

art  
at  
home



creative activities  
to support your  
wellbeing

We believe that creative activities can help us to relax, connect to others and appreciate the world around us.



Designed by Lily Alden

Using our imagination can help us to form new ideas and see new possibilities. Taking part in creative activities can help reduce anxiety, and boost our mood.

The Sainsbury Centre has teamed up with ArtatWork, an organisation based in Norwich who deliver art projects to promote wellbeing and good mental health. These art packs bring together suggestions for creative activities and some words of encouragement from the people at ArtatWork.

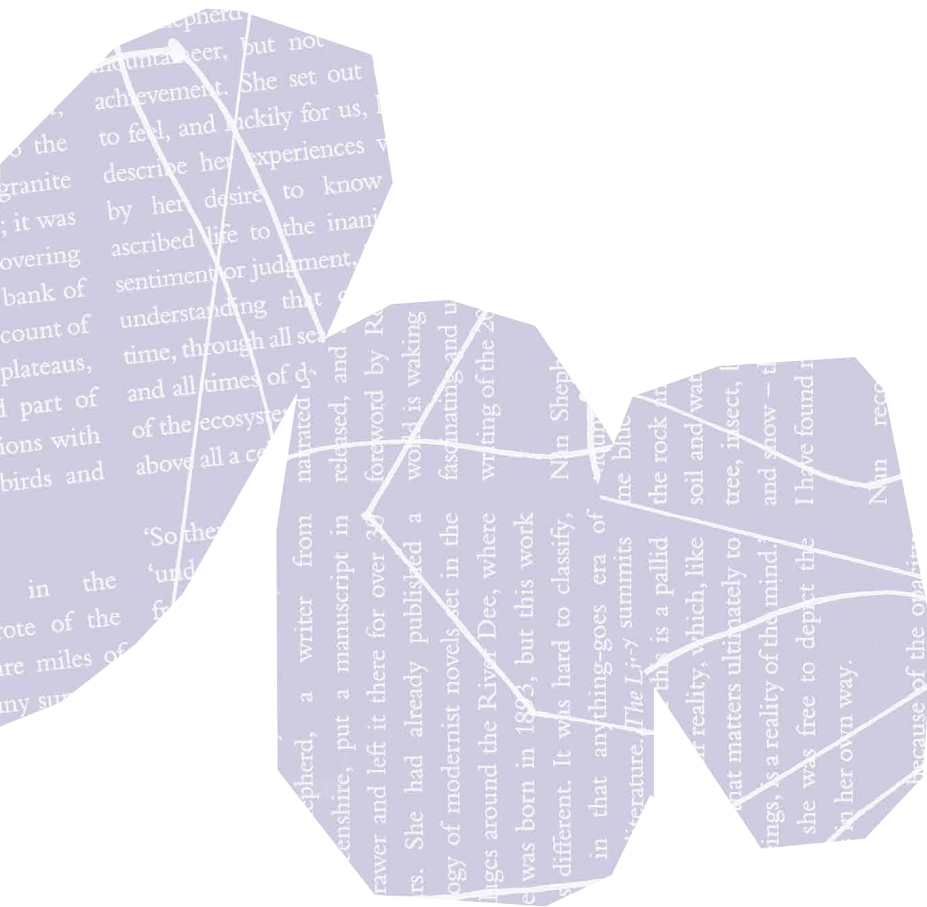
The creative activities have been designed by ten people from ArtatWork. The activities feature a variety of materials and techniques to promote creativity, relaxation and inspiration. We hope you will enjoy them.

This pack is designed for you to try something different, at your own pace, in your own time...



# part 1:

## relax and restore



These drawing activities help to bring us into the present moment and make us feel calmer and more relaxed.

### Doodling

Time needed:  
10 minutes +

#### Materials:

A piece of paper, pencil, crayons or watercolour crayons or paints.

#### Instructions:

##### Step 1

Using a pencil or a pen, draw a free-flowing line on your piece of paper, create loops and overlaps so that shapes begin to appear.

##### Step 2

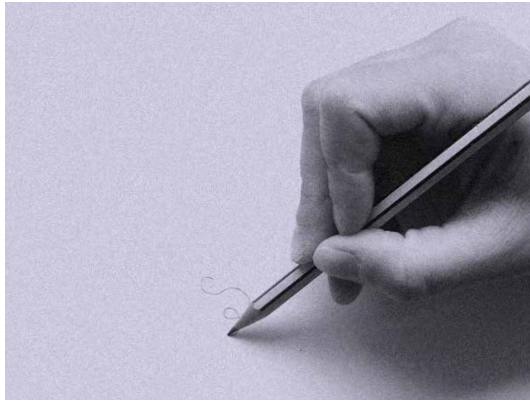
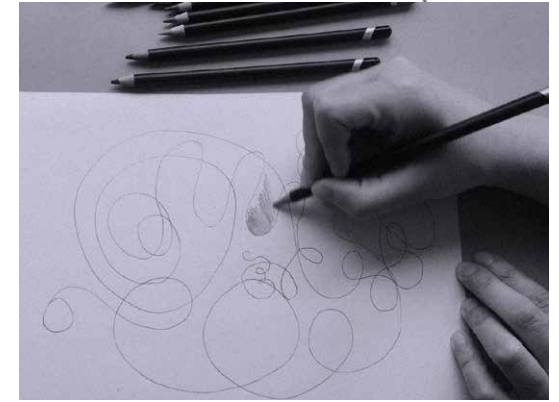
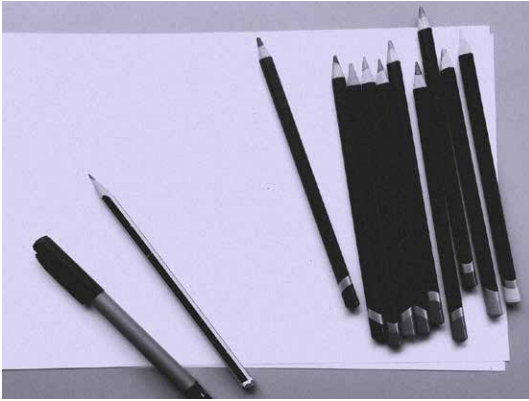
Choose a colour and begin to colour in some of the shapes on the page. Choose another colour and colour in other shapes.

##### Step 3

Repeat until all of the shapes are coloured in.

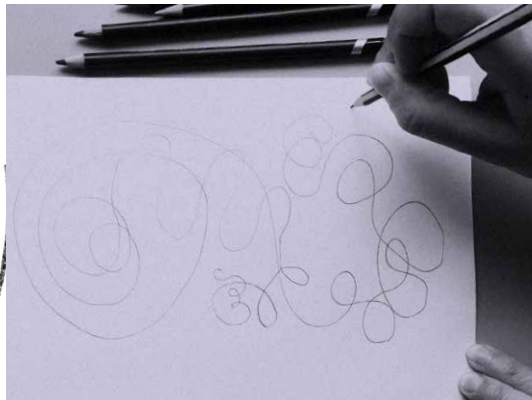






Do a doodle and colour in the spaces - take the messiness out of your brain and onto the paper!

