

Welcome to your Art Reach care pack which is supported by Wellbeing SA through their Community Wellbeing and Resilience Grants program.

It's hard to believe we're already halfway through 2021! Winter is definitely in the air. In summer, long nights are great for going out and being social. But the dark winter nights are made for staying in. You can use the extra time at home to inspire your creativity and start that new art project.

The winter months bring out the desire to hibernate in all of us. It's cold and dark and we don't want to venture too far from home. But spending so much time inside gives your mind more time to wander and start to turn inward. A chance to dream and do a lot of thinking, which is the perfect way to come up with new ideas and get creative.

So get to it. Keep making art, you know it's good for you!

From your friends at Artworks Community Studio



What art offers is space – a certain breathing room for the spirit – John Updike

Artist Activities

Grace Crowley with Melinda Harper

Composition
and
movement
in collage



Grace Crowley is considered one of Australia's most important abstract painters. In this work on paper, the forms are slightly organic, soft and floating around the page. Grace Crowley has chosen a green background; the red and yellow forms are bright and contrast with the other colours. The forms are irregular and soft. I think this work is very experimental, the black lines or shapes are like fine brush strokes across the page.

The title of the work *Composition-movement*, gives us a lot of clues. **Composition** means put together. **Movement** in an artwork is the *sense of flow*.



Grace Crowley, *Composition - movement* 1951, drawings, stencilled and hand-painted gouache, purchased 1993 © The Estate of Grace Crowley

Materials you will need:

- Scissors
- Brushes
- Paper
- Paint
- Glue

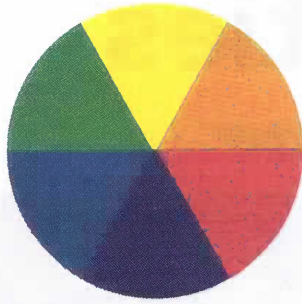


We are going to look at some elements that Grace Crowley explores in this work.

Composition. Using shapes and forms, circles, squares, lines, curved or straight edged shapes... Perhaps look for different shapes around your home and arrange them together.

Image still life. Sometimes setting up a still life to work from can help. Use objects that you like. You can use things from the kitchen like lids and bowls. Explore a different range of shapes and colours. Look out the window. Maybe you can see something useful.

Colour. Are the colours complimentary or contrasting? Do they match, or clash? Or maybe both! Sometimes a colour wheel can be helpful in thinking about colour combinations.

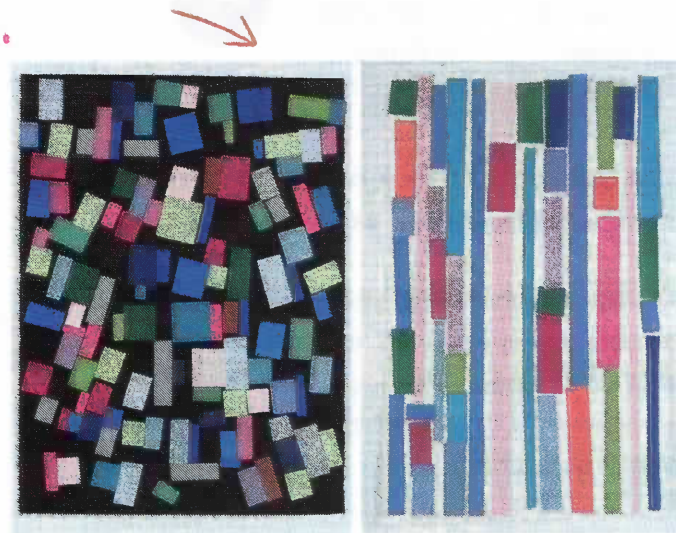


Movement. Use forms and directions to represent movement.

All of these elements are equally important; in making your own artwork, you may want to think about your favourite colours and shapes.

Grace Crowley used organic shapes varying in size and a **landscape** format. In my collage, I used a **portrait** format. What would you like to do for your artwork?

In this collage with the black background, I have used all sorts of squares and rectangles and tried to create movement by showing the shapes going in all directions, up and down.

