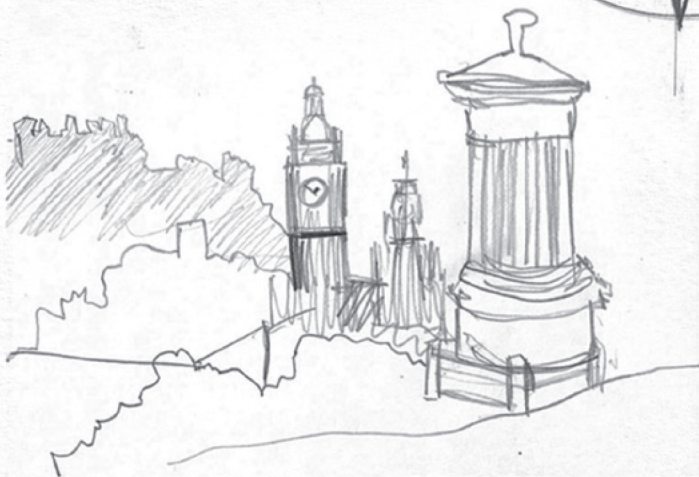
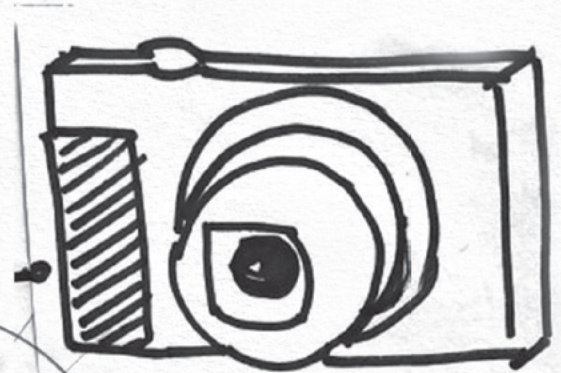


STARTUP



CREATIVE ZINE FOR ADULTS

STARTUP WELCOME

No one needs an excuse to make something or be creative but sometimes it can be hard to know where to start.

I am an artist and have been working with CARDS at Rowan Alba throughout lockdown. I've been amazed at the resilience, creativity & humour of the adults I'm working with. Some haven't seen anyone in person for months, and many hadn't made art since they were at school.

I wanted to share some creative pointers that I have seen work for CARDS, to help get other adults started on creative projects.

There are so many positives about being creative. It can help to: spark ideas, focus, plan, give purpose to your day, have fun and the best bit is choosing what you enjoy doing and shaping it to work for you.

So, make yourself comfortable, pour yourself a cup of tea, put on some music that you like & look through the zine. Try some of the activities, see what you like and see where they take you.

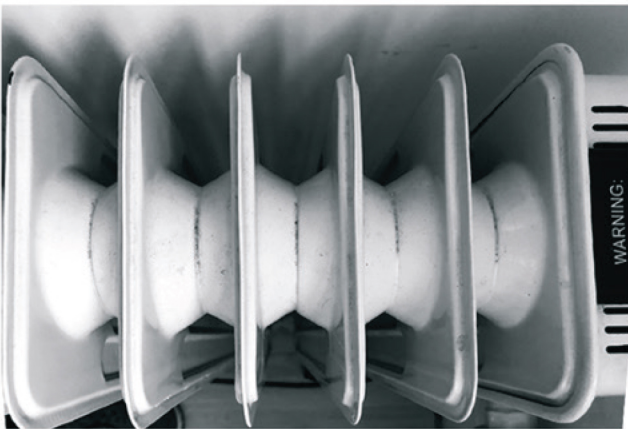
This zine is for all at CARDS
- Thank you
and for any adult needing that excuse to get creative & have fun.

Sam

This activity was generously supported by Paul Hamlyn Foundation through a programme organised by Engage, the National Association for Gallery Education.

 Paul Hamlyn
Foundation

Engage
Bringing people
and art together



WHICH DIRECTION WILL YOU GO?

In this zine there are lots of ideas to get you started on your creative journey.

Each section will have options for activities you can do within the home using simple materials.

There will also be suggestions for other ideas and outdoor options.

drawing

I hear so many adults say
“I can’t draw” or “I’m not artistic”
so here are some suggestions
to get started and throw those
thoughts away.

