

## Your art for wellbeing challenge is ..... creating images on well done toast!

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

### Toast art

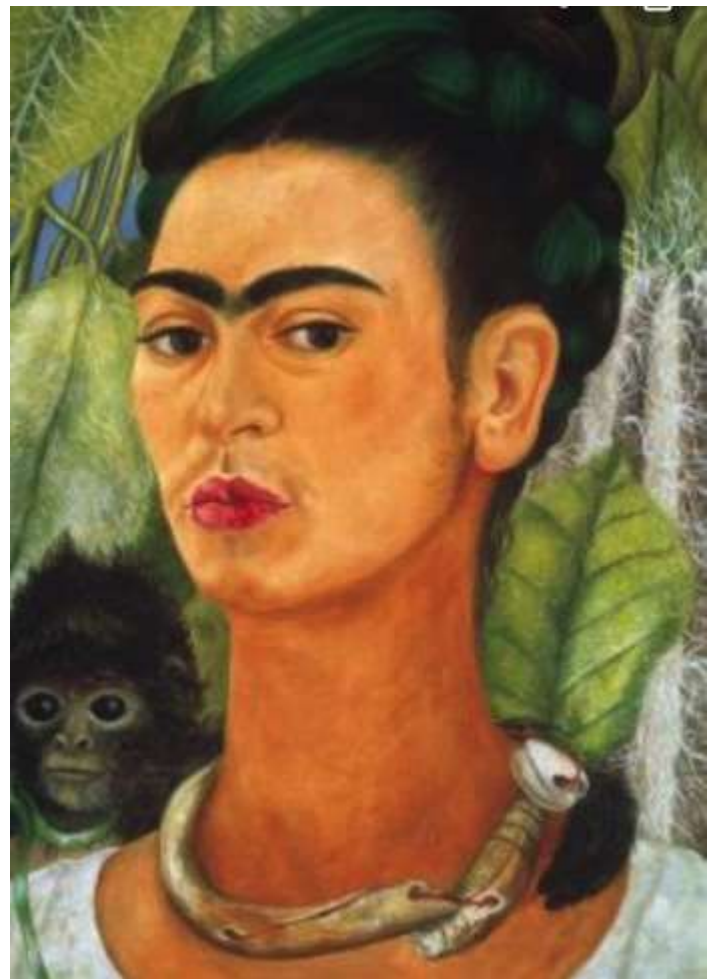
#### What you will need:

A slice of bread

Something sharp to scratch into the toast with such as a skewer, cocktail stick, screw driver, tooth pick

An image to recreate, portraits work really well, but you can try something else if you want to.

**Here are a few classics that you could choose to work from.... But you could find a picture in a magazine or even a photo of someone you know!**



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Here's what you do....

1) Toast your bread really well



2) Look at your picture, think about which are the lightest to darkest bits, the tones...



3) start scratching away! Work from light to dark, so.... you will scratch away the lightest bits leaving the darkest bits unscratched.




there you go, classic art on toast... and then you can eat it! (Don't forget to photograph it first.)

**Play and have fun!**

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

[https://uwe.eu.qualtrics.com/jfe/form/SV\\_a2TcKHD5ytwjAmV](https://uwe.eu.qualtrics.com/jfe/form/SV_a2TcKHD5ytwjAmV)

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)