— Tracey





# Surreal drawing

Time needed:  
10 minutes +

This experimental approach to drawing reveals hidden patterns across the page and celebrates chance. It is associated with the Surrealist art movement, which was founded in Paris in the aftermath of the First World War.

Surrealist artists were interested in the irrational, unconscious mind. They devised creative acts that captured a dream state or elements of surprise and chance.



## Materials:

A piece of paper with text, pencil or pen

## Instructions:

### Step 1

Find a piece of paper with text – like an old newspaper, a page from a book you no longer want, a free leaflet you picked up...

### Step 2

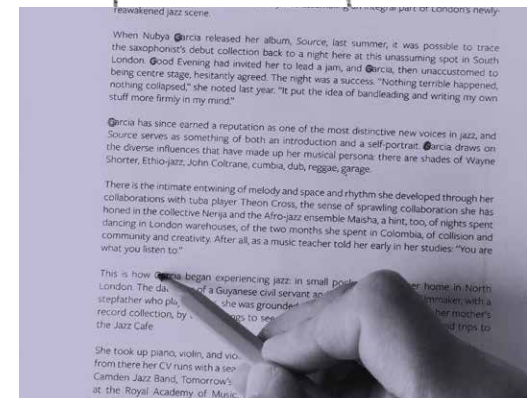
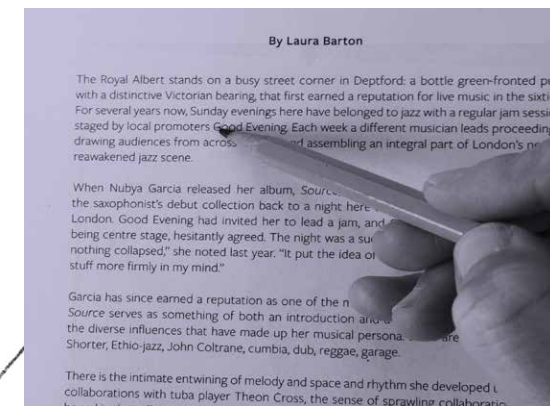
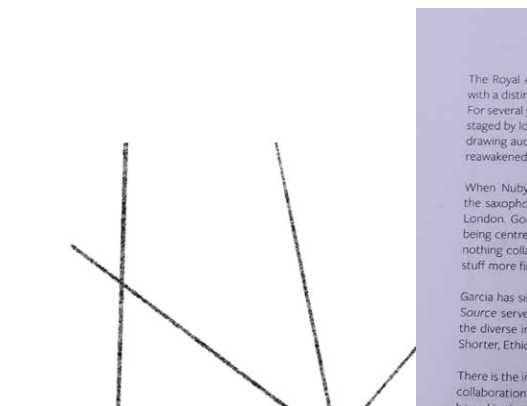
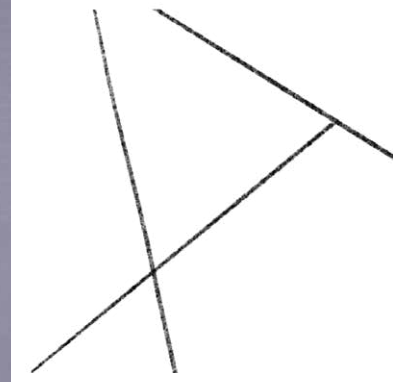
Choose a letter or simple word you can see on the page. Using the pen, draw dots over the letter or word you have chosen wherever they appear on the page.

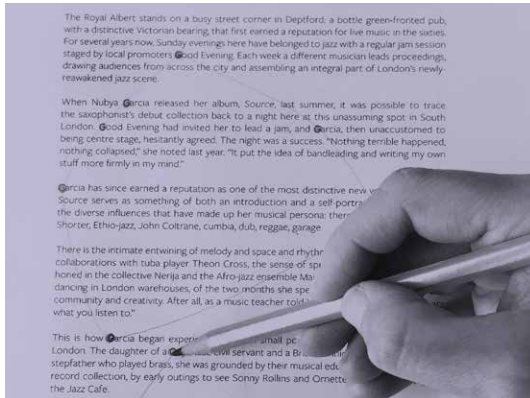
### Step 3

Connect the dots by drawing curved, zigzag or straight lines to create a pattern.

### Step 4

You could fill in the shapes with different patterns or colours, or choose another letter or word to connect using a different colour to create more patterns.



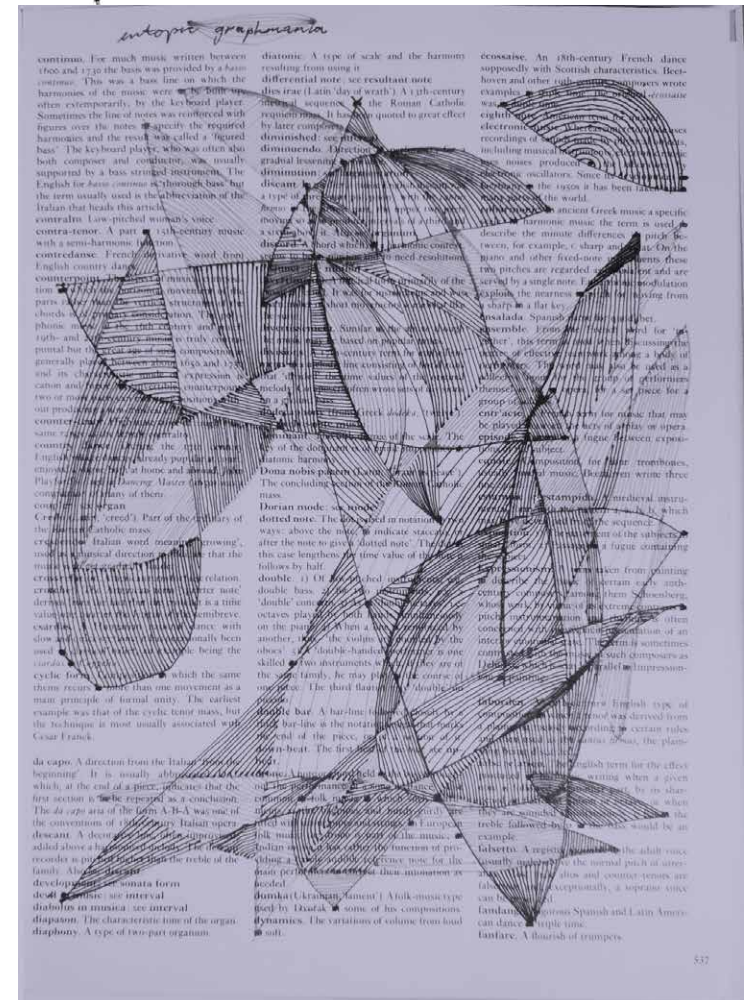
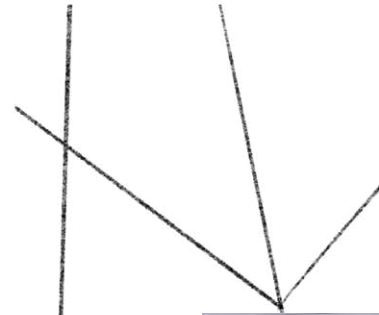


