



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

The days are getting longer and Spring is nearly here. Our ACE program will be up and running in term 4, which starts early October. We will be in touch in late September when the program is finalised.

Our BIG news is that we have a brand new, improved website coming soon and funded by Wellbeing SA. All the care packs will be there, so you can download any page you like. We will have fantastic online workshops by artists from our studio. Watch Watercolours by Kirstie or Intro to Gelli Printing by Katy, with more to be added later. These online workshops are available now to watch on our Facebook page.

You may notice we have fresh, bright, new logos. We have changed our Facebook and website names to reflect this new direction. Our Facebook page is now called Artworks Community Studio while you can find our website at artworkscommunitystudio.org.au.

Make the most of the coming sunshine to go and check out a SALA exhibition or two. You have until the end of August. We look forward to welcoming you back to the studio soon.





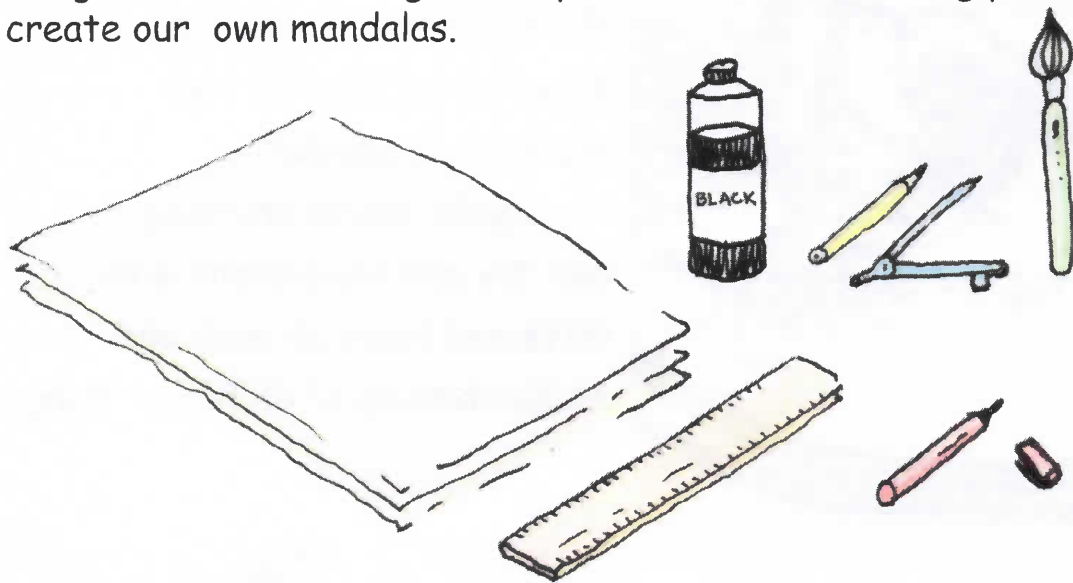


Roses, Vincent van Gogh, 1890, Metropolitan Museum Of Art

GLYNN VIVIAN

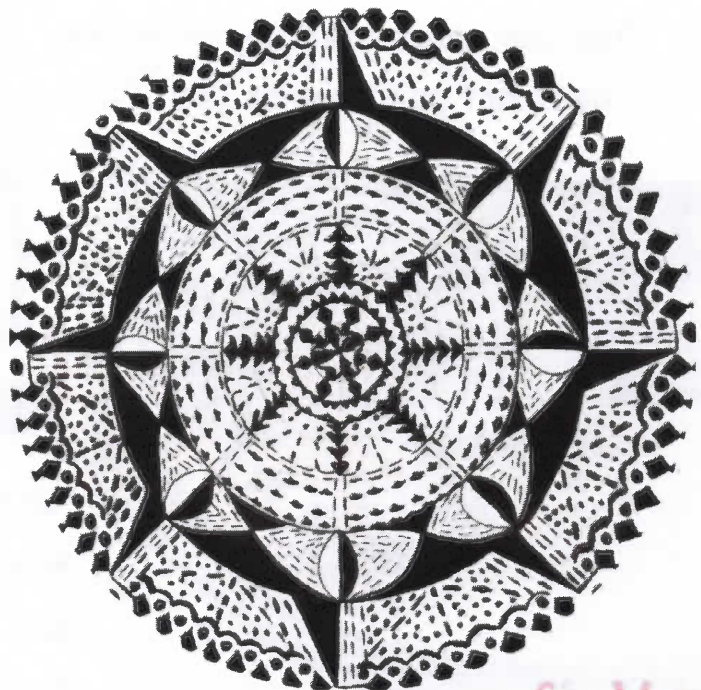
Mandala Workshop

The word mandala is Sanskrit for circle. A mandala is a pattern of symbols arranged in concentric circles. Historically they have been used as spiritual guides, mind maps, as representations of the cosmos or heaven or God and as a form of meditation. Each one is unique and there is no such thing as a mistake. In this workshop we will be using automatic drawing techniques to use as a starting point to create our own mandalas.