Doodling can help :

concentration

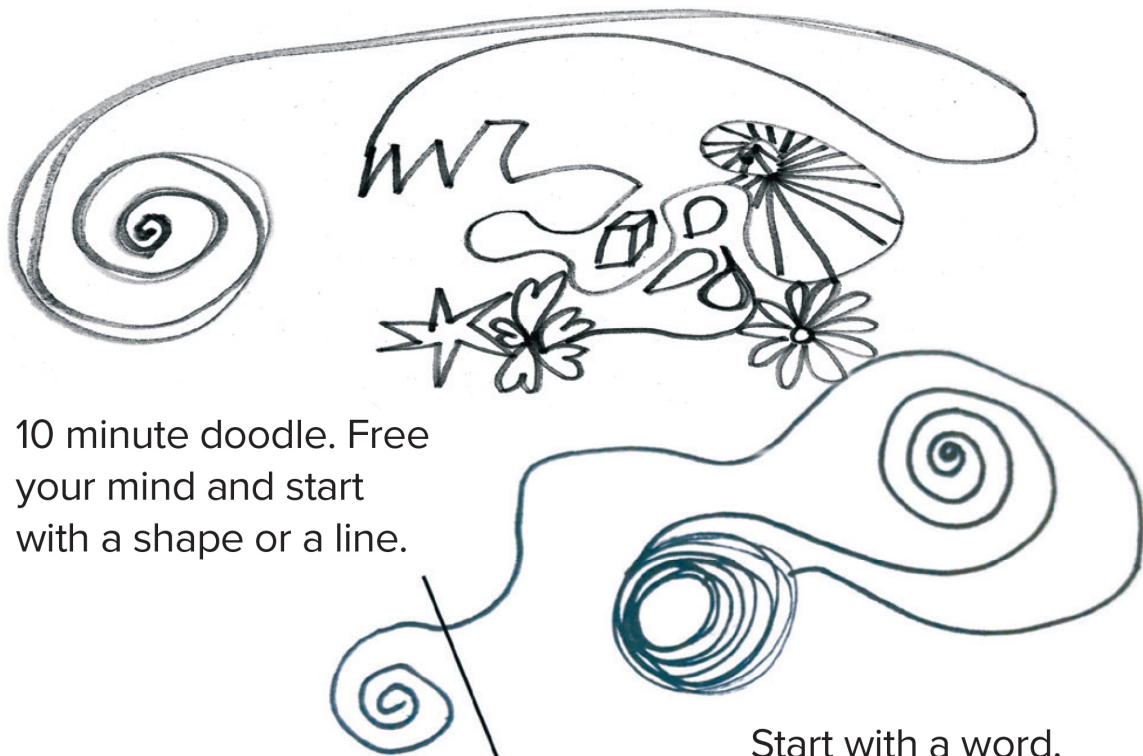
process
emotions

creative
thinking

alleviate stress



IT IS A GREAT WAY TO SPARK YOUR CREATIVITY



10 minute doodle. Free your mind and start with a shape or a line.

Start with a word, maybe lots of words.

Listen to some music you love and just move your pencil or pen around the page - you might use both hands or go large and just draw with your arms and whole body in the air.



Think of something you really love then draw loads of tiny related things.



STARTUP DRAWING



MAKE YOUR MARK

Mark making can happen in all sorts of ways.

Rubbings are a really effective way to get great results.

TOP TIPS

1 Leaves are great to use/ anything flat with an interesting texture.

2 Crayons or a graphite stick used on their side are ideal.

3 Always try and do a rubbing on a flat surface.

4 Try using lots of colours.



5 If you only have a pencil, a soft one is best and used sharp and on it's side (not using the point).



Artists use all sorts of methods to get the desired result. If you're working from another image why not tape it to the window and trace it.

Treat yourself to some different drawing materials. I love : charcoal pencils, graphite sticks, watercolour pencils & a felt tip pen.

