourite colours**

Volvelle

A volvelle or wheel chart is a type of slide chart, a paper construction with rotating parts. It is considered an early example of a paper analog computer.

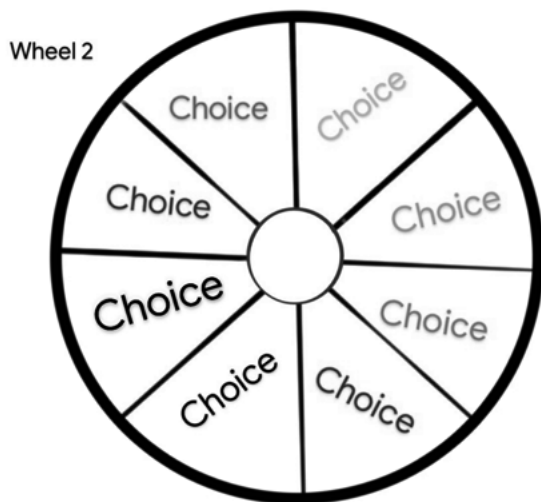


1. Cut out the pieces on the dotted line.
2. On wheel one, design and create a question.
3. On wheel two, design and create a different answer in each slice.
4. Place wheel one above wheel two.
5. Move the handle of wheel one clockwise to select the option to your question.

Ideas:

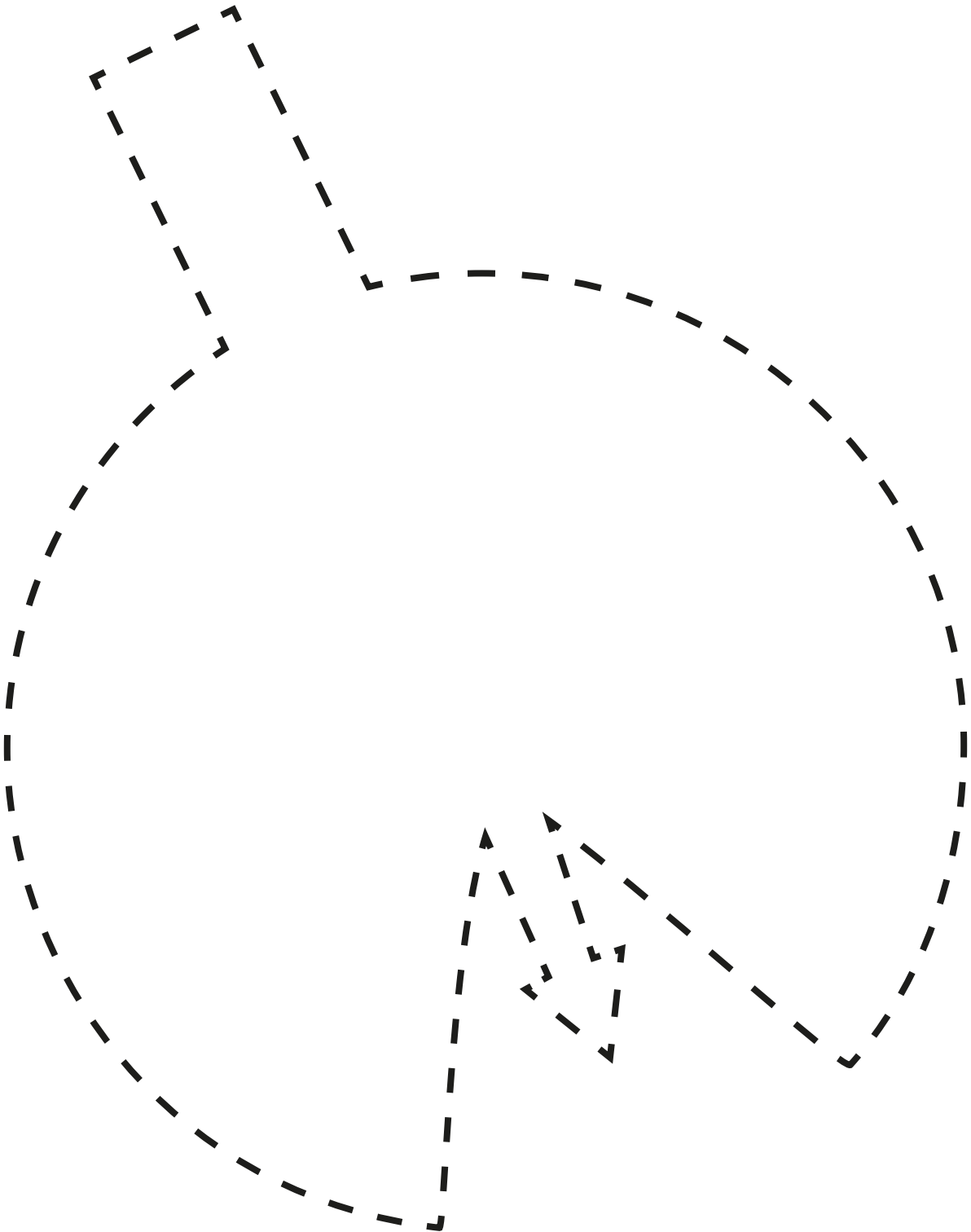
You could create a Volvelle to:

- Decide a random activity to do for the day.
- To find out your favourite colour.
- Which mood you or a friend are currently feeling happy, sad, noisy and quiet.