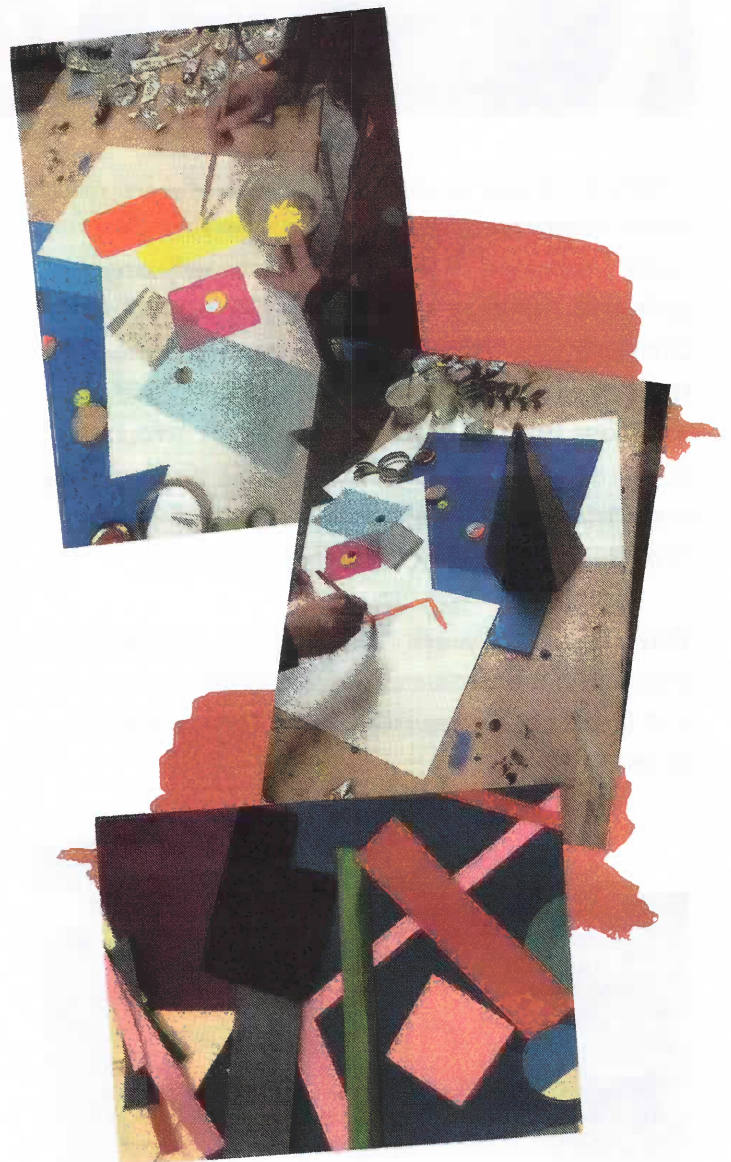


This is another collage with a white background. The shapes are all going in the same direction. It's very different and feels much more still. You might also think about what colour you would like to start with as a background, maybe do a few.

Let's paint some paper, or use coloured paper and start to assemble our collage, thinking about composition, colour and movement.