What you will need?

- Paper
- Black ink/paint
- Brush or pen or stick!
- Pencil
- Compass (optional)
- Ruler
- Black fine-line pen



GLYNN VIVIAN

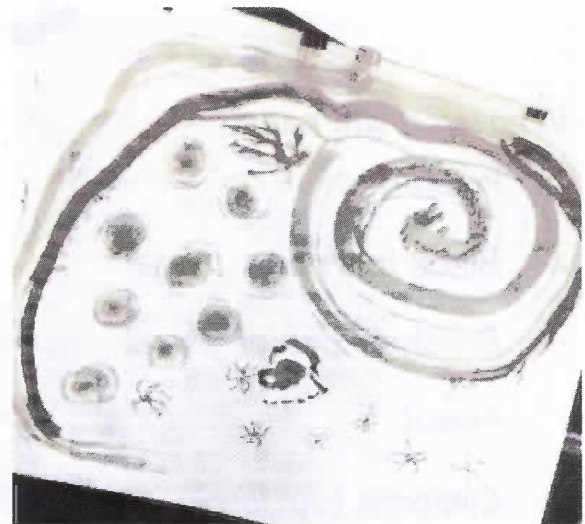
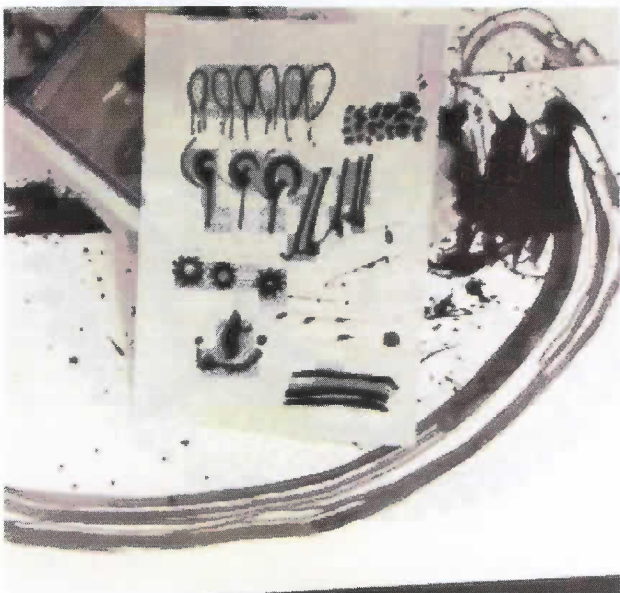
Step 1

First we are going to make some marks. You can use a brush and ink, or paint, or even make your own tool to work with out of a sharpened stick and tying different materials to make your marks.



Make a series of marks on paper whilst allowing your thoughts to wander. The marks can be anything but try and experiment with different types of mark and whilst thinking of different things.

You can create as many of these abstract paintings as you like.

