



THE  
**SHIPLEY**  
ART GALLERY

# Winter Wellness Art for families



Activities for families to relax  
and get creative together

TYNE & WEAR  
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museums

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LOTTERY

# LET'S *create* THIS *winter*

**Welcome to The Shipley Art Gallery's Winter Wellness Art Booklet. This booklet has been created with the Shipley team and local artists and arts practitioners from across the North East of England.**

We have taken inspiration from the varied and unique collection at the Shipley. We hope that you and your family find this resource a useful aid to relaxation and an effective tool to enable you to develop your creativity and try something new. This creative resource has been made possible by funding from the People's Postcode Lottery.

## Winter - A beautiful time of year

Winter is such a beautiful time of year. Nature is changing all around us. One of the most satisfying activities in life is making something from scratch with your own hands. The activities in this book have been chosen to allow you to make items as gifts or to decorate your own home.

Being creative offers us the opportunity to give ourselves time to think and to contemplate. We hope that you find the tasks in this booklet enable you to switch off from the demands of daily life and allow yourself to become completely absorbed in your creative enterprises.

## What are the benefits of creating Winter Art?

- No previous skills are needed for the exercises.
- They help you to feel in touch with your home, nature and your surroundings.
- They are relaxing and absorbing.
- They help to develop patience and steady concentration.
- They can be confidence building.
- You can join in the Winter Art community and share your work online.
- You can continue to develop your art in adult classes at the Shipley.



Winter scene 1850 (d) by Andreas Schelfhout

## The benefits of slow looking

### What is slow looking?

Slow looking is about you and the artwork; allowing yourself time to make your own findings and form a more personal connection with it. Give yourself time to look around and really absorb your surroundings. Stay connected to the outdoors too this winter - wrap up warm and head outside. Trees provide homes for all sorts of animals - can you see trees from your window? In your garden? At the park? What can you hear? Go for a walk in the woods or on the beach and turn it into a scavenger hunt. What can you find? There will be many beautiful objects you can collect and take home to display.

### Inspiration from the Collection

You can find this winter scene and many more seasonal themed artworks in our exhibition 'Treasures of the Shipley Art Gallery.' Take time to look at each painting and imagine yourself in the scene. What would you be able to hear? How would you feel? What is the weather like? What might you be able to smell? When you take part in long periods of slow looking, you will find a gradual opening of your senses, a deepening of your focus on the art or object you are looking at and an awareness of your surroundings. If you are unable to visit the gallery in person you can search our collections online at [shipleyartgallery.org.uk/collections/collections-search](http://shipleyartgallery.org.uk/collections/collections-search)

# Meet the maker



## Angela Reed

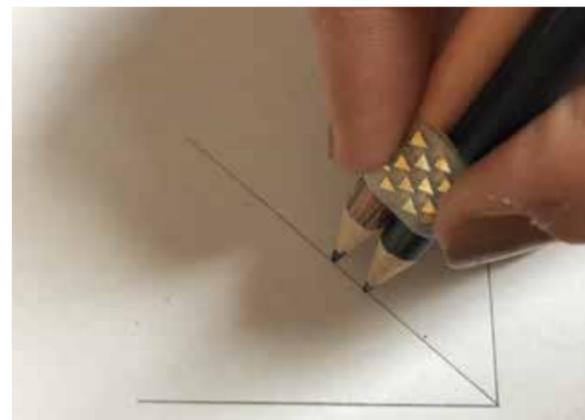
Angela Reed was introduced to calligraphy by her art teacher at the age of 12. After working for 13 years as a journalist, she set up Creative Calligraphy in May 2014 and has since taught 'the art of beautiful writing' to hundreds of people in the North East.

## Introduction

Calligraphy comes from the Greek words for beauty (kallos) and to write (graphe). It is a beautiful art form, with the benefit of being very accessible. All you need is a pen, a piece of paper and a little bit of guidance to get started. Over the next few pages, I'm going to be taking you through the basics of uncial script. This is a great calligraphy alphabet for beginners as there are just 26 characters - no upper or lower case, just a simple A to Z.