WHY NOT TRY

Going for a walk and collecting things to draw

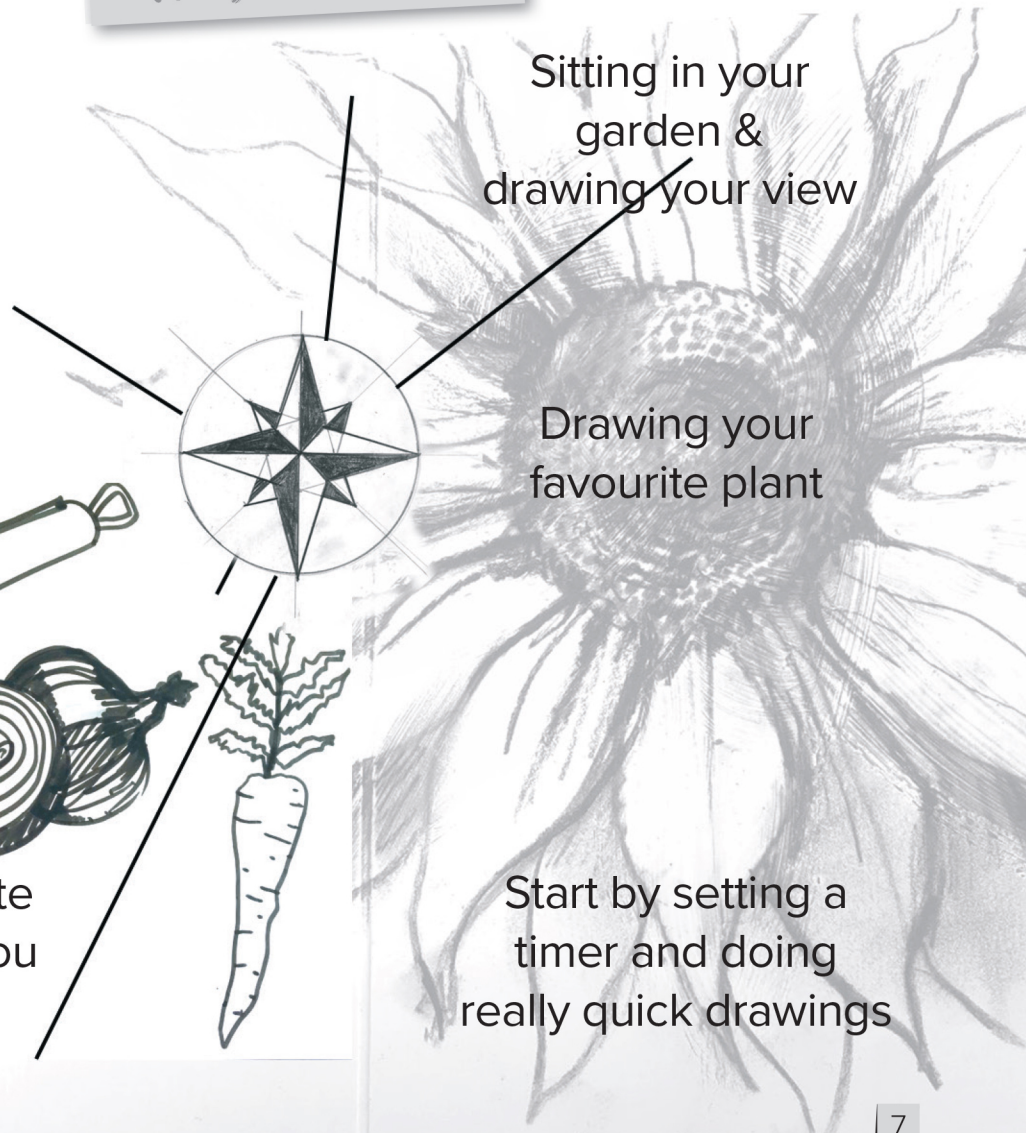
Sitting in your garden & drawing your view