It's true everybody has art in their souls; don't worry about it being perfect. I thought I was no artist but I am making stuff. Don't start on a plain piece of paper start on a lined or patterned piece as it is less scary'

— Alison



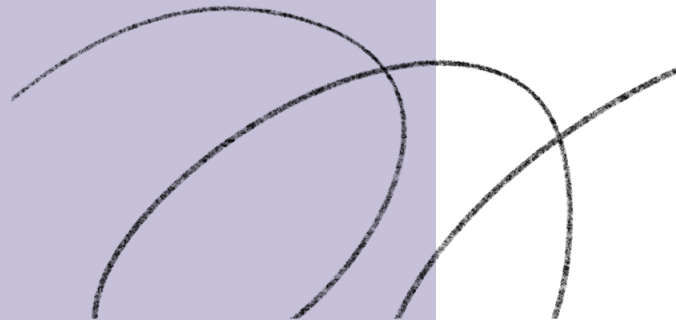
## Surreal drawing by Gillian



# Link to an artwork in The Sainsbury Collection



Duncan Grant  
Design for a carpet  
Paper, Ink, Gouache  
1960 c.  
UEA 31185

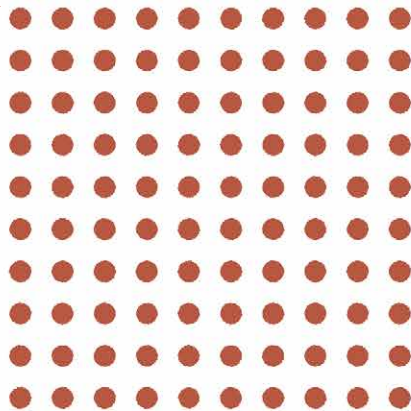
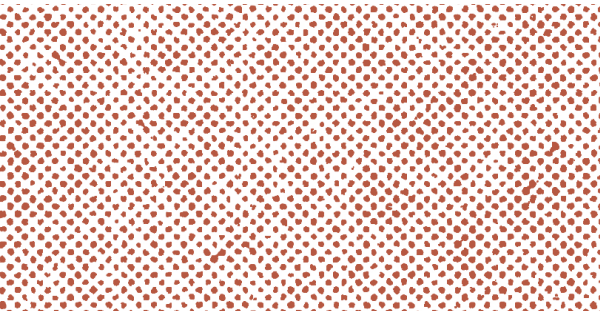
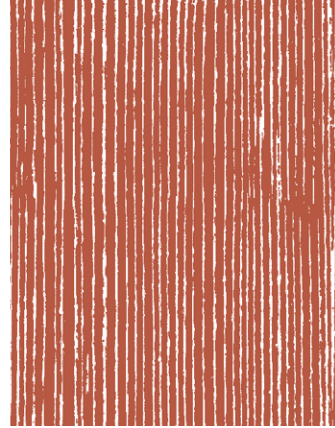


Duncan Grant made lots of designs for carpets. Quite often, he would cut up coloured paper and arrange them in different ways before settling on a final design. When we look at this painting from the Sainsbury Centre, we can imagine Grant drawing overlapping circular lines on the page before filling in the gaps with contrasting and complimentary colours.



# part 2:

## take notice



These creative exercises are designed to help us slow down, take notice and connect to the world around us.

### Looking for patterns

**Time needed:**  
5 minutes +

This exercise is designed to help us take notice of what is around us.

**Materials:**  
Paper, pencil

#### Instructions:

##### Step 1

Find a comfortable place to sit and draw.

##### Step 2

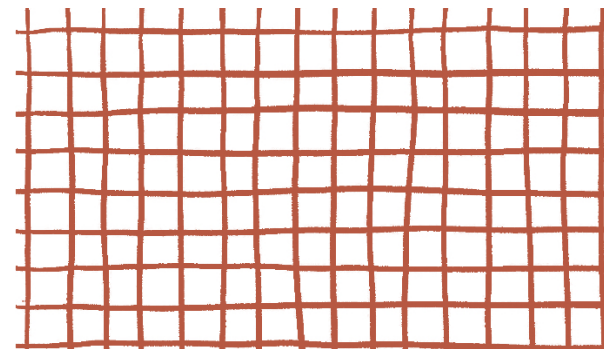
Take a moment to look around, notice all the patterns you can see. It might be the paving stones on the ground, or the lines in the bark of a tree.

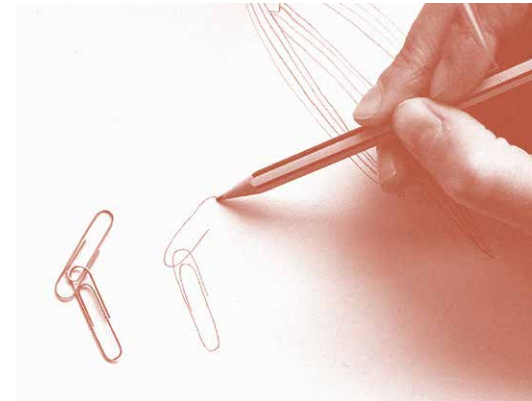
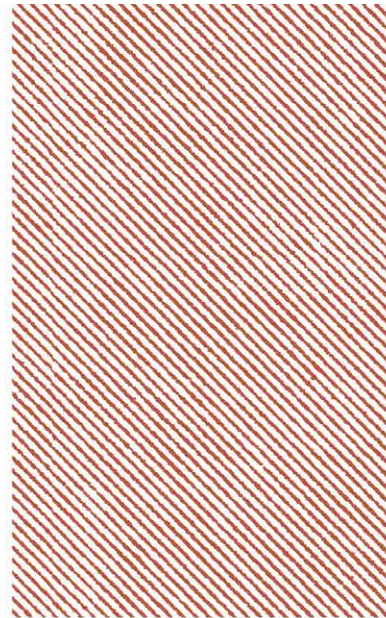
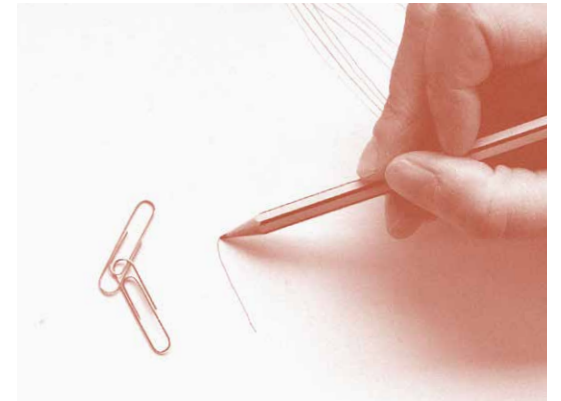
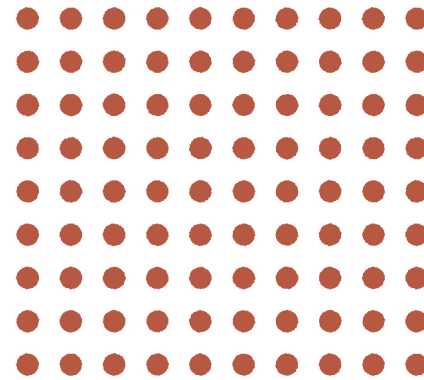
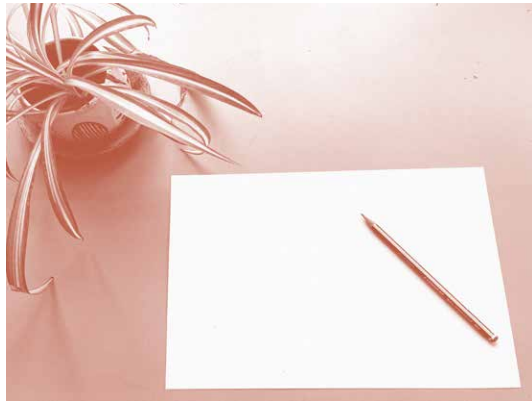
##### Step 3

