

# Art & Wellbeing 1

## Found object colour wheel



Look for objects around your house or garden and arrange them into a *colour wheel*, show your family then take a photo.

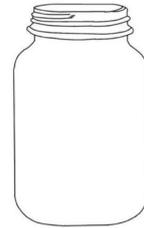
## Thumb print faces

Fill a whole page with thumb print people.



Dip your thumb into different colouring materials (you can use watercolours, pastels or markers etc). Then press your thumb onto a piece of paper. Finally, draw your thumb people's faces giving them all unique personalities.

## Draw a jar and fill it with things that you care about



## Giacometti sculptures

Our bodies express *emotions* like when we feel excited, happy, sad or angry.



Choose an emotion and create a tin foil sculpture expressing a feeling or emotion. Ask an adult to view the link below:

<https://youtu.be/kYDayHvcjY4>

## Crumpled paper art

With your family or sibling, each scrunch a piece of paper. Then use watercolour paint to brush on colours. Unfolding and re-scrunching to make sure you cover the whole page.



Flatten it out and leave it to dry then draw a picture or write thank you notes to loved ones.

## Design a magical room

Draw a picture of your room covering the walls, floors and furniture with *pattern* by repeating *shapes, colours* or objects that you love.



*Yayoi Kusama* is a Japanese artist obsessed with dots. She is famous for her magical room installations.

## Draw a picture for your best friend

Include their favourite *colour*, food, animal or hobbies. OR you can draw something fun that you will do together soon



Don't forget to take a photo of your drawing!

## Meditative line drawing

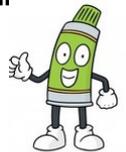
Go outside in nature and find a leaf with interesting shapes and curves.



On a piece of paper draw an outline of your leaf. Then without taking your pen of the paper continue your line into the leaf creating a maze. Try not to lift your pen of the page!

## Make your own paint!

If you don't have watercolours or paint at home you can make some by adding food colouring, water and a touch of flour or corn starch OR create a paste by mixing water with old eye shadows.



See the link for more ideas:

<https://happyhooligans.ca/homemade-paint-kids/>

## Positivity rainbow stones

Collect stones that are smooth and big enough to draw rainbows on.



Then with a family member go outside and place them around your garden or neighbourhood for people to find.

<https://kidsactivitiesblog.com/136771/heres-why-children-are-putting-rainbow-drawings-in-their-windows/>

## Inventions & Designs



Create a coat for a chilly cactus

Design a time travel machine then draw your dream place

Develop a chair for an octopus

Help a short-necked giraffe reach the tree leaves

Design a watch for a ghost

## Mindfulness family drawing game



**How to play:**

1. Collect 1 object each. Your object must have a *texture* e.g. soft, spiky or smooth.
2. Sit around a table or on the floor together, each with a piece of paper and drawing materials in front of you.
3. You must all close your eyes or use an eye mask
4. Reach out and take an object. Keeping your eyes closed, take a minute to study the object using your sense of touch.
5. Still keeping your eyes closed or covered, spend 2 minutes drawing your object.
6. Then, hide the object and see who can guess the object from your drawings.

Note: Don't worry if your drawings look silly they are supposed to, your eyes were closed!