Drawing the view from your window

Drawing your favourite plant

Drawing your favourite ornament or things you find in the house

Start by setting a timer and doing really quick drawings



Collage

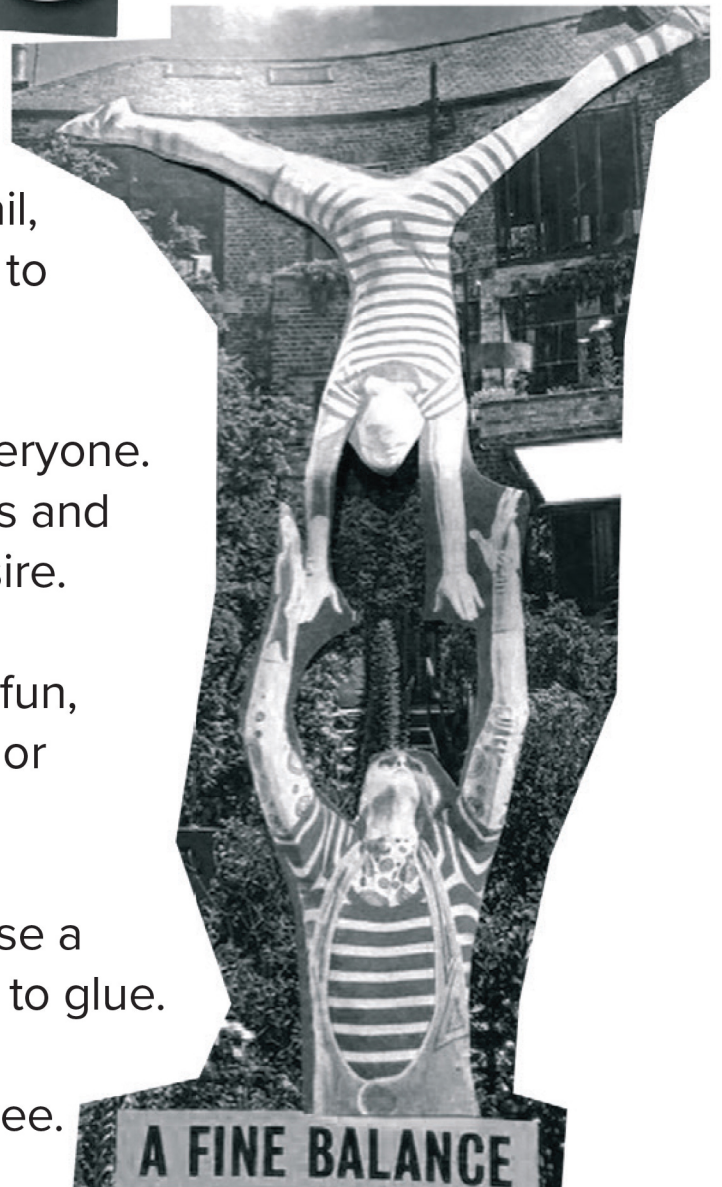
Have fun choosing bits of old magazines, newspapers, junk mail, old postcards or bits of drawings to make new art works.

Collage is really accessible to everyone. Take your time cutting out images and layering to get the effect you desire.



It can be fun, personal or political.

I like to use a pritt stick to glue. Easy and wrinkle free.





re**cycle**

Cut
Rip
Stick



STARTUP PHOTOGRAPHY

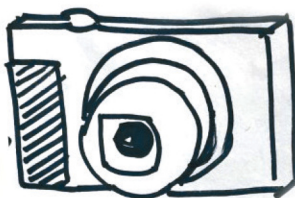
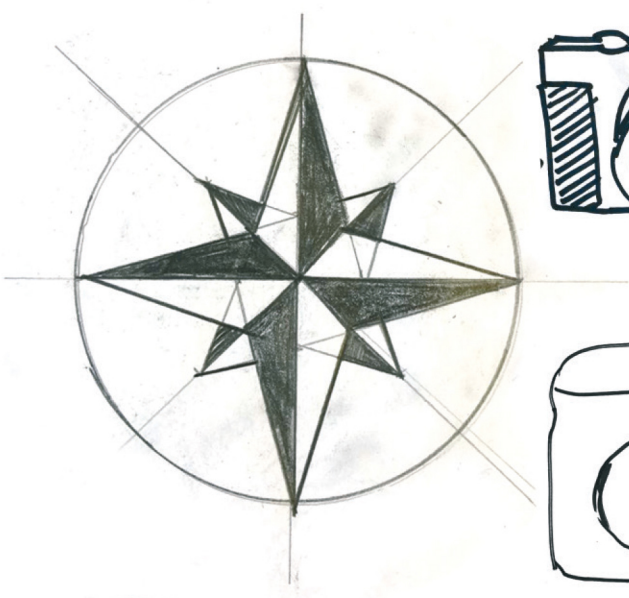
Photography is accessible & fun.