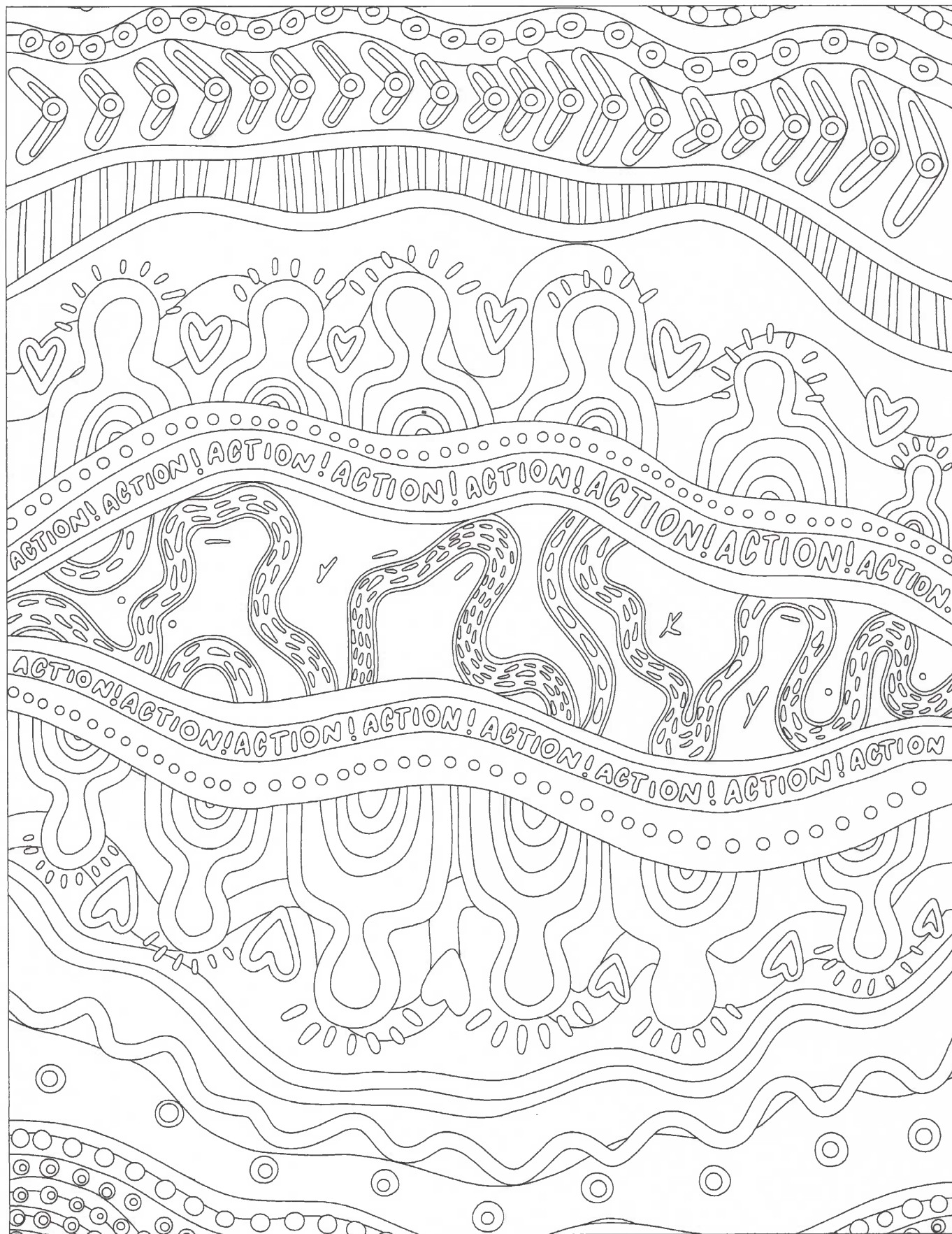
Instead of cutting, you might want to tear the paper. Think about big shapes and small ones. Begin by moving the shapes around the paper. Think about movement and space.

Also think about positive and negative shapes. I always keep paper that I discard in another pile and use bits and pieces along the way. For example when I cut a circle I keep both the positive and the negative pieces. Be as experimental as possible, there are no rules.