## Italic Calligraphy

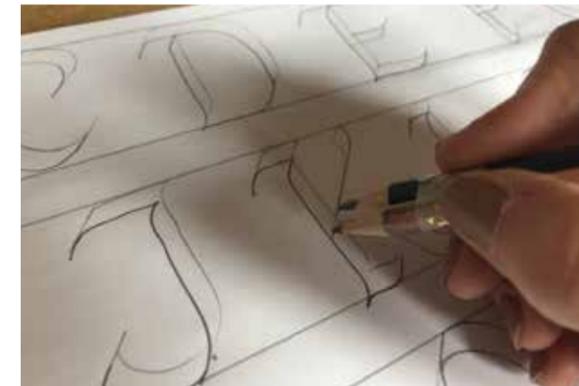
Italic calligraphy was developed during the Renaissance in Italy in the 15th and 16th centuries, hence its name, and was used for Papal documents. It is written with a broad-edged pen/nib held at an angle of 45 degrees, but I'm going to show you how to do it with pencils!



Broad-edged nibs are used for many traditional calligraphy scripts. Each script has different rules regarding nib angles, letter height and width and whether the letters are upright or slanted. Broad-edged nibs produce thick and thin lines when held at a steady angle while writing. This contrast between thick and thin strokes is what differentiates calligraphy from regular handwriting.



You can create your own broad-edged 'nib' with two pencils strapped together. Simply give them a sharpen, hold them together and line the points up on a flat surface before using tape to bind them together. Each pencil point acts as a corner of a broad-edged pen and, when held steady, will produce a single or double line of various widths.



## Italic Capitals

In this exercise, we're going to be concentrating on Italic capitals, which can be very decorative, as you can add swashes and flourishes. They are seven nib widths in height. To draw up your guidelines, hold your pencils horizontally and make a notch. This is one nib width. Add six more underneath, leaving no gaps.



Follow the numbered strokes as best you can, using the directional arrows and in order. Calligraphy is something that takes time, patience and practice to get to grips with, so don't worry if everything looks a bit wobbly at first! If it helps, try tracing over the letters first.

## Creating a gift using Italic capitals

You can create a beautiful personalised gift for someone using your new skills, such as gift tags, cards or a framed piece of art. You can colour in the letters, add patterns and create a background, or just leave them as they are with a bright outline. Try using two different coloured pencils or felt tips and see what effects you can create. How about designing your own monogram by combining the letters that make up your initials?



Historical Initial with St Dominic (maker unknown). Late 15th century. Hatton Collection

## Inspiration from the collection

This work shows the figure St Dominic within an initial 'G', cut from a manuscript choir book on vellum (parchment), Italy - the place that 'Italic' writing was first created.

If you have any questions, please don't hesitate to get in touch.

**Web:** [www.creative-calligraphy.co.uk](http://www.creative-calligraphy.co.uk)  
**E-mail:** [info@creative-calligraphy.co.uk](mailto:info@creative-calligraphy.co.uk)  
**f** [facebook.com/creativecallig](https://www.facebook.com/creativecallig)  
**t** [twitter.com/creativecallig](https://twitter.com/creativecallig)  
**i** [instagram.com/creativecalligraphyuk](https://www.instagram.com/creativecalligraphyuk)

# Meet the maker



## Deb Cooper

Deb Cooper is a mixed media textile artist with a passion for stitch. Living and working in the North East of England, she has always been surrounded by fabric and sewing. Her mam was a dressmaker and is an accomplished embroiderer.

Deb is a member of The Society for Embroidered Work (S.E.W.) and the Embroiderers Guild. Deb Cooper Textile Art was launched in 2019. As well as fine art pieces and commissions, Deb makes more affordable handcrafted items and runs workshops for all abilities.



Pincushion (maker unknown), 1764

## Inspiration from the Collection

This pincushion is decorated in canvas work, with a central design of pink flowers with a balloon and basket and white tassel of silk thread at each corner. Inside the balloon is an inscription with the initials L M and the date 19 December 1764. This may have been a baby's christening cushion known as a Layette pincushion, as these types of pincushion often feature the date of a baby's birth.