Choose your camera:



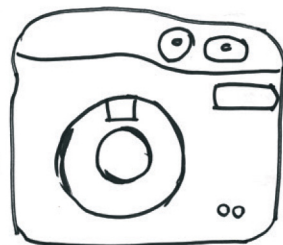
SINGLE USE CAMERA

Great if you don't have access to a camera. Film can take a while to get printed but great to have prints (you might use them to draw from)



COMPACT DIGITAL CAMERA

Great if you can upload to a computer



POLAROID

Great fun but film is quite expensive



MOBILE PHONE

Great if you are able to use your data/ upload & share

SET YOURSELF A PROJECT. FIND A SUBJECT THAT YOU LOVE.

HERE ARE SOME IDEAS THAT CAN GET YOU STARTED



INSIDE

Take a photo out of your window every day for a month.



Start a project with a friend
Send a daily text:
Take a picture of your breakfast/
your favourite shoes in different
places - stay connected and
have some fun with it.

Write a word to describe how
you're feeling using objects you
find in your home every day for
a week. Take a picture every
time you set this up.

Photograph everything you can
find in your home that starts
with the first letter of your name.

Take time to set this up and
follow the compositional tips on
the next 2 pages.



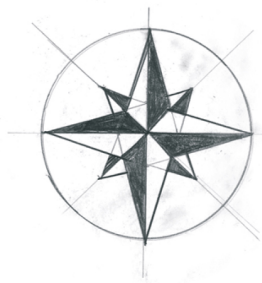
OUTSIDE

Take photos of changes in your
garden looking for shadows,
interesting shapes and textures.

Set yourself a daily walk and
take 3 photos on your journey.
Take time to think & reflect on
what you want to capture.