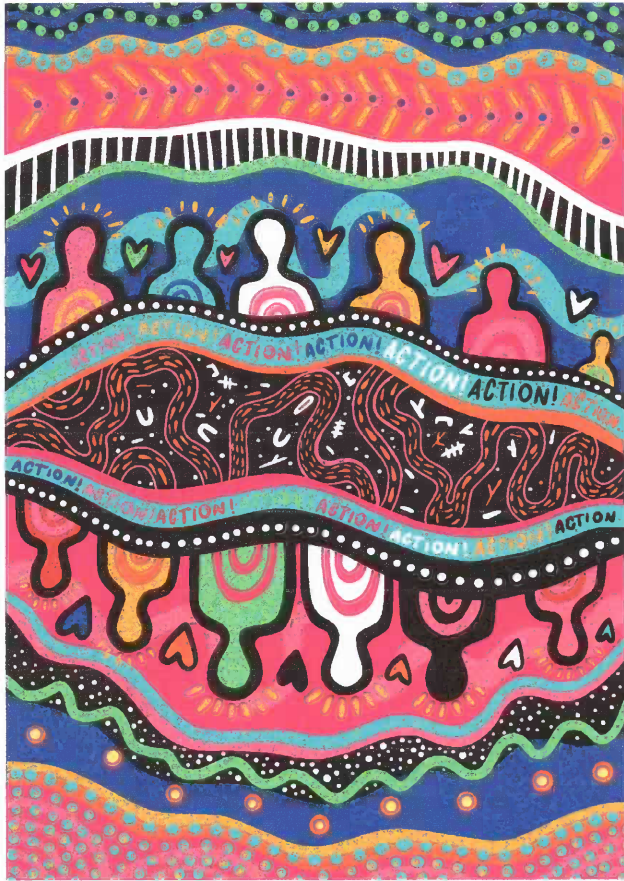
Colour for Reconciliation

Action by Jessica Johnson



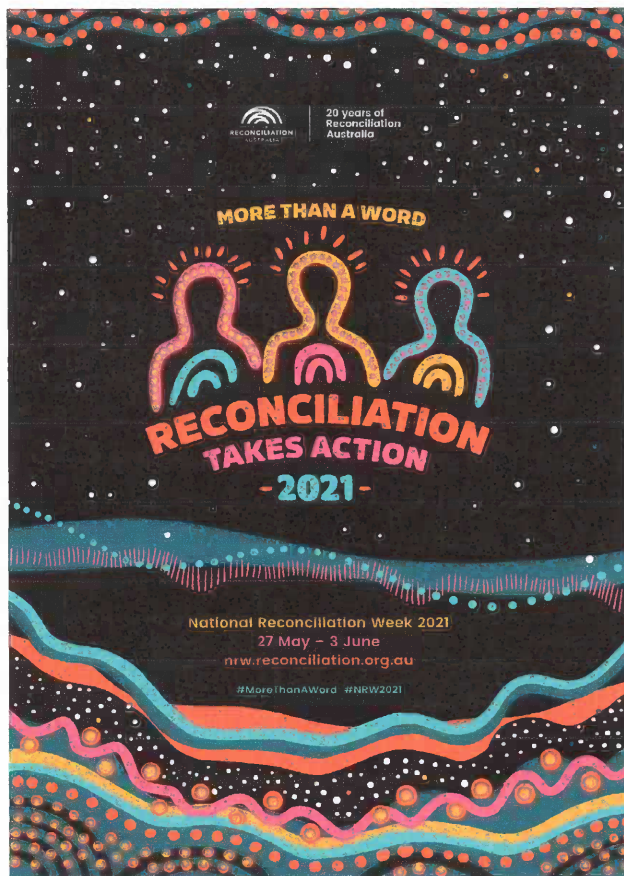
Action is the story of the land and community sharing the united call for action on reconciliation.

Aboriginal and Torres Strait Island peoples have been listening to the heart beat of the land and sea for generations. With their rainbow shaped souls the spirits ask for us to join and make reconciliation more than a word, take action. We all have a role to play.



Action

Jessica is a descendent of the Warumungu/Wombaya people north of Tennant Creek and an established designer, artist and owner of Nungala Creative.



National Reconciliation Week 2021 Poster

See how Jessica's artwork is used in this year's National Reconciliation Week poster.

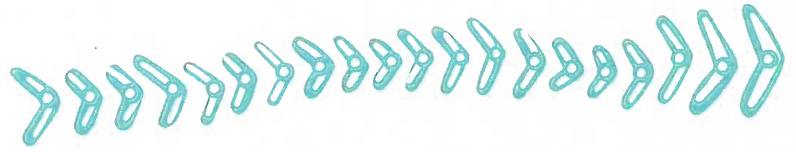
To find out more about National Reconciliation Week go to: nrw.reconciliation.org.au

Some of the elements in the artwork

Boomerang

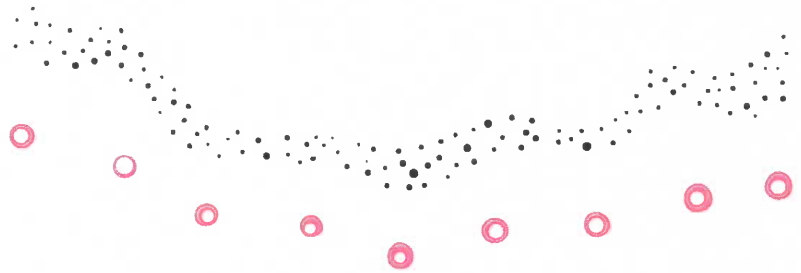
Coming full circle, there are 20 of them representing the 20 years of Reconciliation Australia.