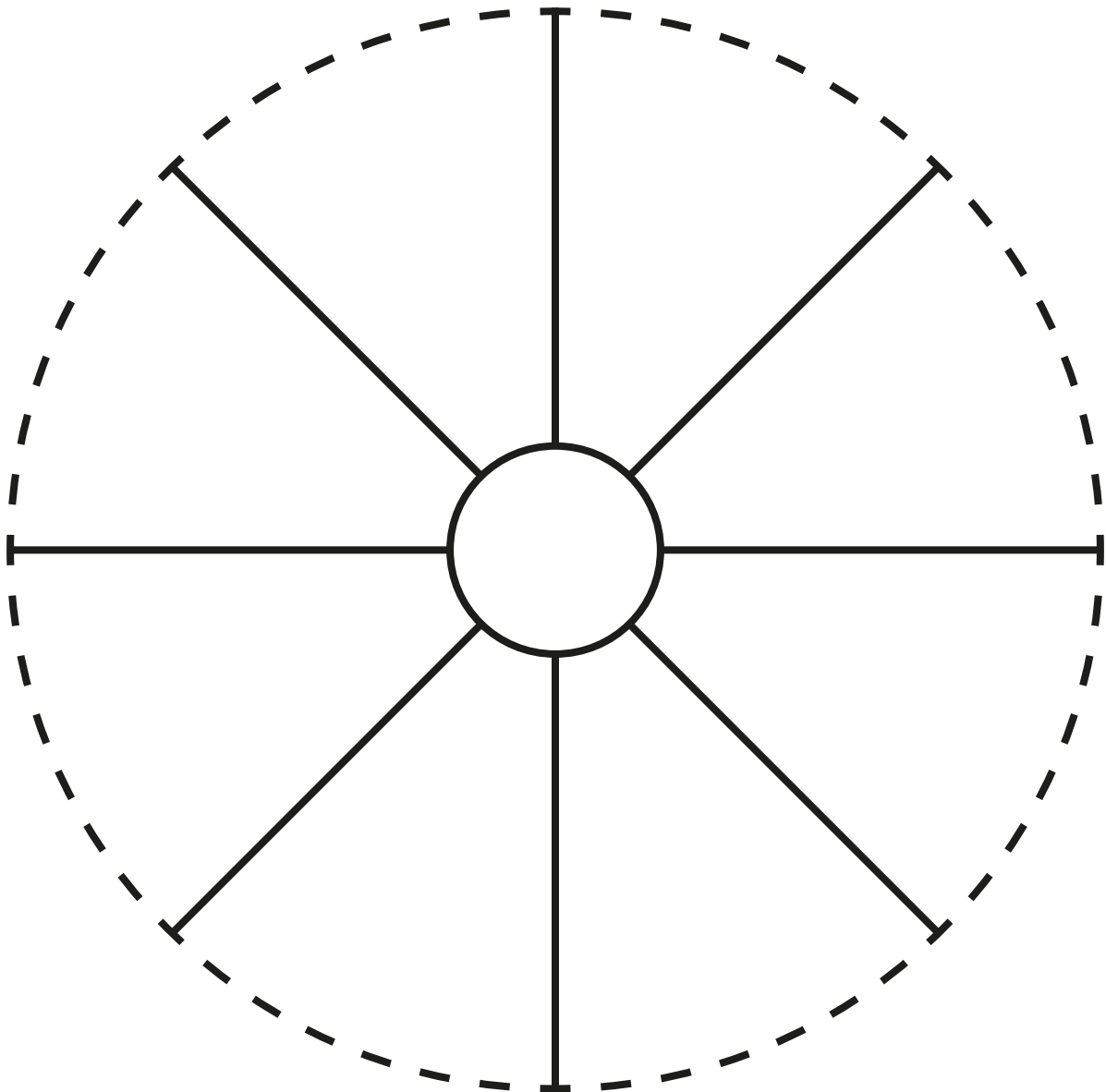
Volvelle

Here is your template for the first wheel:



Volvelle

Here is your template for the second wheel:



Finger Labyrinth

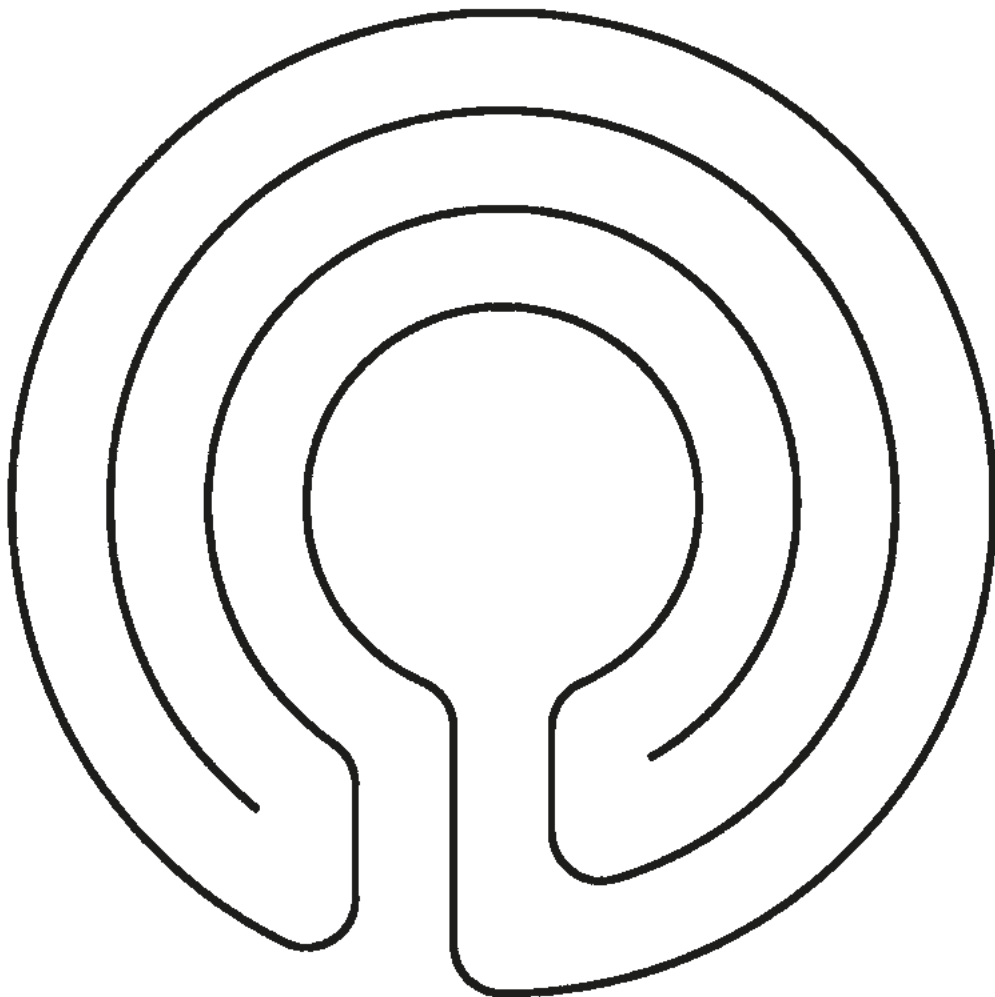


Draw a picture of your favourite place inside the labyrinth.

Use your finger to follow the lines to get to your favourite place.

Ideas:

Where is your favourite place? It could be the park, school, with your friend or your pet.



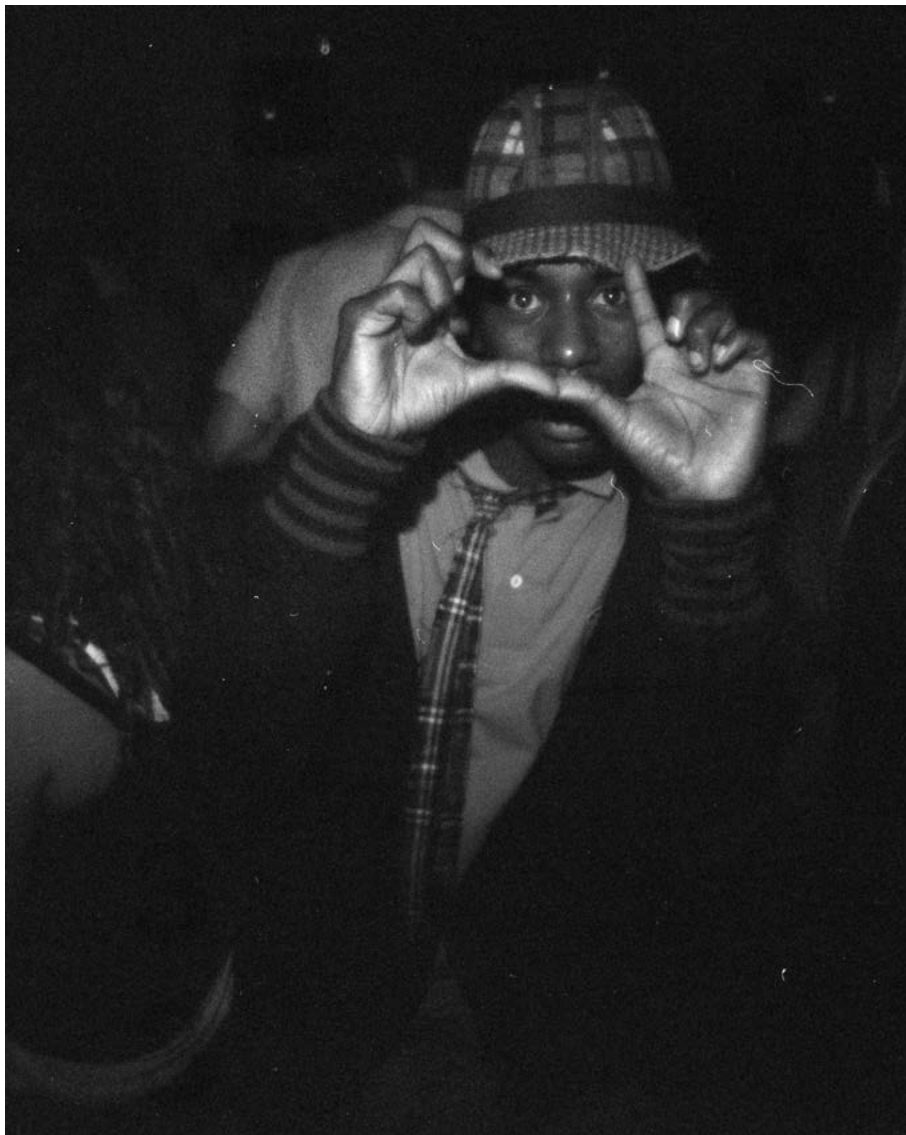
View finder

Take a picture of someone pretending to take a picture.

Ask them to describe what they have taken.

Ideas:

This could be anything, a real place or a imaginary world, a memory or a dream.

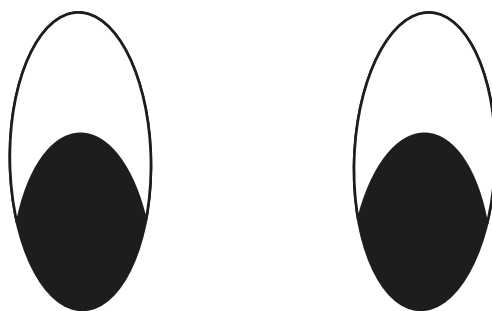


I see your smile

1. Design a smile badge.
2. Wear your badge on your travels.

Ideas:

You could wear smile in another language.
Here are some examples:



Aoibh Gháire Irish

Rerín Yoruba

Sonreír Spanish

Gàire Scottish

Sumairu Japanese

Gwenu Welsh

Miso Korean

Wéixiào Chinese

Muskurao Hindi

Sky Watching

1. Find a comfortable place to lie on your back.
2. Look up into the sky for a few moments. What do you see?
3. Report what you find. This could be in the form of a poem, a short story, drawing a picture, taking a image, telling your family member.