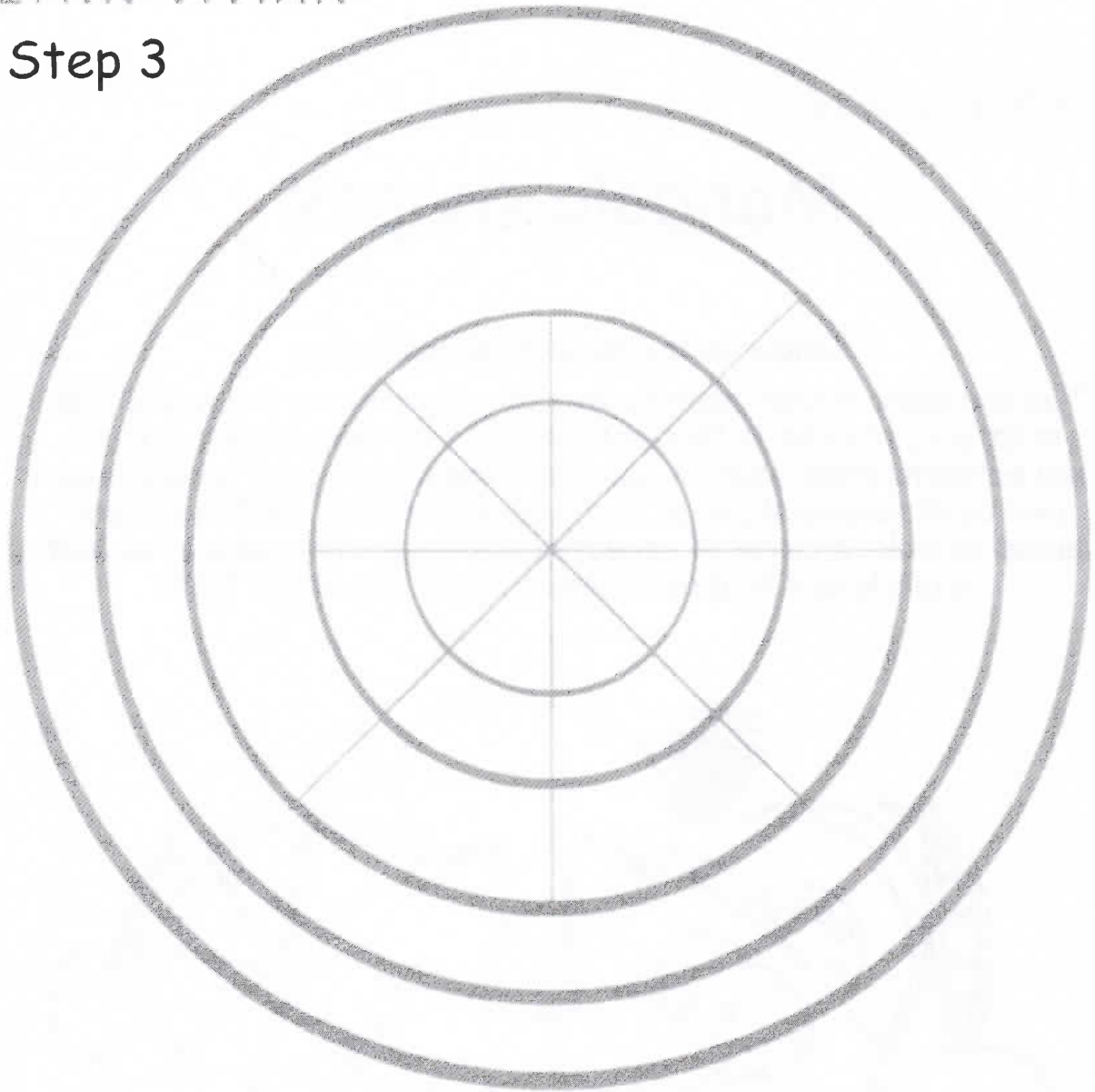


Step 2

Have a look at your paintings and identify some symbols in them you would like to use in your mandala.

GLYNN VIVIAN

Step 3



Now let's create the structure of your mandala. Draw out concentric rings onto a square piece of paper. You can have as many or as few rings as you like and they can be all different sizes. Now divide your rings into equal sections. This will help keep your patterns uniform.