Persistence.

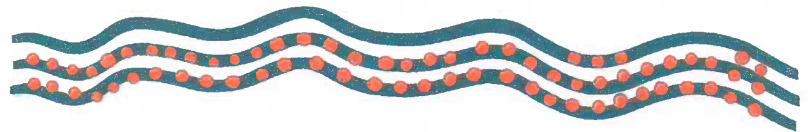


Stars, Moon and planets

Navigation, journey and knowing the way. Representing cycle and the passing of time, both past, present and the future.

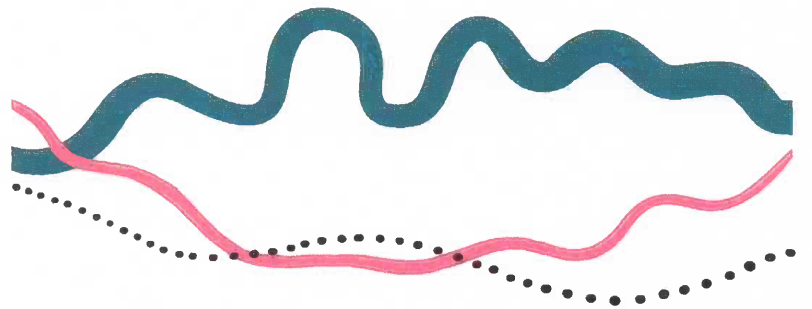


Undulating Landscape



River/Waterways

The flow and spirit of the water. Contouring the land. Change and motion. Life stream of Country.



Spirit souls

The rainbow spirits represent thinking and awareness. As well as showing heart, care and nurture.



Bars/Fence



Mindful Colouring



Colouring can be an enjoyable alternative to meditation or mindfulness, and can be used as a way to reduce feelings of anxiety¹. In particular, colouring-in a mandala (a round shape) has been found to be the most beneficial form of colouring in for reducing anxiety².

If you are experiencing uncomfortable emotions, focusing on a task such as colouring in, can be a useful distraction that allows these emotions to gradually pass³. Calming your mind in this way helps you put up with those unwanted emotions and thus can stop you acting in ways that might make things worse.

Colouring is also good for us because it uses the part of our brain responsible for improving concentration, motor skills, problem solving and organisational skills⁴. This is particularly true if you are colouring detailed pictures, with complex colour schemes and trying to make your picture look aesthetically pleasing. However, you don't have to start out colouring in complicated designs - you can start with simple ones and build up to more complex designs when you feel ready.

1. Curry, N.A., and Kasser, T. (2005). Can Colouring Mandalas Reduce Anxiety? *Art Therapy*, 22(2), 61-65. 2. van der Venet, R., and Serice, S. (2012). Can coloring mandalas reduce anxiety? A replication study. *Art Therapy: Journal of the American Art Therapy Association*, 29(2), 87-92. 3. Heckwolf, J.L., Bergland, C., Mourzidis, M. (2014). Coordinating principles of art therapy and DBT. *Arts in Psychotherapy*, 41 (4) (2014): 329-335. 4. Eschleman, K.J., Madsen, J., Alarcon, G., Bareika, A. (2014). Benefiting from creative activity: The positive relationships between creative activity, recovery experiences, & performance-related outcomes. *Journal of Occupational and Organizational Psychology*, 87(3), 579-598.



THE ART OF BATIK

Batik is an Indonesian technique of wax-resist dyeing on cloth. The word *batik* comes from the Javanese word *titik* which means to dot.

Batik artists usually decorate the cloth with hot wax poured out of a spouted tool called a *tjanting* to create repeated patterns with lines and dots.



Sarkasi Said Tzee. *Fish*. 1978. Batik, 101 x 83 cm.
Collection of National Gallery Singapore

Sarkasi Said Tzee is famous for his unusual use of the *batik* technique.

Instead of creating a repeated pattern, he painted a fish using wax before using red dye for the background.

Look at the artwork closely. Do you see a fish leaping into the air?

TRY IT OUT!

