

GALLERY GUIDE

Explore Acts of Creation with Let's Make Art



"Take our hand and come with us on a journey around the gallery. We'll be casting our minds back, looking forwards and inviting you to be creative."

At Let's Make Art we are fortunate to work with people of all ages and stages of life. We recognise the child inside all of us and for this exhibition we are finding playful ways to connect with the works in the show.

We are struck by the power of the self portraits in The Temple in a landscape where the artist mother is not a recognised cultural figure. We meet many artist mothers in our We Are Family workshops at Arnolfini and work with them in small but significant ways to help ease the challenges and barriers they face in accessing their own creativity. We often do this through re-framing what creativity looks like when pressures on time to make and reflect are reduced and by setting up collaborative activities for mother and child to do together.

Our art cart, Arnold, is stocked with paper to make a simple book for drawings and thoughts along with some prompts and can be found on the second floor.

"The inner child holds our gifts, our native genius, holds the capacity to play and have joy, holds our creativity, holds our feelings, even holds our connection to the divine."

- David Bedrick

Please leave in the gallery after your visit for others to enjoy

Marlene Dumas - Underground

Marlene Dumas created Underground with her then 5 year old daughter, Helena. Marlene created the black, inky lines and Helena played with colour over the top, casting the original marks underground.



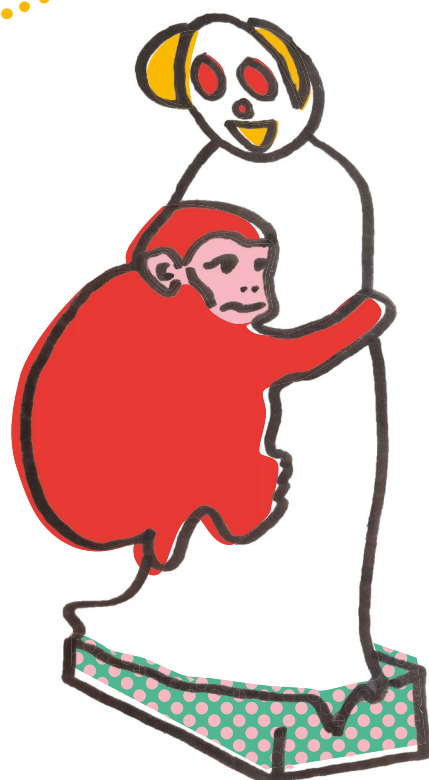
The artist thinks of these paintings as emotions rather than portraits. Which emotions do you recognise? Can you work on your own drawings of two layers?

Cathie Pilkington Surrogate

What do you feel when you look at this work? For us, we were first drawn to the affection and vulnerability shown by the monkey and it made us wonder why he was clinging on so intently.

Art is personal, allow yourself to feel however it makes you feel. Don't let the art intimidate you. It can just be fun and charming. You might feel joyful, fascinated, curious, happy, serene, sad, nostalgic, excited, inspired, powerful...

What is love? What is it for?
What things comfort you?
Can you re-imagine the monkey with everything it needs to feel safe and loved?



Carrie-Mae Weems - The Kitchen Table Series

Imagine yourself under the kitchen table in Carrie-Mae Weems photographs or a kitchen table from your past or present. You're safe under there, it's your own world. What can you hear, what can you see?



Loss

We all lose things... favourite toys, keys, socks, money, teeth and time... sometimes we feel we've lost our creativity or the time to create but there are lots of small ways to find it and help it grow.

- Keep a notebook for things you notice, songs you like, dreams you have, sentences you overhear.
- Take a strip of googly eyes with you when you go out to bring every day objects to life.
- Talk to friends who have known you for a long time.
- Remember that creativity looks like lots of different things. It can be ways of looking at the world, making a cake, doing your hair, the way you move, singing your heart out...



Come and join us at one of our free workshops during Acts of Creation:

Easter Holidays

2, 3, 9 and 10 April 11:00-13:00 and 14:00-16:00

May Half Term

28 and 29 May 11:00-13:00 and 14:00-16:00

No need to book, just drop in!



Let's Make Art is an independent arts organisation run by Alice Hendy and Karen Davies. Their shared passion for devising and delivering the highest quality arts education for everyone has been driving them for over a decade and has led them to a partnership with Arnolfini as Makers in Residence. Their relationship with the art centre enables them to connect with artists and learn about their inspirations and processes which is key to them being able to find meaningful ways of inviting children and their families to engage with the main themes in the exhibitions.

As well as organising their own events Karen and Alice's fun and inventive style has led them to work with many like minded organisations and artists, delivering accomplished projects for diverse audiences. This has given them the opportunity to present exclusive, contemporary and sometimes cheeky ways for children and grown-ups to express their creativity.

You can find Let's Make Art's book in the Arnolfini bookshop.



Explore Acts of Creation with Let's Make Art can be downloaded on our website or listened to as an audio guide using the QR Code

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