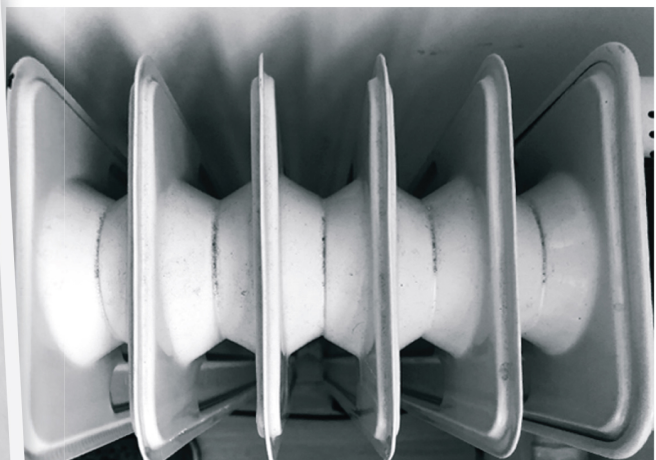


STARTUP PHOTOGRAPHY: FRAMING YOUR SHOT



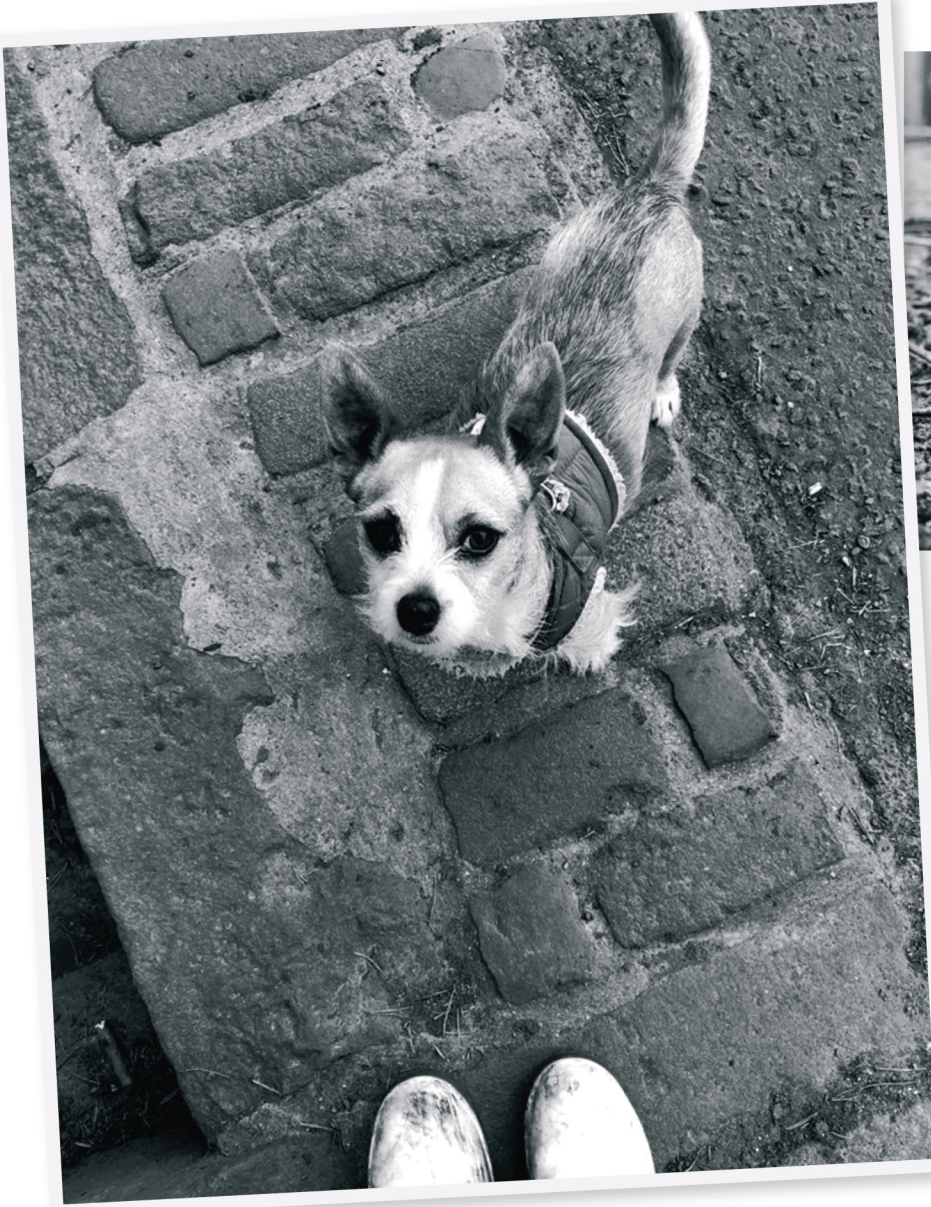
DIAGONALS

Using diagonals can lead your eye through the image and make it more dynamic.



CLOSE UP

Go close to your subject. This helps to get rid of all the clutter and gives the viewer a clear focus on your subject.



INTERESTING ANGLES

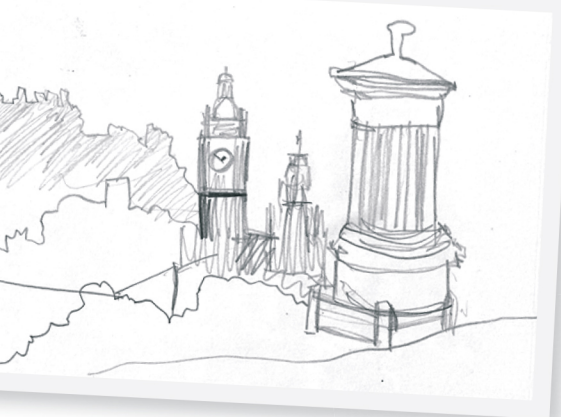
Try looking up, down & take time to play around with angles.

THINK OF FRAMING YOUR SHOT

so that points of interest lie where thirds intersect in your image.



WHAT NEXT?



Turn your drawings, collages or photographs into cards. It's lovely to receive something through the post, so take time to write a message and you'll feel great knowing someone has enjoyed your artwork. If you're part of a group then talk to them about how you can reach other people.





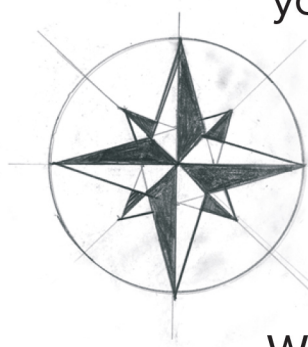
WINDOW GALLERIES

Rainbows, teddy bears, snowflakes.

They've all featured in people's windows in recent times.

Start a new theme or just enjoy displaying your artwork in your window. It's the easiest gallery to curate and

you'll bring much joy to passers-by. You can add or change whenever you like and it might inspire your neighbours and help you connect.



PERSONAL PROJECT

Whether you love local history, food, clothes, walking or nature start a journal or sketchbook with ideas around your passion.