Begin to draw the patterns, paying close attention to how lines and shapes fit together or repeat.

##### Step 4

You could try to draw all the different patterns you can see, or just the ones that you find interesting. You could lay out your drawings in a grid, to create your own collection of patterns.



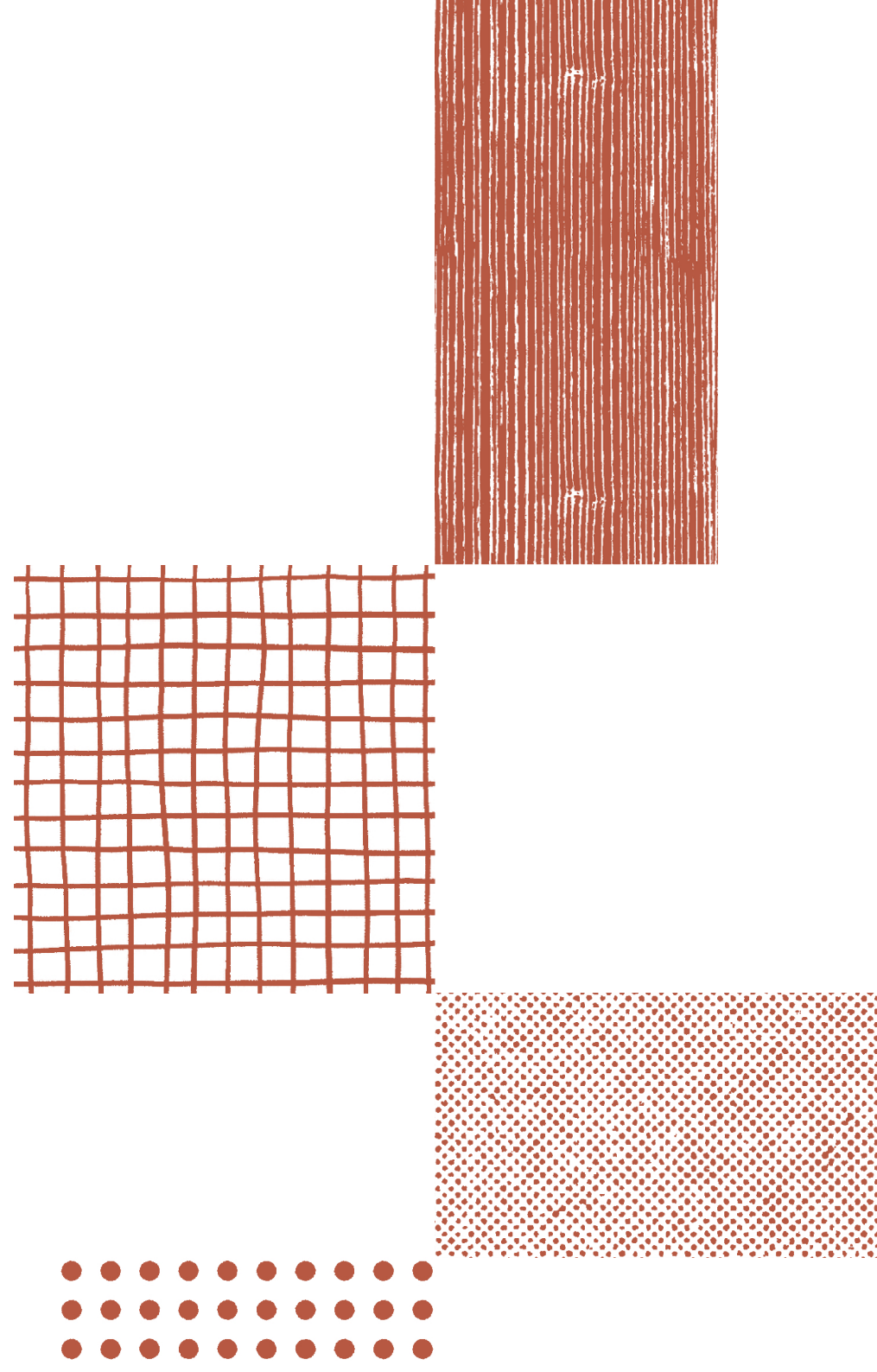


Don't worry about the final  
product, just enjoy the  
journey

— Janine



# Looking for patterns by Jennifer





# Viewfinder

**Time needed:**  
20 minutes +

Viewfinders help us to look more closely and notice details in objects, landscapes or buildings. They work well when looking at 'busy' scenes – where there is lots of information to take in at once. The viewfinder helps you to break the scene down into smaller parts to focus on.

## Materials:

Paper or card, pencil, paper clips, scissors, tape

## Instructions:

### Step 1

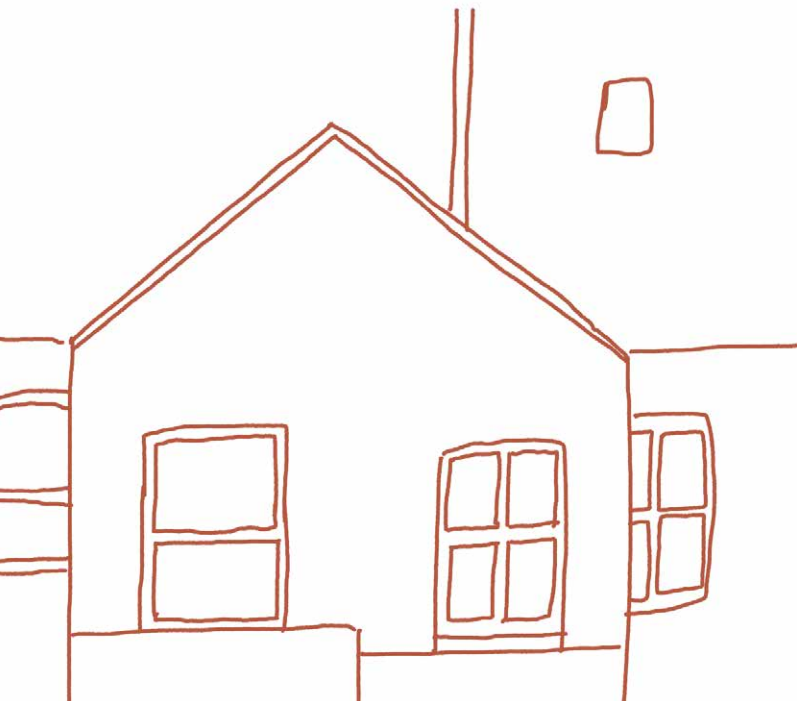
Make yourself a viewfinder from card or paper. Cut out two L-shapes. Pin with paper-clips in two opposite inside corners to make it into a rectangle.