Step 4

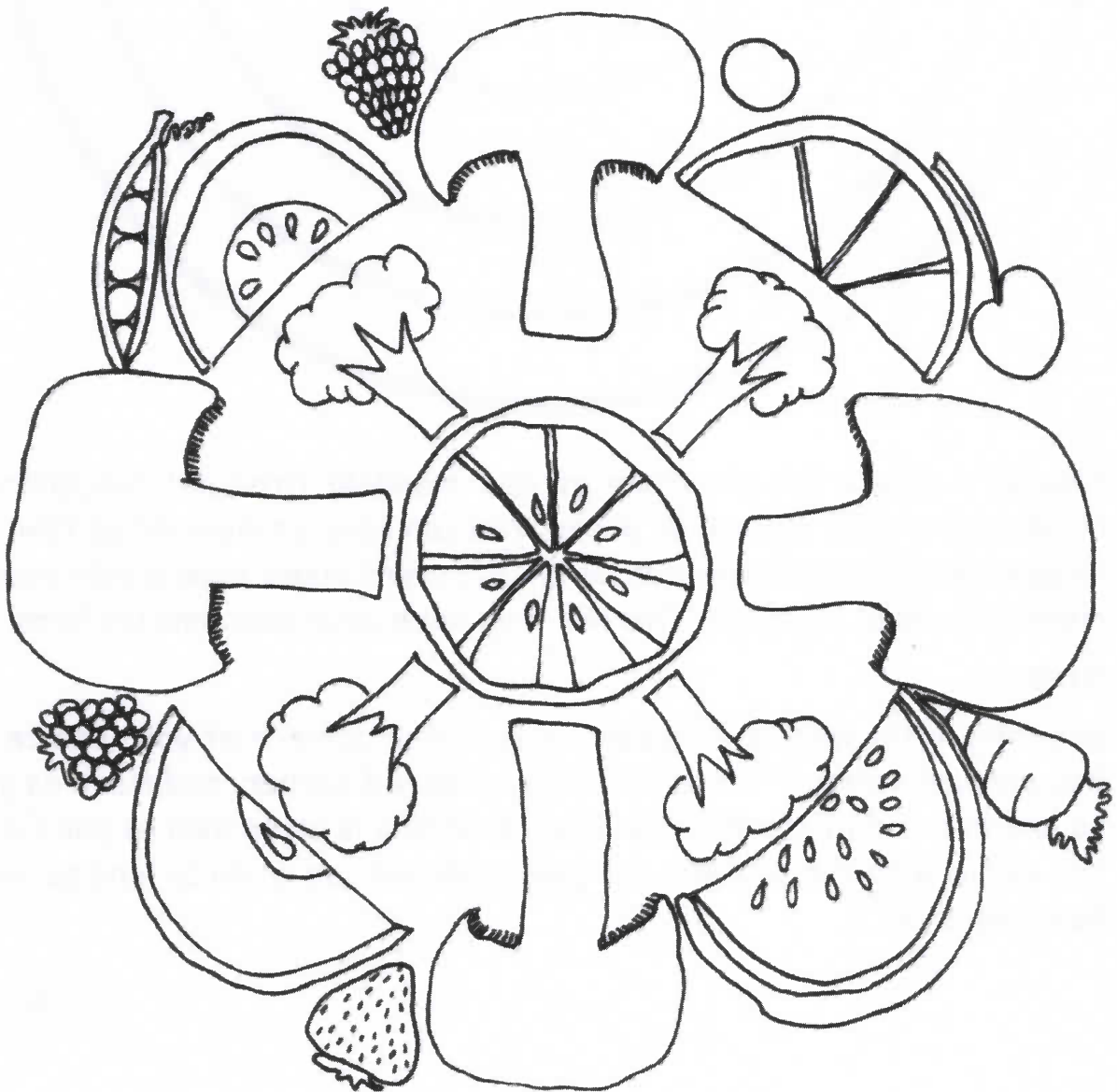
Starting in the middle fill each circle with a pattern of your choice. You can use some of the symbols you created earlier, add more as you go and even add figurative designs. Anything is ok as long as you fill the circle with the pattern and your mandala can go on as long as you have paper left!

GLYNN VIVIAN

Mandala shapes

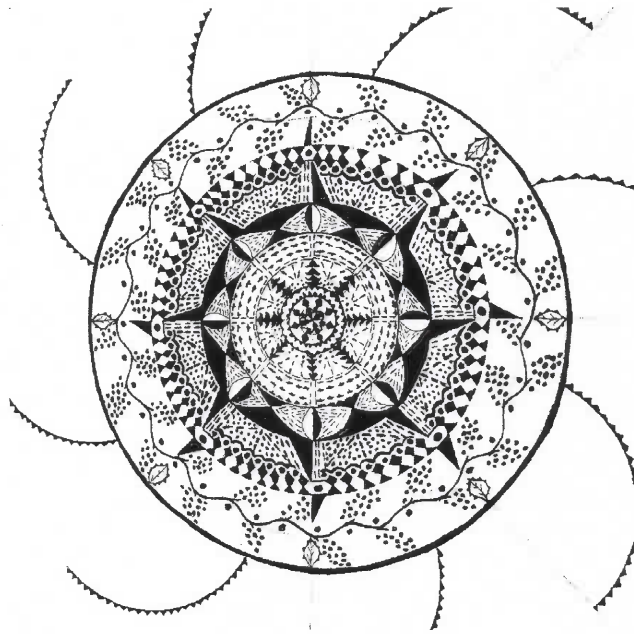
Colour in the mandala shape below.