Sowing Seeds

Level Best is full of keen gardeners! Over lockdown whilst we couldn't be together at our East Bay Allotment we shared seeds, grew plants and ate food!

Grow your own cress from seed! Cress is a very undemanding plant. Quick growing and tasty raw in a sandwich. To grow cress, you don't need a garden or even soil. All you need is a plastic yogurt pot/ empty supermarket fruit tray or an eggshell, some cress and some cotton wool. Because cress doesn't grow very big it gets all the nutrients it needs from water and the rest is done by light via photosynthesis.

1. Find your container.
2. Squidge some cotton wool into the container and a little water to dampen.
3. Sprinkle with your cress seed and a sprinkle of water.
4. Find a sunny window ledge or tabletop.
5. Water a tiny bit each day and watch your cress grow!
6. Snip off the stems and EAT.



'Well I have been growing tomatoes, potatoes, onion, runner beans, courgettes, cabbage, cucumber, radishes, and also I have been growing different types of herbs like mint, parsley, basil, dill.'

'When I have seen a seed sprouting I was feeling proud of myself for my own veg has been growing in my garden very wonderfully.'

'I have enjoyed growing my own veg in my own garden at home during lockdown.'

– Daniel Lewis, Level Best trainee

Chase the Sun!

When you are in your house the more you can notice new things! Level Best have been sitting in lots of different rooms whilst on Skype to each other looking and logging the sunlight.

Chasing the sunlight through the day!

When you wake up which room is sunny?

Which room is the last room to be sunny at night?

Open your curtains and follow the sun as it moves around your house!

1. Open your curtains.
2. Find the sun!
3. Find a pen, camera, ribbon.
4. Record somehow how the sun moves through your house.
Do this over a few days and in different ways! For example:
 - make lists of each thing the sun touches.
 - tie a ribbon onto things that look nice when the sun touches them.
 - take a photo of the sun in your house.
 - draw each sunny scene.



Are there things you can do to change the shapes or colours of the sun in your house?

Does it move when you adjust your blinds?

If you lay your paper on the wall can you trace the shadows?

If you put a glass of pink squash on a really sunny window does it leave a pink shadow?

Stick leaves to your window. Remember to ask for permission first. Do the leaves cast shadows on your walls?

Chase the sun! Play with light!

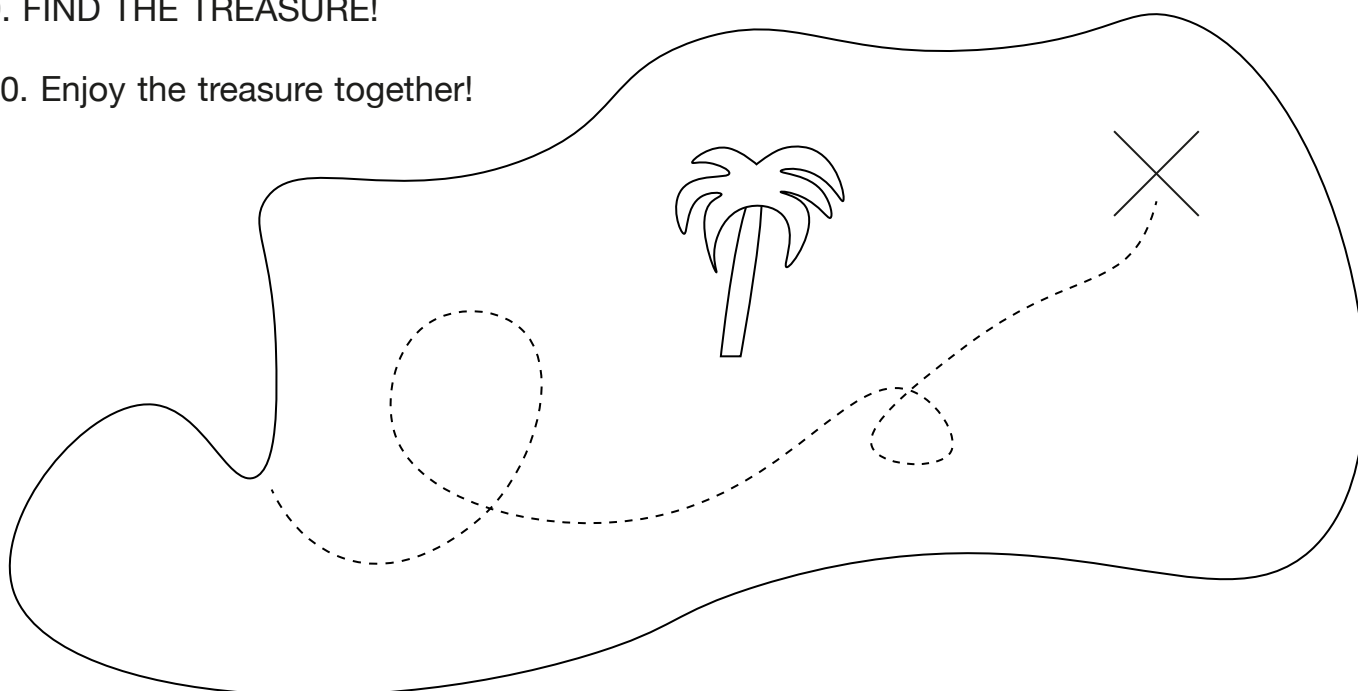
Treasure Map

Keep a tea bag from a cuppa and rub it on paper to age the paper like an old scroll or pirates treasure map!