The viewfinder size is adjustable – you can make the inside rectangle as big or as small as you like.

**Continued on the next pages...**

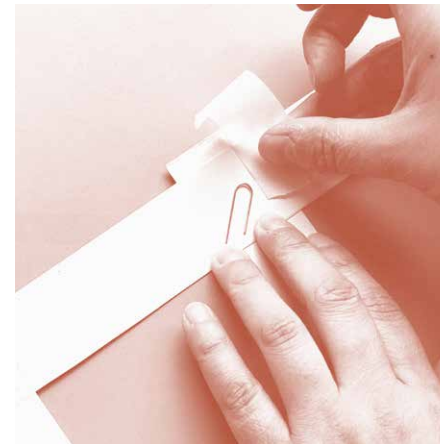
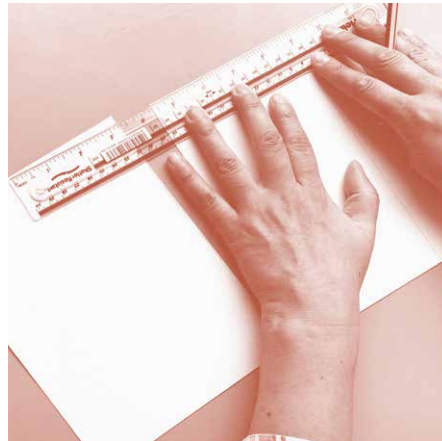


Start by cutting a sheet of paper or card in half, so you have two smaller sheets.

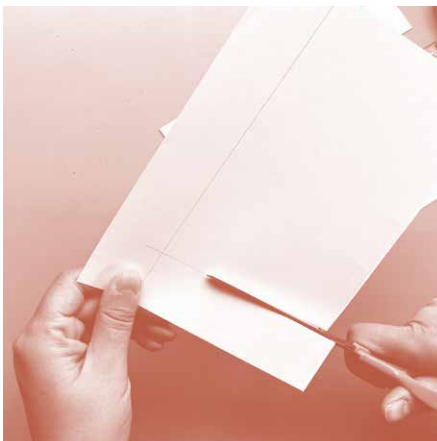




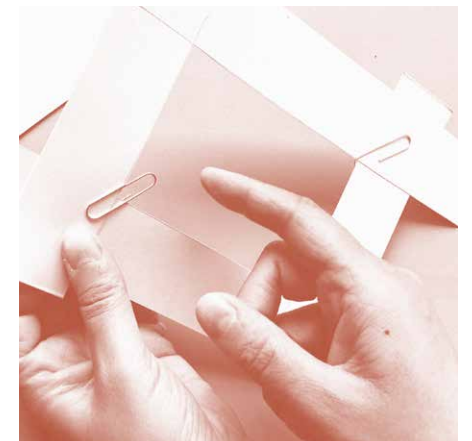
Draw out and cut two L shapes from both sheets.



Pin with paper-clips in two opposite inside corners to make it into a rectangle.



The viewfinder size is adjustable - you can make the inside rectangle as big or as small as you like.



## Viewfinder next steps...

### Step 2

Sit down at a window. With your arm out straight, hold up your viewfinder in front of the glass. Try finding different sections or compositions that you find interesting by looking through the viewfinder.

You could tape the viewfinder to the window and move around to change your position, or stay still and move the viewfinder around.

### Step 3

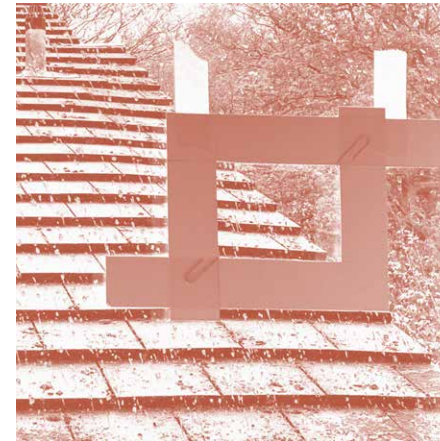
Once you've found a section or composition that you like, tape the viewfinder to the window.

### Step 4

With your paper and pencil, make some quick sketches (5-10 seconds each) of the different sections or compositions. You can do as many as you like.

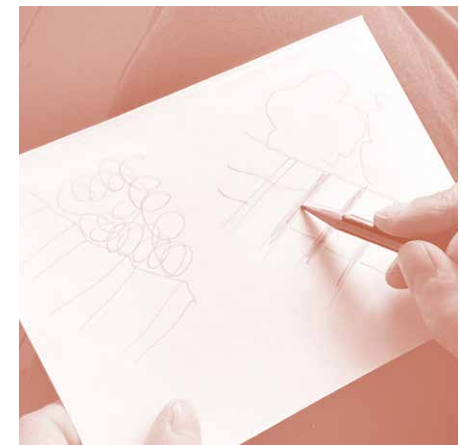
### Step 5

Choose your favourite sketch to do a more detailed drawing, this time taking a bit more time (5-10 mins). You could use the viewfinder again to focus on an area of your sketch, or use it to draw the basic outline and then spend time filling in the detail.

