

# YOUR ISOLATION ART PACK

Hello and welcome to your art pack, which has been put together by local charity Sheffield Flourish, and by CAST, the arts group we support.

There are materials in here for fun, and we hope you enjoy them. If you like, you can tick each activity off as you complete them.

**We have one request: please share what you've made with us. We want to see what you're all doing, so please send photos of your artwork to:**

Email: [info@sheffieldflourish.co.uk](mailto:info@sheffieldflourish.co.uk)

Twitter: @ShefFlourish

Facebook: /SheffieldFlourish

Instagram: /SheffieldFlourish

Post: Upper Floor, 4 Willey Street, Sheffield, S3 8JU

We also want to support you to share your story on the Sheffield Flourish website. We've got a lovely team of volunteers trained up to talk you through the process, so please get in touch.

**If you need any help or support during this difficult time,  
please call 0114 273 7009, email  
[mhguide@sheffieldflourish.co.uk](mailto:mhguide@sheffieldflourish.co.uk), or visit  
[sheffieldmentalhealth.co.uk/covid](http://sheffieldmentalhealth.co.uk/covid)**

**A big thank you to:**

- CAST volunteers, especially for the fantastic zentangle and mobile designs
- Community members who've given their ideas, and helped fund these packs
- Soo Boswell from Sheffield Health and Social Care, for the excellent window art ideas
- Artist Elesha Searles for her beautiful mandala and zentangle colouring in designs, you can find more of her work here:  
[www.instagram.com/eco\\_elesha\\_art](http://www.instagram.com/eco_elesha_art)

# MAKE YOUR OWN MOBILE

## WHAT YOU NEED

- Wool
- Sticks
- Rolled up balls of paper
- A place to hang it

## HOW TO DO IT

Mobiles are for adults too, just check out Alexander Calder's work.

We made the mobile in this photo out of sticks we found in the woods, rolled up balls of glossy paper, and wool, but you can use all sorts of stuff (milk bottle tops, old hangers, card and paper shapes, a ruler). Half the fun, and most of the challenge, is in making it all balance. Start from the bottom and move up. Take it a layer at a time, find the centre of balance, and then set up for the next layer.



# MAKE YOUR OWN WINDOW ART

## WHAT YOU NEED

- Glue
- Tissue paper
- Black frame
- A window to put it in



## HOW TO DO IT

Tear the tissue paper into strips, or cut shapes out of it, then stick them to one another. Glue some of them horizontally, and some vertically. Create a picture that is big enough to fit inside the black frame provided in this pack.

When you're ready, glue the tissue paper design to the back of the frame. Turn it around, and you can stick it in a window to let the light shine through the colours.

# TAG A TREE

## WHAT YOU NEED

- Label
- Coloured paper
- Coloured shapes
- Pens or pencils

## HOW TO DO IT

Take your label and decorate it with a hopeful message: "stay strong", "this too will pass", "better days ahead", "even though we're apart, we're all in this together", or something else entirely. Add colours and make it beautiful.

On your daily walk, if you have one, hang it in a tree. If not, hang it in your window.



# MAKE YOUR OWN STAMP STUDIO

## WHAT YOU NEED

- Bits and bobs from your kitchen!
- Paper
- Objects from around the house
- A potato

## HOW TO DO IT



Collect objects from around the house that might work well as stamps: the end of a pen, a leaf, string wrapped round a block of wood, an old sponge, or a potato cut in half and carved.

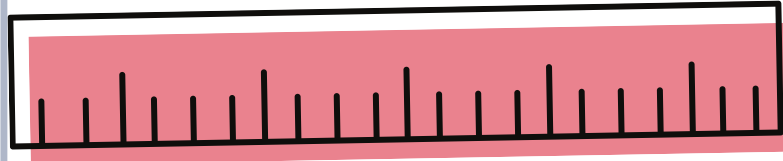
Now it's time to raid the kitchen cupboard for paint! If you're putting it straight on paper you could try ketchup, mustard, or brown sauce. Other good dyes include tea, coffee, beetroot, red cabbage, grass...the list goes on. If you have fabric you can even make your own print.

## MAKE YOUR WINDOW INTO AN ART GALLERY



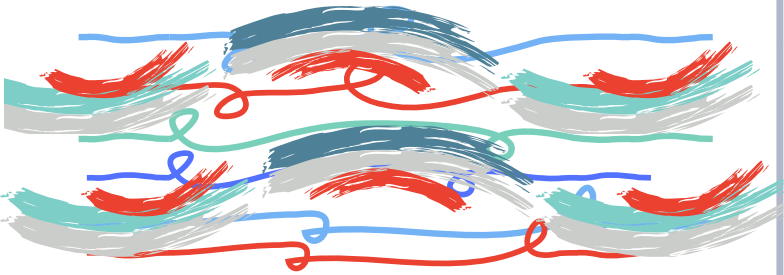
You can use the things you've created through this pack. Don't forget to send us a photo!

