

Unearthing Creativity

Gateways to creative activity - Worksheet

Sensory worlds

"Long after our eyes betray us, our hands remain faithful to the world." - Frederich Sachs

Purpose: To begin to draw, we start with marks. We write our names. Unlock your creativity to unearth a new language of marks - ones that you'll find are unique!

Materials:

- an interesting, organic object - a textured pebble, a shell etc.
- something to draw with (a pencil or biro is ideal)
- some paper
- coloured pencils, paint

Process


This technique will enable you to de-stress and create a surprising new artwork that might lead to further exploration!

1. Choose 3 or 4 favourite colours and colour-in a patchwork.
2. Pick up your object and hold it in the hand that you usually write with. Take a good look at the position of the colours on the page. Fix this in your mind's eye.
3. Feel the object's surface. Spend a minute or so, following any lines/marks with your hand. Pick up your pen (use your other hand)
4. Close your eyes. Keep feeling the object whilst you start to draw. Try not to take the pen off the page. Begin to follow the things you're touching whilst copying how they feel with the pen.
5. Open your eyes when you are ready!





Things to consider...

- When one sense is temporarily deprived, others are heightened. This enables us to access a meditative, relaxed state. When we are free from anxiety, and non-judgement we can access our creative, playful selves.
 - Try the activity again, this time swap the object into your non-dominant hand. Are the results better or even more surprising?
 - What did you learn from doing this activity?
 - We'd love to see what you've created. Please share with us!
 - Tag us on Instagram: #UnearthingCreativity #Unearthing #sensoryworlds #creativelivescl
 - Join our private Facebook group 'Unearthing Creativity'
<https://www.facebook.com/groups/3995839470641387>
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Unearthing Creativity is a collaborative project which is being delivered by artists Marion Cheung, Naz Syed, Creative Lives and Age Cymru.

For further information, please see
www.creative-lives.org/unearthing-creativity

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