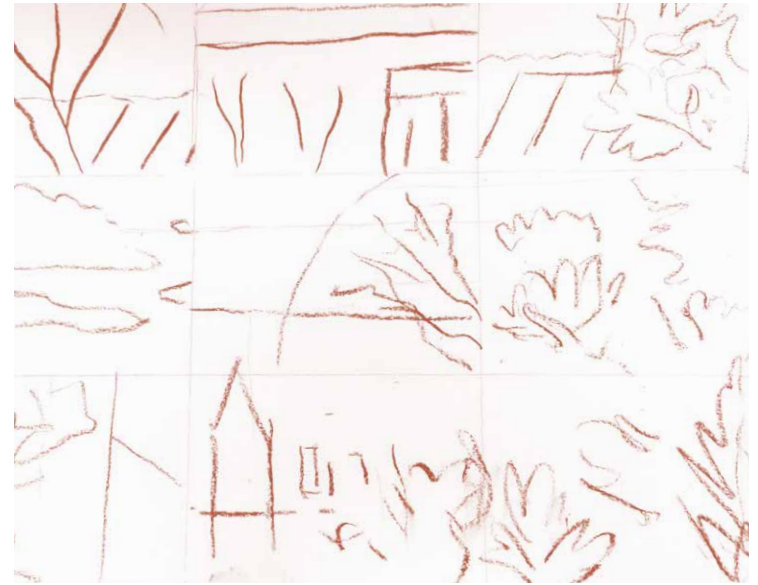
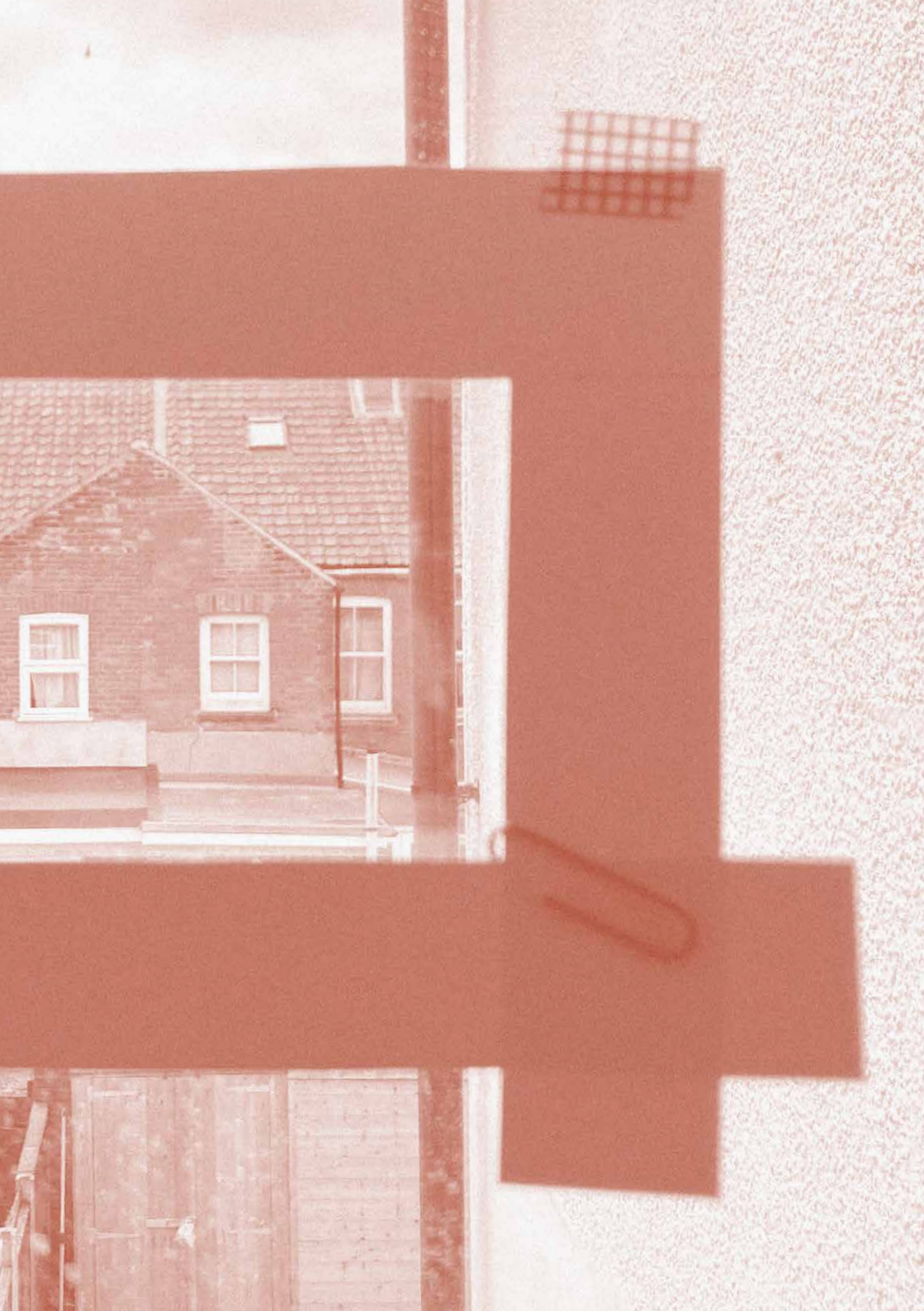


If you are worried about drawing something, try drawing it first with the hand you don't usually use.

— Rachel







Viewfinder drawings by Tracey



## Two colours

**Time needed:**  
30 minutes +

This activity is designed to spend some time finding, mixing and playing around with colour.

### **Materials:**

Paper or card, paint or watercolour crayons or old magazines.

### **Instructions:**

#### **Step 1**

Look through magazines, look around the room you are in or go for a walk and notice colours that make you feel good inside.

#### **Step 2**

Try to capture them in some way – either drawing, take a photo or write a note to help you remember the colour as much as possible.

#### **Step 3**

Choose just two of the colours you have noticed. Try to match these colours by finding them in an old magazine or leaflet, or mix them in paint, crayons, pens etc.

#### **Step 4**

On a piece of paper draw lots of vertical lines or circles to create a page full of shapes.

#### **Step 5**


Apply the colour in the different shapes to create an abstract design.

#### **Step 6**

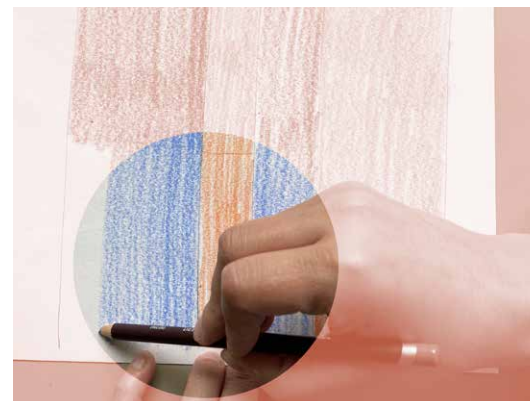
If you are using paints or crayons, you could try mixing your two colours together to make a completely new colour.



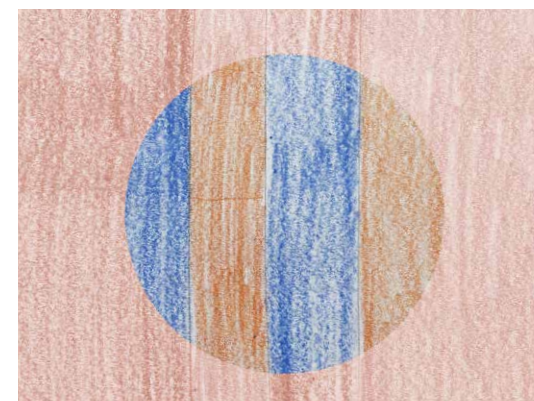
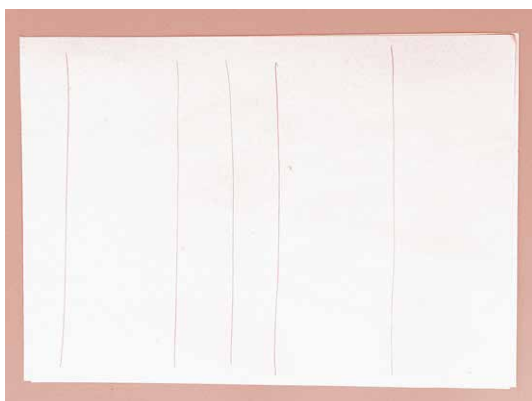





"I like to listen to my favourite music when I paint."