You can make it look realistic by using the colours you would find in nature, or make it fantastic and wild by using bright colours and patterns from your imagination! Now have a go at making your own by arranging slices of fruit and vegetables, or flowers and leaves to make a circle of repeated patterns. Try completing half a circle and hold up a mirror to see the other half!



GLYNN VIVIAN DYSGU-LEARNING

And here it is! A unique insight into your subconscious!



Mandala by Tina Grant

Tips

- Remember the relationship between the black marks and the paper changes with each ring. Sometimes the black is background and sometimes the white.
- Why not try one with colour? How does this change the dynamic?
- A mandala does not have to be drawn. Could you take your design and rework it through a different material? Mosaic?
- Stitch? Collage?
- Could you make a mandala with different themes? The story of your life? Nature? The sea?

When you have finished why not post an image of your work in your window including @glynnvivanlearning and #GlynnVivianAtHome #museumsathome and tell us all about it.



Cyngor Celfyddydau Cymru
Arts Council of Wales



FRIENDS
OF THE
GLYNN
VIVIAN



Cyngor Abertawe
Swansea Council



Artist Activities

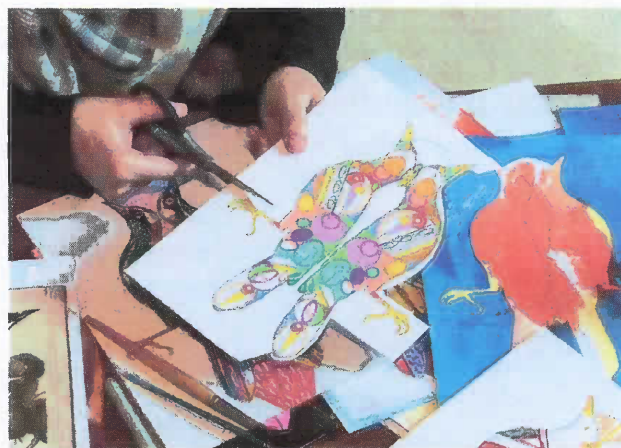
Birds of New South Wales with Louise Weaver



This activity sheet is based on an 1813 etching by the artist John Lewin. It invites you to create a magical bird of your own; to colour, collage and perhaps transform it into a standing sculpture.

Birds can be difficult to see in their surroundings. Their feathers might be a similar colour to their habitat – the grasses, leaves and tree branches. This camouflage is nature's way of keeping them safe from predators. Do you notice birds when you go for a walk, or look out your window?

The blue-faced honey sucker (honeyeater) is a bird that John Lewin recorded in 1813 and drew. The bird can still be found in many regions along the East Coast of Australia and even in Papua New Guinea. Lewin's etching of this bird is accurate and detailed, the delicate black outline has been sensitively hand-coloured with watercolour.



It makes me feel as though I could pick the bird up off the page and hold it in my hand.

Throughout my career, I have made many drawings and sculptures that use bird forms. I use craft materials and techniques such as crochet to invent protective coverings or 'costumes' for birds that transform them into magical and fantastical creatures.

You will need -

Drawing materials
Coloured paper,
Magazines or
Wrapping paper,
Scissors
A glue stick or
Tape

1. Print the bird onto
A4 Paper.

Take a moment to
notice how many birds
you can see.