# Tassel-tastic

Tassels on cords were used dating back to the 14th century as a finishing feature in fabric and clothing decoration. It is a universal ornament that is seen in varying versions in many cultures around the globe.

Tassels are great fun to make. You can use them to decorate your home, add them to presents and bags, or even make them into jewellery. You can even add them as a Christmas tree decoration! I like to add them to cushions and sketchbooks.

This is a simple way to make a tassel using a piece of cardboard, some wool, and a pair of scissors:



You will need to cut a piece out of the cardboard like in the picture below - you might need to get some help with the cutting. If you find it difficult to get the middle out fold the card back like in the picture below:



Now wrap your wool around the cardboard so you can still see the slot like in the picture.



Once you have wrapped the wool around the cardboard approximately 20-30 times (don't worry if you lose count), take some of your wool underneath the top part of your wrapped wool and leave it quite long, as you are going to tie this in a knot later.



You now need to make the head of your tassel by taking some wool around your first wrapping - through the slot - like in the picture below. I have used a different colour so that you can see it more clearly - but you don't have to. Carefully slide your tassel off the cardboard.



Then tie a tight knot at the top of the short end:



Now you know how to make them, why not see if you can find some different wools, strings or ribbons? I hope you have fun making tassels and using them to decorate lots of things.



# Meet the maker



## Jayamini de Silva

Jayamini de Silva, better known as "JammiArt", is an artist, art practitioner and trained adult art tutor. Jayamini was born in Galle, Sri Lanka and has received training in China and the UK. She is based in the North East of England. She mostly works with school children, providing various multicultural art workshops.

However, she also provides services for all age groups, including one-to-one lessons, group teaching, and a multitude of other artistic activities.

She has operated across the North East for over a decade. Jayamini also exhibits her work nationally and internationally.



Potichomania globe, c. 1850, Shipley Art Gallery

## Inspiration from the Collection

This is no ordinary globe! This is a potichomania globe. Potichomania is the art of applying paint or images printed on paper to glass vessels to make it look like painted porcelain. Here you can see lots of things - animals, people, flowers, shells, transport and even the town crests of Hertford and Northampton.



## Make an origami family

I'm going to show you how to make an origami family. You can model it after your own family! Once you have gathered your materials below, you are ready to start. Good luck with your crafting!

### You will need:

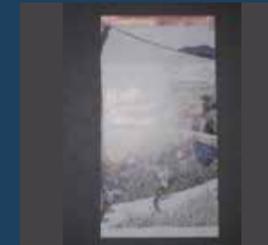
12 origami papers  
A piece of white card  
A glue stick  
A piece of black paper  
A black fine liner pen  
You will need to use your own colouring pencils, scissors, 2p coin, 5p coin and a ruler.



Fold the two identical origami papers in half and cut them to make four 7.5x 15cm rectangles.



Trace the 2p coin onto the white card and add a 1x1.5cm rectangle to it. Cut it out.



Fold the edge of one of the rectangles roughly 0.5cm in. Open it again.



Place your paper printed side down and glue the 'head' in the middle.



Fold both edges diagonally to create a v-neck collar.



Fold both sides into the middle.



Fold another rectangle in half and open it out again.



Place it printed side up and fold both sides into the middle.



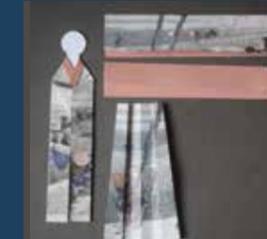
Fold the right flap out diagonally. Repeat it with the left flap to make the gown.



Cut roughly 3cm off from the top.



Get a third rectangle and fold both sides in to make a 3cm belt.



Get the last rectangle and fold into half. You have 4 pieces like this.



Place the skirt and the belt like this. Securely glue it onto the main body.



Place the last rectangle behind the body. Centre it and glue it on.



Fold either sides straight downwards to make the shawl.



Turn it over and fold the shawl diagonally on either side like this.



Fold the corners of the shawl either sides.



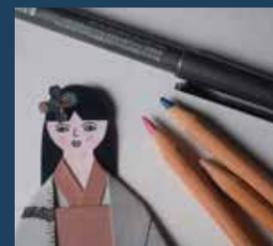
Draw around the head on black paper to create hair.