Don't be afraid to start and  
don't be afraid to spoil things  
— Gillian





# Link to an artwork in The Sainsbury Collection

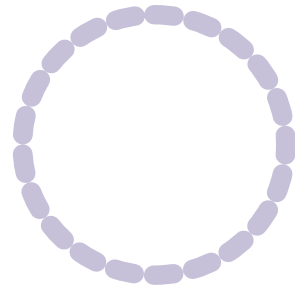


Nicole Charlett  
(Dis)Placements: Corner Locus, No. 1  
1989  
England  
© Nicole Charlett  
UEA 31310

This is a painting by the artist Nicole Charlett, she was interested in the relationships between different colours. This painting shows a very controlled use of paint, with two different colours next to each other. The artist said that when we look at one of her paintings we take part in a 'colour event'. She thought that by spending time with painting, we spend time with colour.

# part 3:

## mindful making



### Sewing

Time needed:  
30 minutes +

#### Materials:

fabric, thread, needle, scissors

#### Instructions:

##### Step 1

Cut a length of thread about 50cm long.

##### Step 2

Feed the thread through the loop on the end of the sewing needle.

##### Step 3

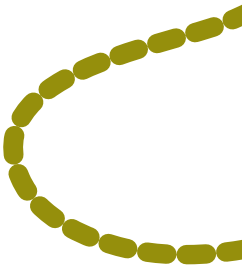
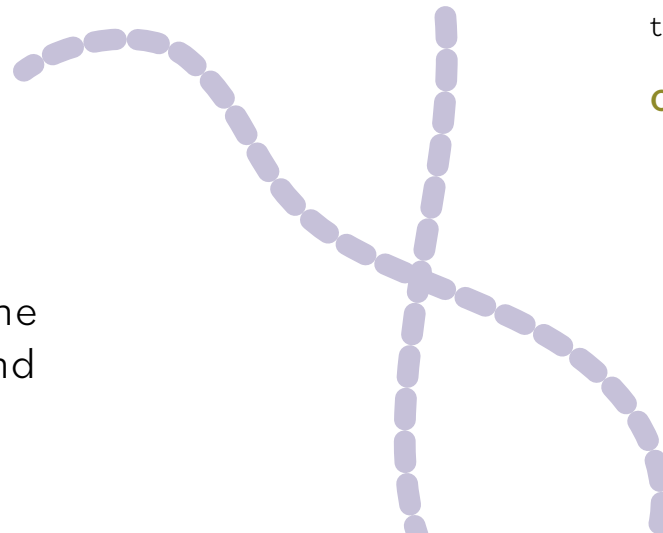
Before sewing, tie a knot (or two) at the other end of the thread. This will stop it coming through the fabric.

##### Step 4

Choose the front side of your fabric. From the underside, push the needle and thread through your fabric where you want to start sewing. Make sure you start at least a centimetre away from the edge. Pull it all the way through until the knot that you tied on the end meets the fabric.

Continued on the next page....

Sewing requires focus, but not too much! The repetitive action of sewing can calm the mind and help to reduce feelings of stress.



### Step 5

Push the sewing needle back through the fabric. Keep it at least half a centimetre apart and pull it all the way through. The needle should be on the other side now, go back through beside the spot that you came out of.

### Step 6

Using the same technique, continue to stitch to create a shape or a pattern or a word...

### Step 7

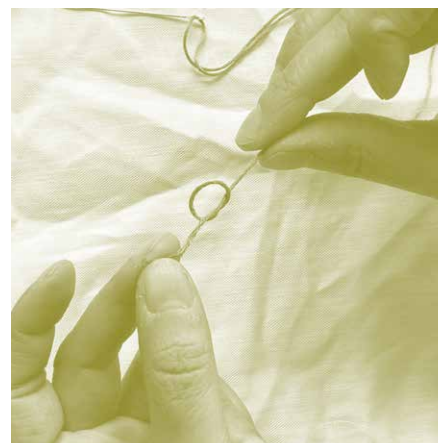
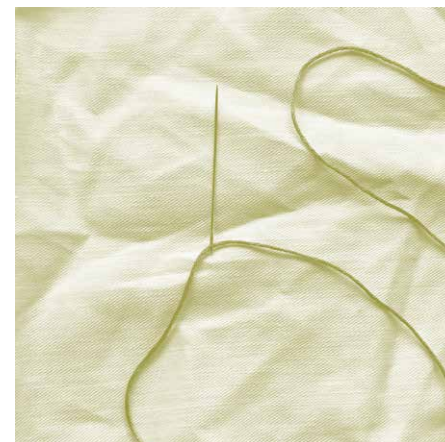
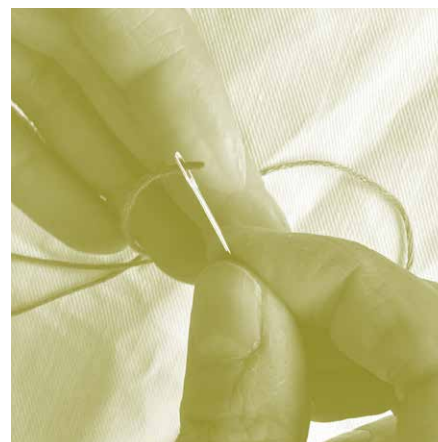
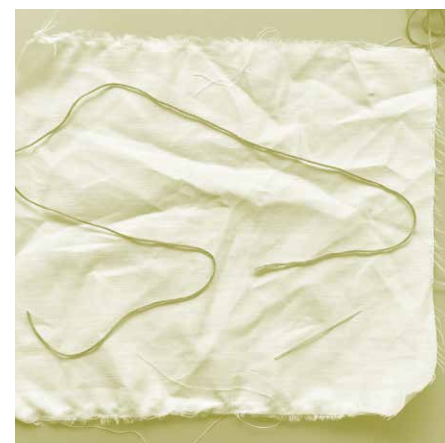
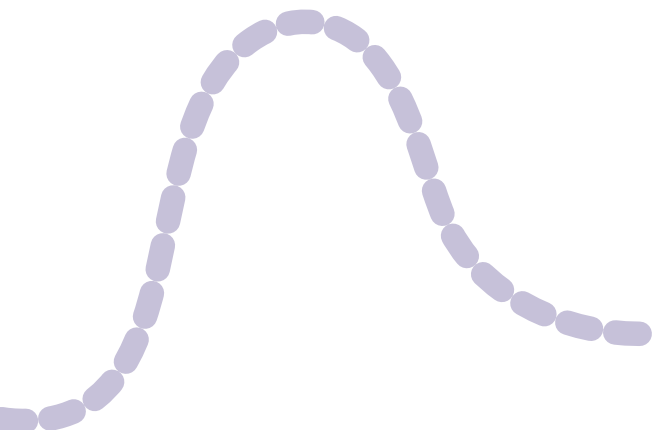
Once you come to the last 10cm of your thread, tie a secure knot about 2-3 times on the underside of the fabric.