Hide some treasure in your house and draw a map on your paper so others can discover it!

Your treasure can be a tasty snack, 5p, your favourite sock, a little note telling us your best joke.

1. Find a wet teabag.
2. Find a piece of paper.
3. Rub wet tea bag on paper.
4. Hang paper on washing line or leave in a place to dry.
5. Walk around your house and find a good hiding place for your treasure.
6. Get your tea stained paper and a pen.
7. Draw your house/ room/ garden wherever you have hidden the treasure.
You could add instructions or clues.
8. Find someone and give them your treasure map.
9. FIND THE TREASURE!
10. Enjoy the treasure together!





Journey String

A walk. Some knots. A story.

Find a string as long as your arm. Go out for a walk.

1. Cut a piece of string as long as your arm.
2. Go for a walk with a family member or friend.
3. Look around. Look up at the trees. Down at the ground. Under a bush.
4. Look out for small things you like. Tie them along your string. What will you find?
A stone with a hole? A feather? A nice piece of grass?
5. Take home your journey string and let someone hold it.
6. Explain to them what the things are. Why did you chose them? Where did they come from?

Meet a Tree

This activity uses all your senses: smelling with your nose, looking with your eyes, listening with your ears, touching with your hands, tasting with your mouth (maybe not).

In Colchester there are loads of beautiful gatherings of trees! Here are a few recommendations; Hilly Fields, Highwoods, Castle Park, Priory, Lexden Earthworks, Lexden Springs, Abbey Fields, Cymbeline Meadows.

Any trees will do.

1. Find a partner and a blindfold.
2. Stand near some trees.
3. One of you must put the blindfold on. If you don't have a blindfold get them to close their eyes.
4. Hold the hand of the blindfolded friend and lead them (along a wiggly route to confuse them) to a tree.
5. Smell the tree. Taste the tree? Describe to the blindfolded friend how the tree might taste. Touch the tree. Listen to the tree.
6. Look for clues. Does the tree sound like it has leaves on it? Does the tree feel like its bark is rough or smooth? Does it feel taller or smaller than you? Do its roots spread out? If you wrap your arms around the trunk can you touch your hands?
7. Lead the blindfolded person back to the starting spot.
8. Blindfold off. GO FIND YOUR TREE!
9. Swap the blindfold over and go again!



Leaf Face

Leaves come in loads of colours and loads of shapes!

Go out and collect some.

1. Find some leaves.
2. Gather some small round objects that could be used to make eyes. Buttons? Blu tack? Googly eyes? Raisins?
3. Find something to make the mouth. Small little rice teeth? A long smiling string? Big red lips?
4. Place your objects on top of your leaf and take a photo. A bold colourful background works well.

The freakier the better! Play around with as many leaves and looks as you like.

5. On a blank page draw some people. Include their face and shoulders but leave the top of their head.
6. Position your leaves on top of your drawn heads. Funny spiky looking hair? Silly looking leaf hats?
7. Name them, take a photo and tell someone their story!



DIY Flower Press

Make your own press to dry plants.

1. Cut two squares of thick cardboard.
2. Place 5 sheets of thin white paper between them.
3. Secure with elastic bands.
4. Collect small pieces of grass and leaves and place them between the sheets of paper and press!
5. Put the press under something really heavy. Under your mattress on the bed frame is a good safe place.

What can you find to press?! Fluffy grass? A four leaf clover? A shiny soft leaf?

Only every take what is in abundance. Refrain from picking wildflowers as they are important habitat for insects and if we all picked them, they would all be gone!

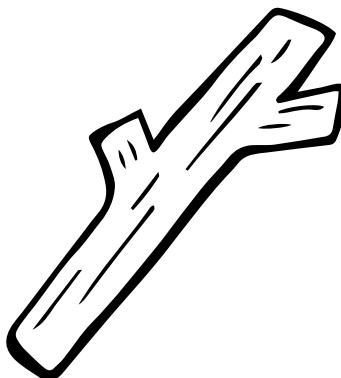
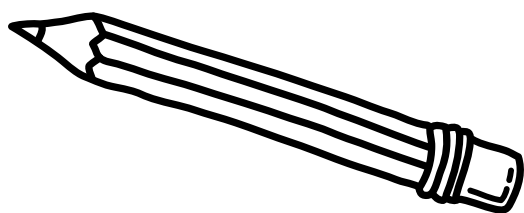


Assistive Tools

Assistive tools can help people with varying level of mobility paint and draw but are fun for everyone to use.

1. Put your paper on the floor and attach your pencil to the end of a long stick. Hold the end and draw. Write your name. Play with length and pressure!
2. Some people cannot use their hands to draw and use their feet instead! Hold a pencil between your toes and give it a go. Sellotape a sponge to your foot and walk around on your paper.
3. Attach a pen to a piece of string. Put some paper on the floor and dangle draw.
4. Stab holes in a plastic bottle and fill with inky water. Hold over paper whilst moving around.
5. Mix washing up liquid with inks and blow at paper. Watch the bubbles pop and splash colour.

Visit Hollytrees Museum in Castle Park, Colchester. In the top floor room, you will find a portrait of John Vine, a Victorian painter with disability. He was using assistive tools in the 1800's!



take your ears on a walk

1. Pick a place to start inside or outside. You will need paper, a Pen and a hard surface to rest your paper on. We are taking our ears on a walk to collect a sound pallet!