You can cut out separate pieces as shown.



Glue the hair onto your person's head.



Decorate their face using pencils and a black pen. Add a small flower to match.



Final product.



For kids reduce the paper size to 12 x 12cm. Use a 5p coin for the face.



Repeat the steps to make a family.

# Meet the maker



## Marián Hernández Villada

Marián is a professional artist and art workshop facilitator based in the North East of England. In 2015 she completed her MA in Fine Art and Education and the following year her work was exhibited at the BALTIC Centre for Contemporary Art.

Marián likes to work in a variety of media, including watercolour, pastels, acrylics and photography, and she loves to share these passions with others. In 2018 she founded Callooh, a company which aims to make art accessible to all sectors of society by delivering art workshops in which participants are given the tools which enable them to freely explore their own creativity and ideas.

Marián works with museums and galleries delivering workshops to the general public, to people with dementia and their carers.

You can see some of Marián's work on her Instagram @callooh.co.uk or see what she is up to on her Facebook page @CalloohArt.



Watercolour c.1966, Vincent Rea

## Inspiration from the collection

Drawing, abstract monochrome watercolour on paper, by the artist Vincent Rea. Undated, about mid 1960s (possibly 1966).

## Fun drawing games and experiments.

### You will need:

Paper

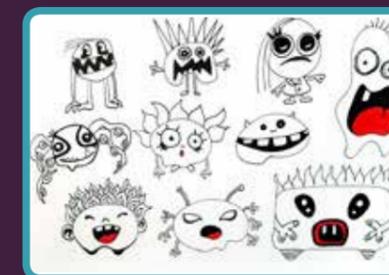
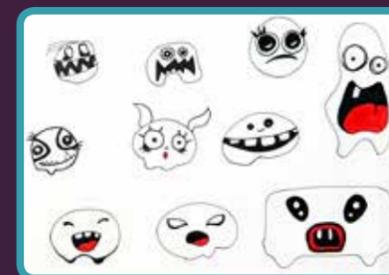
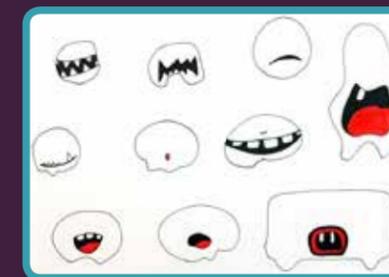
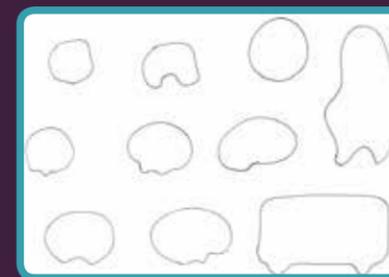
Pens

Pencils

Anything else you like to draw with.

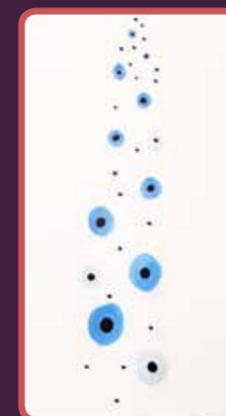
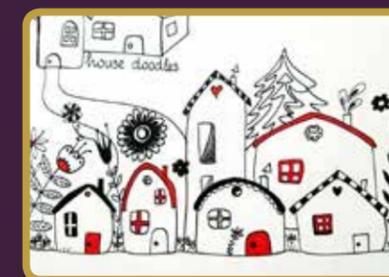
## Drawing scary or cute monsters

Fill a page with random shapes. Add some mouths, with or without teeth and tongues. Then add some eyes - one eye can be bigger than the other for that extra 'monster' effect. Finally, add some hair, arms, legs, tentacles, antennae and anything else you can think of.



## Doodled houses

See how many different houses you can come up with! You can also add some fantasy flowers, trees, clouds, people or animals. Can you draw a whole village?

