



# LET'S MAKE ART



An independent arts organisation run by Karen Davies and Alice Hendy in Bristol, UK.

## **We Are Family : Online tutorial**

The Hidden Self - looking at the difference between what is seen on the outside compared to what we are experiencing on the inside.

To celebrate the start of the school holidays we are providing an online activity to accompany the upcoming A Picture of Health exhibition at the Arnolfini.

Using easily sourced materials this step by step tutorial and accompanying video will guide children in making a standing cardboard portrait of themselves with an interior scene as well as an outward showing persona.

What is the face you show to the world? And what does the inside look like? Is there a space for your family and your pets? Sometimes you might feel shy, worried, excited, calm or a mixture of lots of emotions? A list of things that make you happy? Can you draw or list these on the inside of your portrait.

We looked at the artwork of Nate Williams, Tupera Tupera and David Shillinglaw for inspiration.

Creating art is a great way to express what you're feeling, especially if you can't articulate your emotions with words.

For this activity you will need;

An old cereal box

Coloured paper - you can also use packaging, magazine pages, wrapping paper etc

Scrap paper to make a template

Ruler

Pencil

Scissors

Glue stick

Pencil crayons, felt tips, chalk pens

## **How to;**

1. Open out the cereal box
2. Using scrap paper folded in half, draw half a head shape (this will make it symmetrical) and cut out to create a template. Make sure it fits on the largest section of the flattened cereal box
3. Draw around your template onto the two largest sections of the cereal box, so you have two pieces.
4. Glue the pieces together with the plain sides showing.

5. To make your cut out stand up, cut a 2cm slit up from the base, approx 4cm in from the side edge.

Make the stands;

a. Using a side piece from the remaining cereal box cut it to size approx 30cm x 4cm. Fold in half and stick together, then cut in half longways.

b. Measure halfway along the longest part and mark 2cm up from the bottom and cut.

c. From the centre cut measure and mark 3cm either side. Measure and mark halfway along the shorter side and join the two up with a pencil guideline, then trim the equally measured corners off.

6. Slot the two pieces onto the base to check they fit and remove them whilst you decorate the face.

7. Using coloured pieces of paper cut out different shapes to represent your features. The shapes can be very simple i.e. triangle for nose, circle for cheeks, long strips for hair, semi circle ears and a crescent mouth. Folding the paper in half will give two identical pieces.

8. Play with the position of your features and when you're happy stick them in place with the glue stick.

9.. Turn over your self portrait and begin your inner profile. Drawing lines with your pencil, divide the head into sections. Fill the sections with things that are important to you and help you be the person you are. This can be family members, friends, pets, holidays, teachers, your favourite colours, places or toys. Do you secretly like Brussel sprouts? Top tip - The portraits look best when the words fill the sections of the drawing. You can use small, CAPITAL, swirly, thick or thin letters, be creative in how you fill the space, that is what will make your drawing unique, this is a chance to express yourself, to show how you're feeling and what is on the inside.

Add colour with your choice of colouring in material. When your inner self is complete join the portrait to the stand pieces and adjust to support your creation.