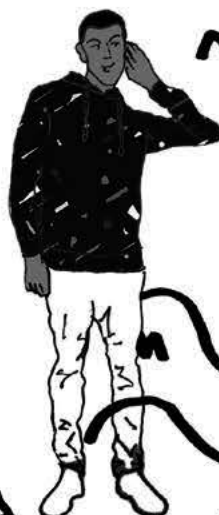
First we need to tune our ears in... What sounds can you hear?



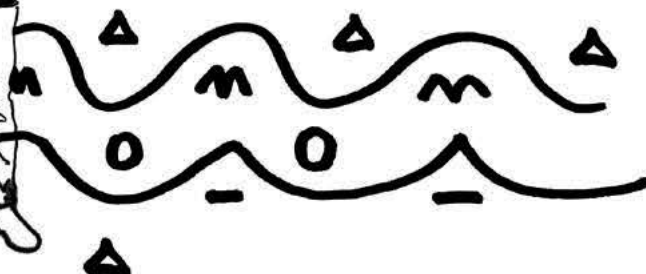
2. Start by being very still and quiet and listen out for the sounds your own body is making. What are they like? Now zoom out. What can you hear around you? Are they quiet sounds? Loud? What sounds are close and which ones are far away?



3. As you collect your sound pallet, what do these sounds look like? Is a **CRUNCH** spikey? Is a **HUMMMM** round? Is a **buzzzzzz** wavey? As you walk, draw your sounds on a sheet of paper.



4. As you move, which sounds are disappearing or getting louder? Which are coming towards you or moving away from you? Can you move without making a sound? How will you draw them? Are loud sounds bigger than quiet ones?



5. Lets think about **RHYTHM**. There is no rhythm without repetition! Listen carefully, What sound repeat? How often can you hear them? How slow or fast? Can you make a pattern with the sound shapes you have created? How close together is each shape?



6. Share your **sound walk drawing** with friends. Ask them to play what they think each shape sounds like. Get them to use their voice! A stick! Pots, pans, rice, plastic tubs, tin foil...whatever you have to hand!



turn your body into a human camera with an odd sock

1. Find an old (clean!) sock

2. Cut the toe off of a sock and put it on a body part with the cut part at the top

3. Put a phone in the top part of the sock, on your leg, arm, or anywhere else you think might create an interesting effect!

4. Fold the elasticated cuff up over the phone. Keep the rough cut edge at the top

5. Turn on **the video function** on the phone. Put it in the band and take your camera for a walk!

6. Explore a place you know well, or a new place from a different angle!!





turn your body into a human camera with an odd sock

7. Now you have made your new camera holder, lets go on a walk!!

8. Turn on **the video function** on the phone.

9. Pick a place to explore, it could be a place you know well or a new place.

10. What happens when you change how you move? Slow? Fast? Slide? Hop? Crawl? Cartwheel?!

11. At a distance, get a friend to film or photograph you exploring with your sock camera! Can you create some interesting movements? Is it a dance your friend can copy?

12. **BONUS** look at the films you and your friend make. What do the two viewpoints look like next to each other? Share them with an audience of your choice!



flashy filters

1. Make flashy filters for your phone by covering the camera or the flash with different objects you can find around where you live!

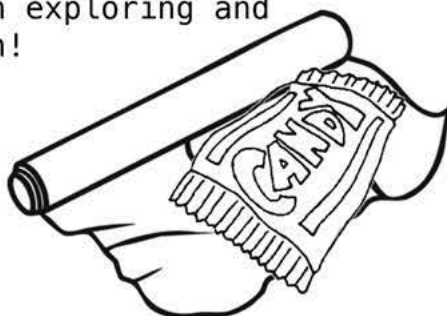
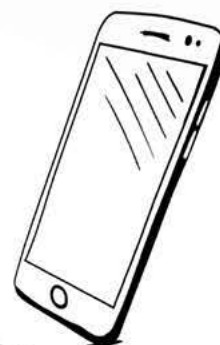
2. There are lots of things you can use to create interesting effects; sweet wrappers, sunglasses, sheer tights, coloured plastic. When you have collected your materials, cut them into large circles and place in front of the lens. You can secure them with a little bit of tape. Try the filters over the lens or over the flash. What effects do you get? Try doubling up the materials. What happens? Experiment!!

3. How about using a make-up mirror to create upside-down doubled images by placing the mirror near or around the lens? Play around! You could use a lens from a pair of old reading glasses as a magnifier on your phone camera.

4. Smear Vaseline on a bit of clear plastic and place on top of your lens to give you a dreamy, out-of-focus effect.

5. Get a piece of Sellotape and then colour over it with a felt tip or highlighter and put it over your phone lens or flash, or use plastic you might have lying around at home. Anything colourful can be cool, so experiment.

6. **BONUS** Attach your materials to a key ring so you can make flashy filters wherever you go. Have fun exploring and share and create your own!



speedy sketchers

1. Grab a sheet of paper and something hard to lean on. Pick something to draw with pens, pencils, chalk whatever you think will make an interesting mark.

2. We're going on a walk so pick an interesting place that you would like to explore.

3. You are going to do some speedy sketches! **Every ten steps** you count you are going to draw what you can see. **Look up! Look down! On the ground!** what angle works best? Pick one element you can see that you like, part of a building, a chimney, a window, a person, an animal, a tree? What can you see?