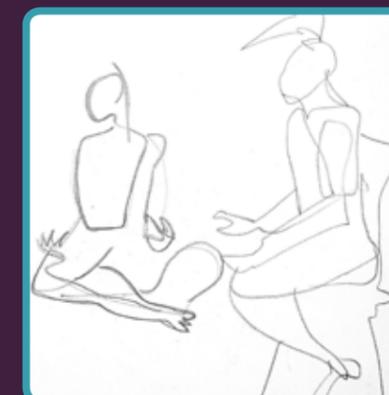


## Flower doodles made from dots

Make some stacked colour dots on your page - the ones at the bottom should be bigger than the ones at the top. Draw some squiggly circles around some or all of the circles. Finally, add some leaf shapes. You can do lots of different flowers starting from circles - here are some examples to inspire you.

## Blind outline drawing: people

For this game you can use a photograph or ask someone to be your model. Start drawing and do not look at your paper, look at the person 100% of the time. Move your pencil very slowly as you follow the outline of the person - try to notice every detail. If you get stuck it is fine to have a little peek at your paper. You will be surprised by the result!



## Blind outline drawing: flowers

Instead of people, you can 'blind draw' anything you fancy. Here I drew a rose. Notice how the addition of different background colours changes the end result. Which one is your favourite? What else can you draw like this?



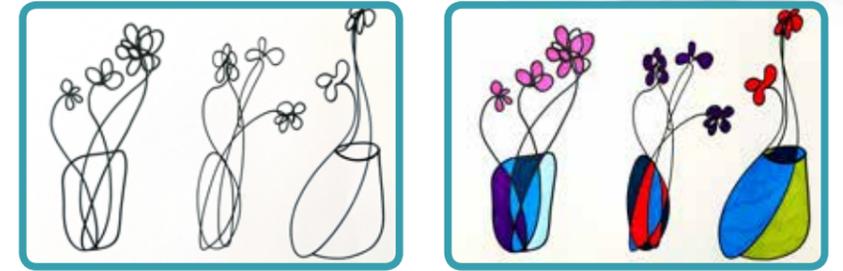
## Drawing your self-portrait with your eyes closed

Hold a pencil in your dominant hand (the one you write with) and place it on your paper. Place your other hand on your jaw line. Close your eyes. Very slowly follow the outline of your face with one hand, while drawing its shape with the other. You can have a quick peek to place the eyes, nose or mouth in the correct place if you want, but you can also keep your eyes closed the whole time. Colour your drawing in or leave it as a line drawing.



## One-line drawing

The only rule of one-line drawings is that, once you start drawing, you must not lift your pen off the page. You must finish your creation with a single line. You can colour your artwork in if you wish.



## Drawing with your non-dominant hand

Take a pen or pencil in the hand that you do not write with, and draw a person, or anything else you want. Drawing like this is not easy, so your drawing will not be 'perfect' - and that is just fine!

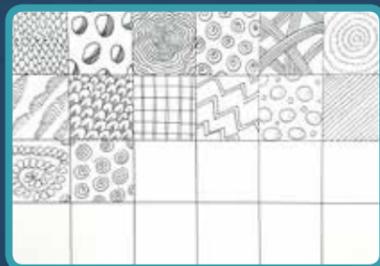
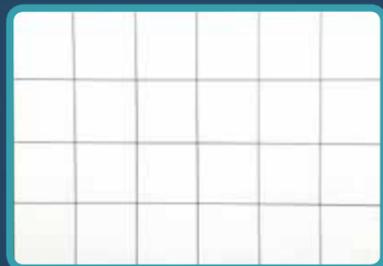
## Combining drawing and collage

Cut out some images that you like from an old magazine, stick them down and transform them into something else by drawing around or on top of them.