While you may not have the traditional tools at home to create *batik* prints, you could use mediums like watercolour and oil pastels to create a wax-resist pattern. Follow the three simple steps below to create your own ARTwork!

1



An oil pastel (preferably a white one) can create the waxy effect of traditional *batik*.

On drawing paper, use an oil pastel to draw straight, wavy, continuous, dotted, thick, or thin lines—the possibilities are endless!

2



Right now, you may not see the lines you have drawn with your oil pastels clearly. As water-based paint is resistant to the waxy surface of oil pastels, whip out some watercolour paints and paint over those lines! Can you see them now?

3



Try this method of wax-resist with different colours and patterns! You may be surprised by the spectacular effects you create in your artwork!



Mentally Healthy WA

WEEKLY PLANNER

Government of Western Australia
Mental Health Commission

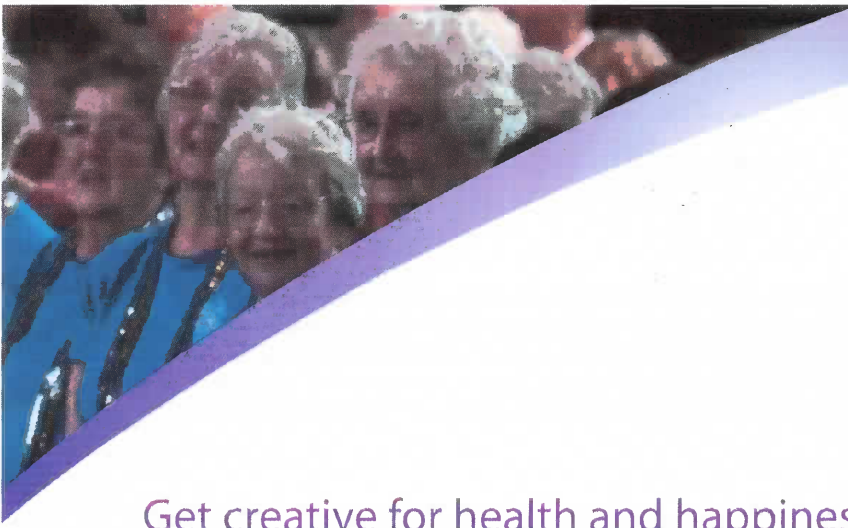


What I'd like to achieve this week:

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|--|--|--|---|----------------------|--------|
| <p>act Do something</p> <p>belong Do something with someone</p> <p>commit Do something meaningful</p> | | | | | | | |
| <p>Act</p> <p>Things like...</p> <ul style="list-style-type: none"> Go for a walk Meditate Get out in nature Do some yoga Do a crossword | <p>Things like...</p> <ul style="list-style-type: none"> Read a book in the park Go swimming Chat to a neighbour Do the gardening... | <p>Things like...</p> <ul style="list-style-type: none"> Join a recreational group or a recovery group Meet up with friends or family for an outing or do something together | <p>Things like...</p> <ul style="list-style-type: none"> Find out from the council what events are happening in your community. | <p>Things like...</p> <ul style="list-style-type: none"> Set yourself goals Do an 'act of kindness' Volunteer Keep going to groups you are involved in | <p>Things like...</p> <ul style="list-style-type: none"> Help out a bit more at a group you already attend Work on a skill you have or learn a new one... | <p>Commit</p> | |

The highlight of my week was:

For more information and to use our 'Activity Finder' visit actbelongcommit.org.au. If you would like more help on how to Act, Belong and Commit call (08) 9266 4648 or email info@actbelongcommit.org.au, to request a copy of the Guide to Keeping Mentally Healthy or a personalised information pack of groups and activities in your area.



Get creative for health and happiness

Remember going to your first music concert or buying your first album? Have you ever performed in front of a camera, on a stage, or helped out behind the scenes? Do you like to draw or paint or make and build creative things? Have you ever written a poem or told a story using words or animation? Do you like to sing or dance or play an instrument? Do you like going to the theatre or the movies? If you answered yes to any of these questions, then you have participated in the arts!

Many people engage in the arts and other creative activities on a daily basis. While we often encourage children to get creative in school and in play, participating in the arts and doing something creative is good for our mental health and wellbeing, no matter what age we are.

How does being involved in the arts and other creative activities keep us mentally healthy?