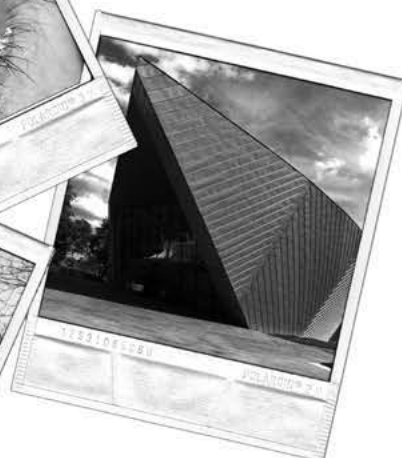
4. These are speedy sketches! **You have 30 secs to draw your chosen view!** Ask a friend to count or use a timer on a phone. This isn't about being perfect it's about the feeling and texture of the place.

5. **Only use one sheet of paper** and fill it with sketches from your walk! You now have captured your adventure, share it with your friends!



telling tales

1. Get a friend to take part. They can be with you in person or far away!
2. Ask them to go on a walk and draw or photograph five interesting things they find.
3. When they have a good collection of drawings or images, get them to show or send them to you with no explanation! You are not allowed to know where they were taken, or what is happening in the picture!
4. Now it's your turn to get creative! Look carefully at the images. What do you see? For each image, write a scene in a story.
5. You can mix up the order. Imagine what might be just outside of the picture. What just happened? What's about to happen? Get as weird and wonderful as you like!
6. Share your story with your friend! Now it's your turn to draw or photograph a walk for your friend to finish the story!



Drawing with nature

You will need:

- A natural object
- A pencil or pen
- A piece of paper

Handy to have is string, an elastic band, sticky tape or Blu Tack.

Create your very own drawing tool using a natural object. Think carefully as to how you can attach your pencil or pen to your object.

Are you able to balance it?

Can you use sticky tape or Blu Tack?

Can you tie your pen or pencil to it?

Explore different ways to create a drawing tool and make sure you experiment drawing with it! What marks can you make?



Journey Journals

You will need:

- A piece of rectangular paper
- Creative materials of your choice such as a pencil, crayons or collage materials.

Document a journey you have recently taken. Think about the five senses; what did you hear, smell, see, taste and touch?

How to make your Journey Journal:

1. Fold your piece of paper in half widthways.



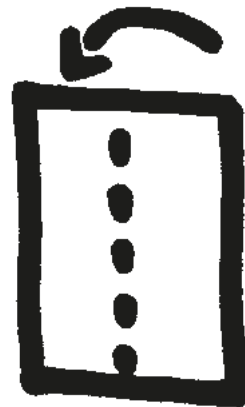
2. Take the top flap and fold in half so that the top edge meets the bottom edge.



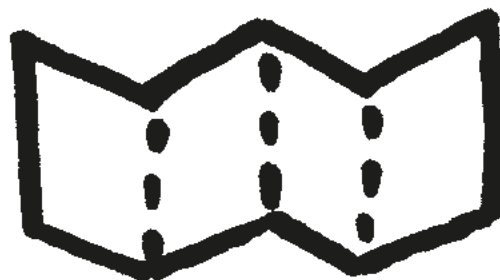
3. Flip over your paper and repeat step 2.



4. Fold it all in half again.



5. Unfold your concertina book and document your journey!



You can keep adding to your Journey Journal by sticking together multiple concertina books.

Paper Links

You will need:

- Any paper – this could be coloured, scrap or plain.
- Scissors
- Glue or sticky tape
- Pen or pencil

Create a paper link to record and reflect your day. Include what you have been up to, how you have felt and why. Over time, create a paper link that represents time.

Cut your paper into long thin strips.

On one of the strips, reflect and record your day by writing or drawing how you have felt and why and what you have been up to.

When you have finished your paper strip, fold it into a circle and glue or tape the ends together to create a paper link.

On the following day, reflect and record your day onto another paper strip.

When you have finished your paper strip, fold it around your previous paper link and tape or glue the ends together.

Reflect on your paper link. Have you felt differently today than you did yesterday?

Continue to reflect and record your day onto a paper strip. Over time you will create a giant paper link!

You could create a collaborative paper link with members of your household.



Positive Postcards

You will need:

- Postcard
- Creative materials of your choice such as a pencil, crayons or collage materials.

Postcards reflect and record a moment in time. Design and create your very own Positive Postcard. Think about a positive message and an image to include on your postcard to then send to a friend or family member to make them smile during this time.



Shape Sketches

You will need:

- Paper and a pencil or pen
- Not essential but handy to have are colouring pencils.

Have you ever noticed all of the different shapes that can be found outside?

When you are outside, look around for interesting shapes of flowers, conkers or even the shadows cast by tree branches.

Place your natural objects onto your paper and draw around them. If you are drawing shadows, place your piece of paper down and draw around the shadows.

What interesting shapes and marks do you draw? Have a go at colouring in your drawings!



EVEWRIGHT, is a British artist, based in Essex, with parentage from Jamaica. He is a multi-disciplinary visual installation artist, who challenges public environments to make spaces for Black British stories to exist and thrive. His work is a conscious 'mash up' of drawing and sculpture, combined with digital film and live installations. His artwork covers socio-political issues of place, space and the movement of peoples. Instigating conversations in the mainstream about what it means to be Black and British in the UK today. Using film and storytelling with drawing, EVEWRIGHT creates documentary tools to give voice to hidden stories and hidden peoples.

www.evewright.com

Twitter: [@evewrightstudio](https://twitter.com/evewrightstudio)

Instagram: [@evewrightstudio](https://www.instagram.com/evewrightstudio)

Alicia Barnes, Jack Dempsey, Freya Gascoyne, Aparna Mitra, Darla Wilson, and Kelly Wu

During lockdown, Freya Gascoyne, a member of Firstsite's Young Art Kommunity (YAK), formed a group of six young people to make activities for this pack. YAK is Firstsite's young-people peer-led group, which meets weekly to organise events and activities within the gallery and the wider community. This group offers a supportive environment where young people can gain experience, develop their confidence and learn new skills. These relaxed and informal sessions include artist-led workshops, skill sharing, visits to other cultural venues and events, and the potential to progress your own personal creative projects. YAK is open to anyone aged 15 – 25. To join us or find out more, please email yak@firstsite.uk

Jason Kofi-Haye is an artist based in Ipswich, whose interests in pursuing an artistic practice first began when studying music. A passion for video editing and experimentation with sound, have led him to an interdisciplinary practice under the guise of 'Project 5am'. His work has featured on documentaries, web shows, Instagram poetry festivals and radio stations including WFMU.FM – a freeform radio station in the USA. Jason's current project 'Surf/ace' is a framework for participants to experience epiphanies and ideas from their own actions, encouraging imagination, curiosity and wonder.