### Step 8

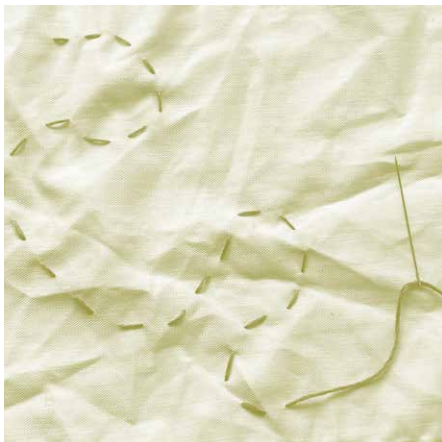
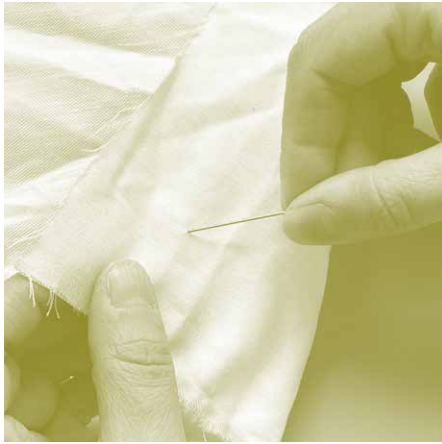
After tying the knot, cut any loose thread - be careful not to cut too close to the knot.

### Step 9

Add to your design by repeating with another colour thread.





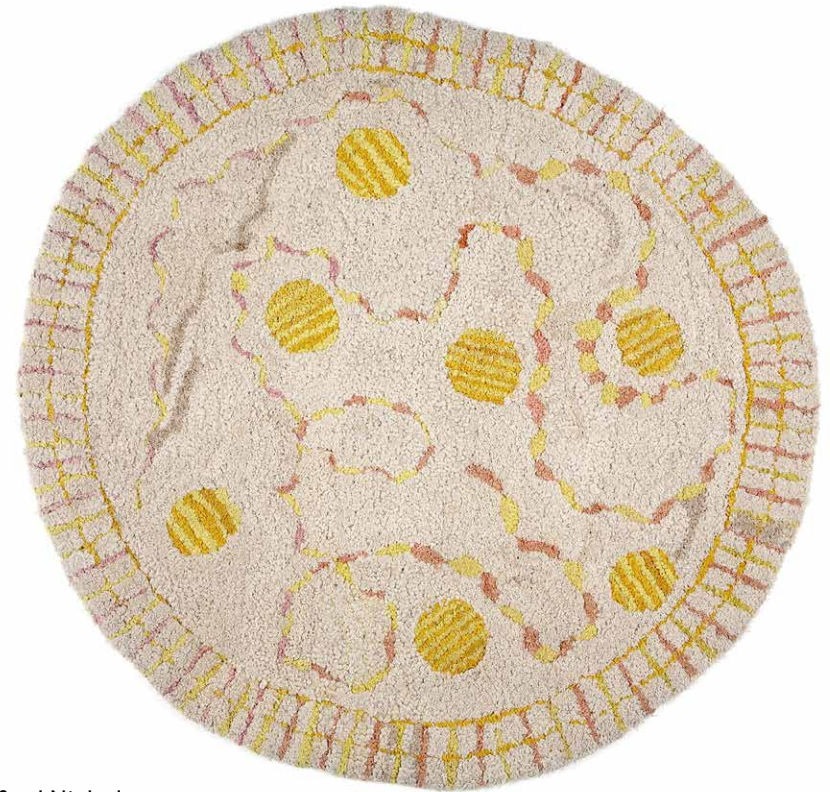


If you can't paint you can  
sew, if you can't sew you  
can crochet- it's all art

— Rachel



# Link to an artwork in The Sainsbury Collection



Winifred Nicholson

Circular Rug

1970 c.

Wool, Cotton

UEA 31218

© Estate of Winifred Nicholson

This is a rug by the artist Winifred Nicholson. Nicholson was known as a painter and had a passion for using and applying colour. In the 1960s and 1970s, Nicholson worked with a Cumbrian rug company designing many different styles. This round wool and cotton rug in the Sainsbury Centre is a playful design of yellow and pink circles and lines applied to a sandy coloured background.



# part 4:

## new possibilities



Using our imagination and making creative decisions can help us to form new ideas and see new possibilities.

### Collage

Time needed:  
30 minutes +

This activity explores how we can make different works of art with the same materials, and helps us to develop new ideas and make creative decisions. Collage brings together different colours, textures, shapes, and materials to create a new work of art. You could use images found in newspapers or magazines, or create your own shapes of different colours and textures.

#### Materials

old newspapers or magazines, glue, card or paper, scissors

#### Instructions

##### Step 1

Choose a theme – this could be anything you like: nature, identity, friends, travel, politics...

##### Step 2

Look through old newspapers or magazines to find images that relate to your chosen theme. Or if you prefer, draw it! Cut or tear out these images and place them on a piece of paper or card.

##### Step 3

Arrange the images together, taking time try out different designs. Once you are happy with the look of your design, stick the images down with glue.







Just do something and  
something will come  
out of it

— Rita



Collage by Rachel

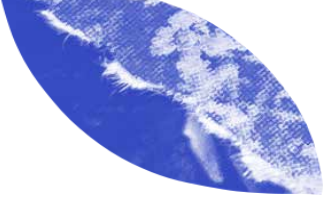
# Link to an artwork in The Sainsbury Collection



Eduardo Chillida  
Gravitation  
Paper, Ink, String  
1991  
UEA 1077

This is a collage by the artist Eduardo Chillida in the Sainsbury Centre. He trained as an architect before becoming an artist so he was interested in the relationship between 2D and 3D forms. 2D shapes have two dimensions: width and height. 3D shapes have three dimensions: width, height and depth. This piece has cut-out sections and overlaid pieces of paper to introduce depth, transforming 2D materials into a 3D paper sculptures.





Thanks to everyone who helped to develop this pack. Special thanks go to Gillian, Alison, Christine, Tracey, Janine, Rachel, Jennifer, Rita, Holly and Melanie at ArtatWork for their generous and creative ideas.

ArtatWork is an organisation based in Norwich who deliver art projects to promote wellbeing and good mental health.

The Sainsbury Centre is an art museum on the campus at the University of East Anglia.

For more creative inspiration and to find out more, visit our website or follow us on social media:

@artatworknorwich

@sainsburycentre