TRY SOMETHING NEW

If you have been inspired by this zine try something new: whether it's painting, crochet, knitting or sculpture.

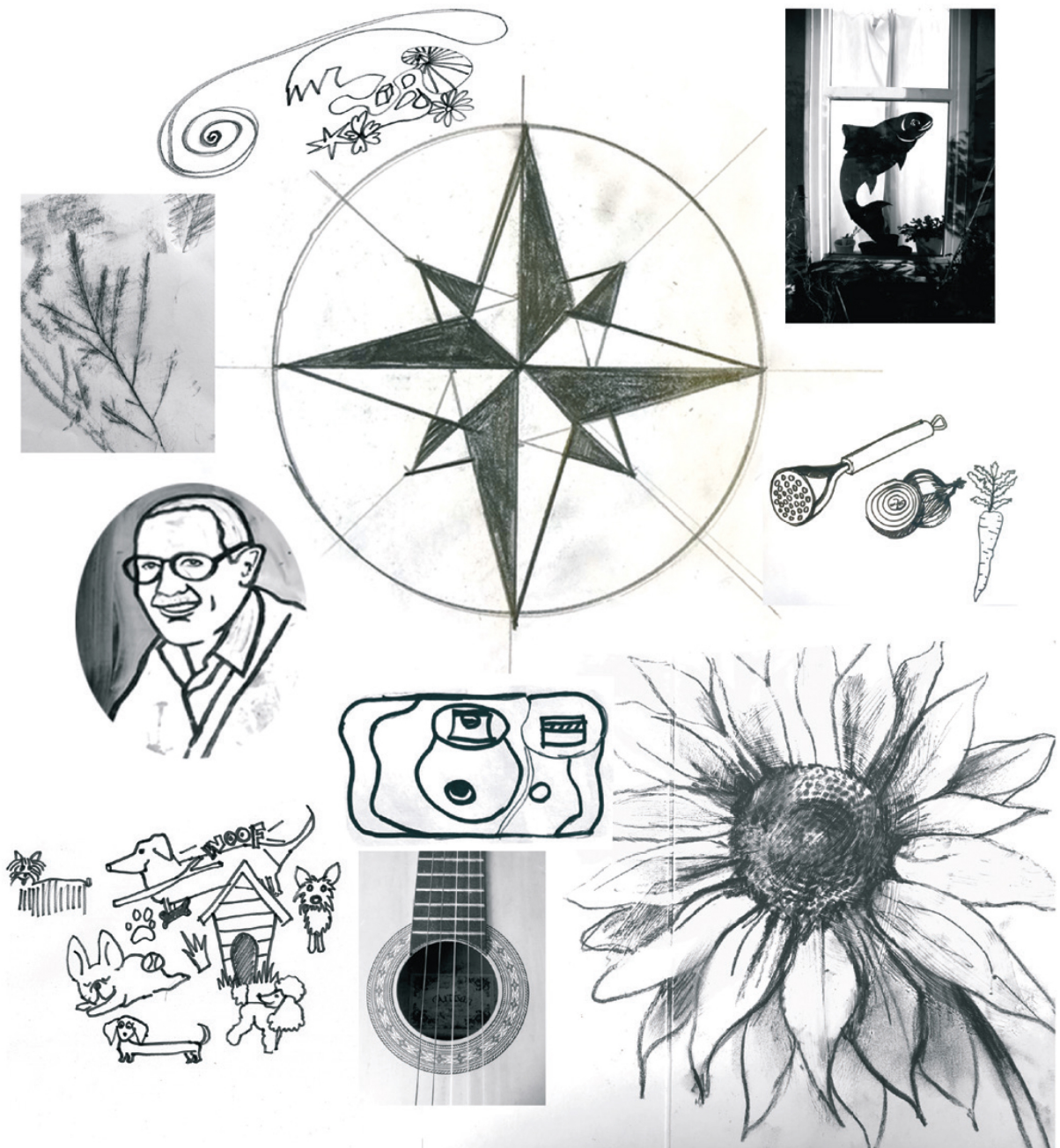
Allow yourself time to make and to have fun.



STARTUP

Whatever direction you decide to go on your creative journey.
Make sure you don't put pressure on yourself and enjoy
seeing where it takes you.

Please get involved @SamartEdinburgh with the #ArtIsEssential.



Design: Easterly Direction Design Studio