## WRITE A 2 METRE POEM



Stick together bits of paper until you get to 2 metres, then write a poem along the paper about the distance and the closeness

## PAINT YOUR EMOTIONS



Whether it's anger, sadness, frustration or boredom, paint (or draw) it out. You might want to put some music on while you're doing it, to really get in the mood.

Collect a box of things that help you feel good when times are hard.



## DO THREE KIND THINGS TODAY

Give someone a call who you haven't spoken to in a while.

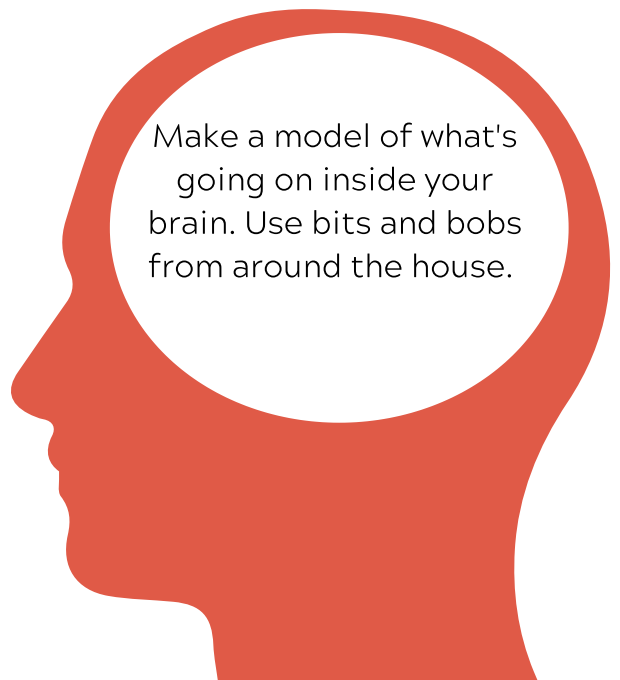
Put out some seeds for the birds on your windowsill, or make a poster for NHS workers.

Make someone a card or write them a poem.

Do the washing up (for yourself, or someone you live with).



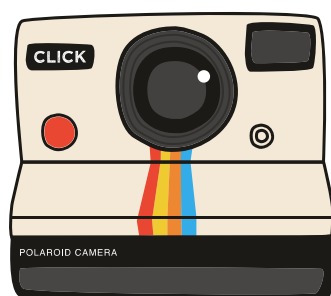
Make a model of what's going on inside your brain. Use bits and bobs from around the house.



Draw nature when  
you look out of  
your window, or on  
your daily walk.

*make a record of this  
historic time*

Write news story or make a collage about  
your time in lockdown. What have you  
learnt from this experience? What would  
you put in a time capsule? And what are  
you most looking forward to doing when  
lockdown is lifted?



Go through your old  
photos and add  
comedy captions

CREATE YOUR  
PERFECT TOWN, CITY  
OR COUNTRY

You can use the shapes  
included in this pack.



**DRAW YOUR LIFE  
AS A ROAD**, with all  
the twists and turns  
and stops along the  
way



**MAKE A  
COLLAGE  
ABOUT THE  
THINGS YOU  
LOVE AND  
ENJOY**

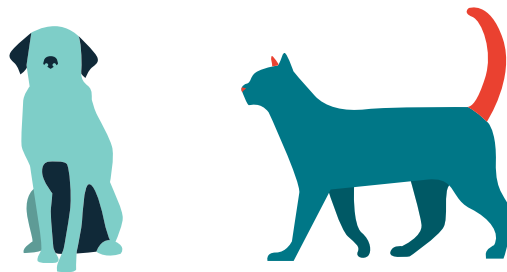


## CREATE A CARTOON

Fold a piece of paper in half, then in half again, and one more time. Open it out and you have 8 squares.

You can be the hero, or find yourself a villain. Work out a plan for that villain to be slain. Have fun and make it silly.

Think superpowers.



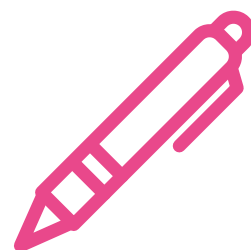
Imagine this: you have a pet dog or cat, and one day you find out it can talk. What happens next? Write the story.

## DO UP YOUR OLD STUFF

Find something you're tired of looking at, or that looks tired, and make it beautiful. It could be a bowl, a notebook, a picture frame, a t-shirt or a plant pot. Take the bits and bobs in this pack or things from round your house and glue them on to jazz it up.

## WRITE OUT YOUR ANGER OR UPSET

Is there someone or something making you upset or angry? It could even be the coronavirus. Write them a letter you'll never send, or design a postcard that shows all the reasons why.



## MOVE EVERYTHING IN YOUR ROOM AROUND

This is an excellent way to make lockdown more fun. It's surprising how different a room can feel when a piece of furniture is on the other side of it...

write about how you're coping through this strange time, and send your story to us



SHEFFIELD  
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Using these 'tangle' patterns,  
complete the tree below or create your own picture.  
Have fun with this.