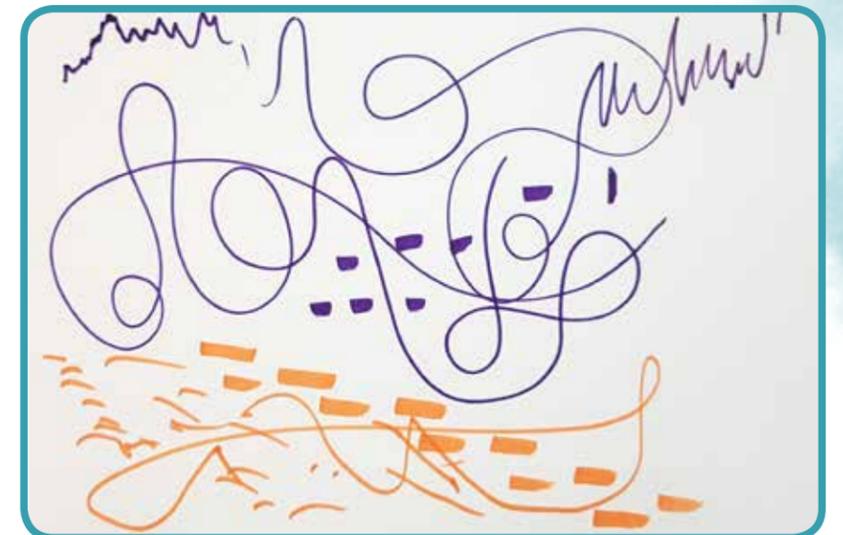
## Patterns and marks

Divide your piece of paper into squares. I have used a ruler, but you don't have to. Fill in each square with a different pattern until all the squares are full. Draw lines, circles, squares, scales... You can copy my patterns or invent your own. There are endless possibilities!



## Drawing to music with hands

Play some of your favourite music. Take two colour pens, one in each hand, and start making marks on the page while you follow the music.



# Meet the maker



## Keely

Keely is the designer and creative behind kppapercuts. She discovered her passion for papercutting through Facebook around four years ago. After ordering herself a starter kit and experimenting with different papers, designs and motifs, Keeley soon decorated her house with her work and shared her creations with friends and family.

Keeley has since launched her own online shop, created a starter kit for beginners and is planning to run workshops too. She also featured in this year's *Kirstie's Handmade Christmas* with Kirstie Allsopp on Channel 4.



Christmas card, 1903

## Inspiration from the collection

This small Christmas card was sent from Mr. And Mrs. R.G. Dinsdale of 5 Suffolk Street, Jarrow, dated Christmas 1903. The front of the card features an embossed oak leaf and acorn.

# Create a winter hanging decoration

**What you'll need:**  
White paper or card, Scissors  
Glue, Pencil, String/twine  
A stick or piece of driftwood  
Some pine cones

## Step 1

Go for a walk to see if you can collect a stick or some driftwood and some pine cones. If you can't find a piece of wood you can use chopsticks or a wooden spoon. Let them dry out in your home before you start the next steps.

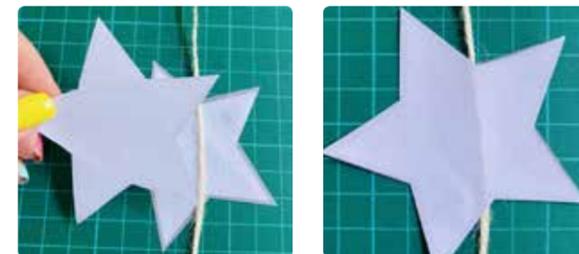
## Step 2

Draw three stars in different sizes on some cardboard (you can use an empty cereal box for this) and cut them out with scissors. These will be your template shapes to draw around. You might want to get an adult to help with this.



## Step 3

Use the templates you just made to draw around and cut the stars you will use on your decoration. You will need 12 of each size star to make a large hanging decoration.



## Step 4

Cut 5 lengths of string/twine of different lengths and lay them out flat on your table or floor. On each piece of string space out your stars. Use a few different sizes on each piece. Then put one star under the string, put glue on another star of the same size and then stick this on top, pressing down firmly to stick the two stars together catching the string between the two.



## Step 5

Once all your stars are stuck to the string and dry, tie the string evenly along the length of your stick/driftwood. Then tie a pine cone to the bottom of each piece of string. This looks really pretty but also weights the strings so they stay straight.

## Step 6

Finally cut another piece of string and tie it to each end of your stick so you can hang it up! You could hang it on your door, in your window or on your wall.

If you would like to study further at the Shipley Art Gallery, speak to a member of staff or look on our website for upcoming learning opportunities. You can follow us on social media too.



[shipleyleftgallery.org.uk](http://shipleyleftgallery.org.uk)

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