Instagram: [@jkofihasye](https://www.instagram.com/jkofihasye)

#webeingnothing

The **Level Best Art Café** in Colchester provides people with learning disabilities a range of opportunities to gain purposeful work experience and training together. It opened in 2008 as a social enterprise run by The Dacon Trust. The training – within a town centre environment – revolves around four projects based at the café or on our nearby allotment: Dacon Bake, Seasonal Produce, Horticulture and Artco..

Instagram: [@level.best](https://www.instagram.com/level.best)

Ilona Sagar grew up in Colchester, and now lives and works in London. She uses a diverse range of media in her work, that spans moving-image, text, performance and assemblage. A significant aspect of her practice is the broad cross-disciplinary dialogue generated through collaboration with a range of art and scientific disciplines; including dance, architecture and neurology. Ilona won the 2018 Research in Film Award at BAFTA HQ and is the Saastamoinen Foundation, Helsinki, artist in residence for 2021. Forthcoming projects include a new commission for 'The Radio Ballads', organised by Serpentine Galleries and the London Borough of Barking and Dagenham. Instagram: [@ilonasagar](https://www.instagram.com/ilonasagar)

Amy Rose Williams is Programme Organiser for Learning and Education at Firstsite, where she supports a creative learning programme for all ages. Living in East Anglia and with a background in Fine Art, Amy is interested in how we can use our senses to experience artworks. Her own art practice documents the local natural environment through printmaking and ceramics.

Instagram: [@pot_and_print](https://www.instagram.com/pot_and_print)

Finished this pack? If you haven't seen packs 1, 2 and 3 you can find them here: www.firstsite.uk/download-artist-activity-pack

Finished all four? 😞

You can find more fun and imaginative ideas and activities to try below – from our Online Studio to other cultural organisations' websites and social media from across the UK!

Additional resources

Firstsite Online Studio

Explore our Online Studio for a range of creative and fun things to do at home! Simply visit www.firstsite.uk/online-studio and start discovering creative gems:

- For more fun activity ideas from artists around the UK select “Art is where the home is”.
- Select the category “Create at Home” and try your hand at some simple, therapeutic craft activities in our interactive video and activity sheet series with artist, Iris Gunnarsdottir. Perfect for ages 4–9, but suitable for anyone!
- Join in with our community storytelling series as part of our exhibition “Tell me the story of all these things” – simply take a photo or draw a picture of something in your home that has a special meaning and post it on our online studio or on your social media with your story about why it's special – don't forget to tag us and use the hashtag #Tellmethestory. Perfect for ages 13+ – but suitable for anyone!
- See behind the scenes of our recent exhibitions – just select the category “Exhibitions – Behind the Scenes”.

Firstsite's Arts Council Collection National Partners Programme partners – Newlyn Art Gallery & The Exchange, and Sunderland Culture – have lots to do and join in with online.

Newlyn Art Gallery & The Exchange has a range of online workshop activities available on its website, available to download for free with accompanying audio instructions. Visit the website for details: www.newlynartgallery.co.uk/activity-types/events

Sunderland Culture has made an online programme for families. The programming team pulled together lots of fun and creative challenges that you can continue to enjoy at home. www.sunderlandculture.org.uk/easter-family-online-programme

Please note Firstsite does not monitor, review or update, and does not have any control over, any Third Party Content or third-party websites. If you use these links and the Third Party Content, you do so entirely at your own risk.

About Firstsite

Firstsite is an international gallery and creative community space, showing a diverse mix of the very best historic modern and contemporary art from around the world for everyone, every day, in our gallery and online. At Firstsite, we disrupt the way we all experience the world, providing new creative opportunities and promoting imaginative responses to contemporary issues. Find out more about Firstsite and how to support our work at www.firstsite.uk

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Registered charity no. 1031800

Thank you to all contributing artists for making this activity pack possible:

EVEWRIGHT, Alicia Barnes, Jack Dempsey, Freya Gascoyne, Aparna Mitra, Darla Wilson, Kelly Wu, Jason Kofi-Haye, Level Best Art Café, Ilona Sagar, and Amy Rose Williams.

We continue to be overwhelmed by the positive response from the artist community. We are thrilled to be able to collaborate with such amazing artists to bring their ideas to so many people, helping everyone get through this challenging time.

A massive and ongoing thanks to everyone in the NHS, local authorities and voluntary and community sectors in the Suffolk and North East Essex Integrated Care System who are doing an incredible job in unprecedented times. Our continuing partnership, which also supports Firstsite's Holiday Fun Programme, allows us to reach even more people together, so they can experience the benefit of art and creativity, and live happier and healthier lives.

Art is for everyone, please share whatever you make with everyone in your household – and don't forget to share it with us using social media:

Facebook [@firstsite](https://www.facebook.com/firstsite)

Twitter [@firstsite](https://twitter.com/firstsite)

Instagram [@firstsitecolchester](https://www.instagram.com/firstsitecolchester)