

## Your art for wellbeing challenge is ..... creating images and sculptures using crumpled paper

**We would love to know how you found this activity.** Please could you spend a few minutes telling us how you feel (6 questions) before you do the activity, and how you feel afterwards? More details about this are provided in the links below:

- **Before** the crumpled paper activity – please click [HERE](#) to complete
- **After** the crumpled paper activity – please click [HERE](#) link to complete

### **Crumpled Paper Painting**

This is a really simple idea but produces fantastic abstract images that can be folded in to 3D sculptural artworks if you fancy doing that as well.

#### **What you will need:**

- A sheet of white paper, A4 size printer paper is fine if you are using felt pens or crayons. A slightly heavier paper is better if you want to use paint.
- A black felt pen/marker pen
- Coloured felt pens or crayons or paint, whatever materials you have to add colour

#### **Here's what you do.....**

- ❖ **Crumple up the piece of paper then flatten it out.**
- ❖ **Draw a thick black line (or any dark colour is ok) around the lines the crumple folds have created**



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- ❖ Use whatever art materials you have chosen (felt pens/crayons or paint) to colour in the shapes between the lines. Sounds simple but the effect is really good and the process is very relaxing and mindful.
- ❖ As well as flat blocks of colour you could fill the shapes with squiggles, dots, lines, wiggles or anything



- ❖ Once you have filled in the whole sheet you might decide to sculpt the paper into a 3D shape, sticking it together with sticky tape. It's effective if you just curve it into a tube shape, it looks like a vase. You could even slip it over the top of a glass to hold the water and put flowers in.



sometimes the simplest things are so pleasing!

**Play and have fun!**

- ❖ Please remember to tell us how you found doing this activity here:

[https://uwe.eu.qualtrics.com/jfe/form/SV\\_b7ANojEqLNA9kNv](https://uwe.eu.qualtrics.com/jfe/form/SV_b7ANojEqLNA9kNv)

If you are happy to share photos of your artworks on social media send them to us  @creativeshift1 or email [creativeshiftbristol@gmail.com](mailto:creativeshiftbristol@gmail.com)

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