We get enthralled by the arts; they make us laugh, cry, and view life differently. Getting involved in the arts is enjoyable, provides a sense of achievement, and is a distraction from everyday worries.¹⁻³ The therapeutic benefits of the arts are well known and are commonly used in health care settings to influence mood, to communicate and promote health, and as a therapy for treating illness.⁴⁻⁶ The arts even have a positive influence on survival, with those attending cultural events living longer than those who do not.⁷

How can I get more creativity into my life?

You can do something creative, or you can experience something creative and you can support other creative people by attending their events.

Do something creative

Do you want to play music or sing? Have you always wanted to tell stories or be an actor? Do you enjoy taking photos or want to make short films? Are you interested in animation or creative design? Do you like making things with your hands? Are you interested in lighting or sound production? You don't need to be Picasso or Mozart to get involved in the arts and be more creative. Start by thinking of creative activities you've always wanted to try, that you used to enjoy doing, or that you would like to get better at. Then find a course you can do, take lessons, teach yourself, or join a group.



Experience something creative

Do you enjoy the buzz of a festival? Why not attend an art gallery or exhibition, or go on a hunt for some public art? Have you ever seen a live theatre or dance performance? Read a novel, a short story, or some poetry. If you like listening to music, why not go see a live music performance? Stop and listen to buskers, rather than walking past. Why not attend a short film or animation screening? You can gain mental health benefits as an audience member, especially if you attend with friends! And there are plenty of arts events that are free to the public, so you don't always have to purchase a ticket to enjoy the arts.

It's as easy as A-B-C!

Keeping mentally healthy through being creative is just as important as staying physically healthy and it's as easy as A-B-C: **Act-Belong-Commit**.

act

create art by painting or making a sculpture, play music, read a book, write a poem or create a story, sing, dance, perform, knit a scarf, scrapbook your favourite photos...

belong

join a band, an arts and craft group, book club or drama club, or start your own group, participate in an open mic night, attend performances or galleries with a friend, join a social club that attends arts events, purchase season tickets to your favourite company's performances...

commit

enrol in an arts, dance, music, creative writing or drama course, volunteer for an arts organisation or festival, mount your own production, enter a creative competition, commit to rehearsals, learn how to use design, photo, video, or music editing software...

How to find arts activities and events in your area

- Look in your local community directory, visit the local library, or contact your local council for community groups, activities, events and courses in your area.
- Look in the arts section of your local or regional newspaper, search the internet or social media, or pick up a copy of your local street press for the latest arts news, reviews, upcoming events, courses, competitions, and other opportunities.
- Join the mailing list of your favourite artists, musicians, performers, or arts organisations or become a member of a professional association or organisation that represents your creative area of interest.
- Visit the act-belong-commit website to discover more ideas on how you can get involved in the arts and other creative activities in your area, or call us on (08) 9266 4648.

1. Anwar-McHenry, J. Rural empowerment through the arts: the role of civic and social participation in the Mid West region of Western Australia. *Journal of Rural Studies*, 2011, 27, p. 249-253.

2. Shaw, P. What's art got to do with it? Briefing paper on the role of the arts in mental health recovery. 2009. Arts Council England, London.

3. Boon, H and Nastow, J. Theatre and empowerment. *Community drama on the world stages*, 2004. Cambridge: Cambridge University Press.

4. Starckoff, RL. Arts in health: a review of the medical literature. 2004. Arts Council England.

5. Maccsaughlin, J, White, M, and Slavin, P. Researching the benefits of arts in health. *Health Education*, 2005, 105(3), p. 332-339.

6. Angeli, E and Bolton, C. Arts in the community for potentially vulnerable mental health groups. *Health Education*, 2005, 105(5), p. 346-354.

7. Børgesen, LO, Karlsen, BS, and Johansson, S-E. Unequal in death: Attendance at cultural events, reading books or periodicals, and making music or singing in a choir as determinants for survival. *Swedish Interim Care Group of Living and Death*. *British Medical Journal*, 1996, 313, p. 1177-1180.



Government of Western Australia
Mental Health Commission



Curtin University



Life is like
RIDING A BICYCLE.
to KEEP your BALANCE,
YOU MUST KEEP MOVING.

Albert Einstein