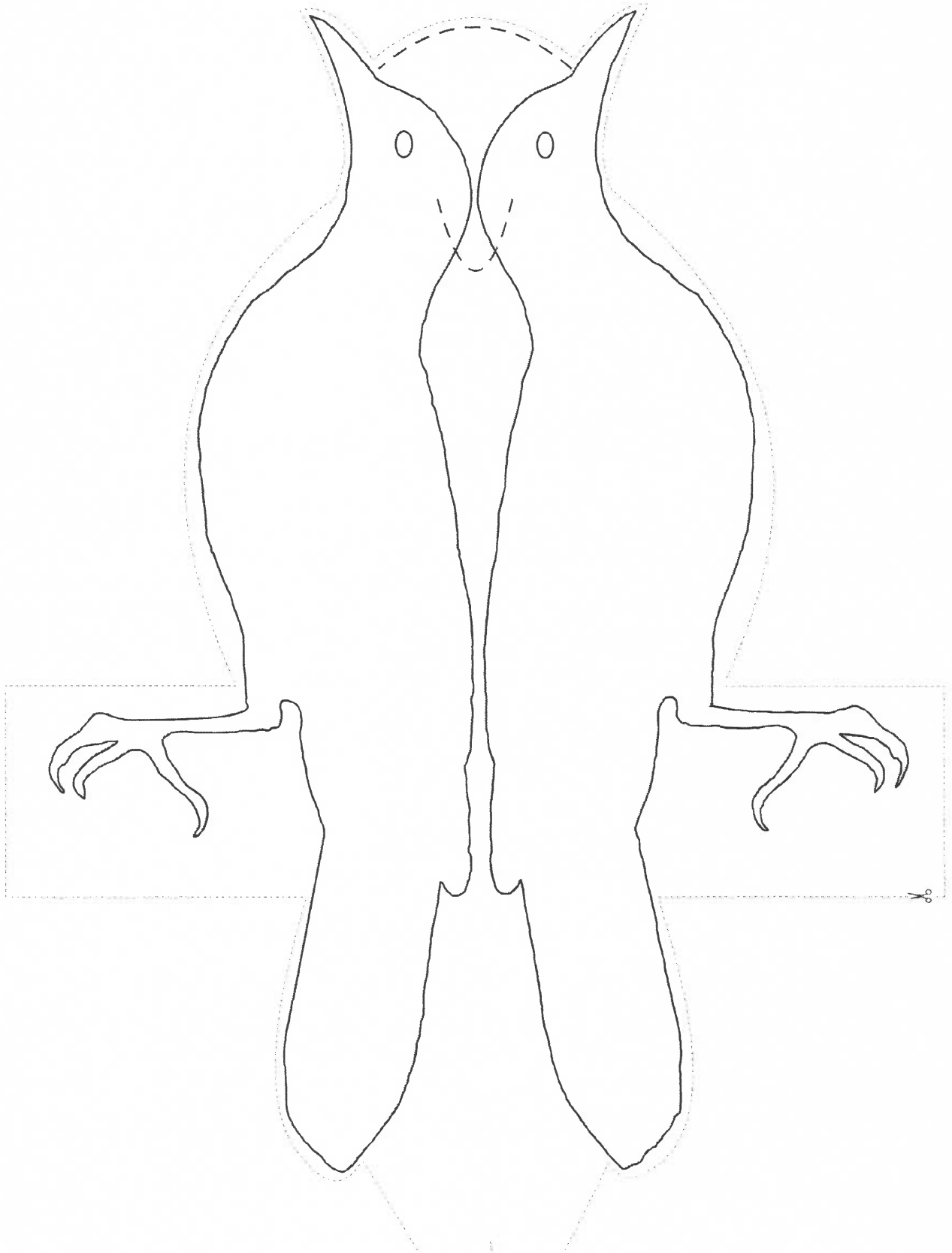
Use lots of colour to
transform your bird
into a fantastical
creature.

2. You might like to
glue your template to
a piece of cardboard

cut along the dotted
lines and fold in
half to make a
standing sculpture.

3. Have fun thinking
about where your bird
might live and what
sound it makes?

Perhaps you can
experiment with your
own bird shape next.



TARRAWARRA FIELD GUIDE

Making
Paint & Ink



TARRAWARRA
MUSEUM
OF ART

Wamirijeka. Welcome to Tarrawarra Museum of Art.

Tarrawarra Museum of Art acknowledges the Wurundjeri people of the Kulin Nation as the original custodians of the lands and waters on which the Museum stands. We extend our respect to their community, their Ancestors and their Elders past, present and emerging.

Tarrawarra is a Woilwurung word that translates approximately as 'slow moving water' and is the name of the area in which the Museum is located.

Tarrawarra Museum of Art's founding patrons, Eva Besen AO and Marc Besen AC, generously gifted the building that houses the Museum and donated a significant proportion of their collection of modern and contemporary Australian art for the enjoyment of all visitors.

Building on the Eva and Marc Besen gift, Tarrawarra Museum of Art actively engages in art, place and ideas, where unexpected links between contemporary art and modernism are presented within global, national and Indigenous contexts.

We value the immersive atmosphere of our non-urban environment which provides an inspiring retreat for the imagination and unique artistic encounters.

Tarrawarra Museum of Art Education's Field Guide publication series supports the development of skills needed to make, do, think, imagine and create. With an emphasis on exploring the outside world, Tarrawarra Museum of Art Field Guides are intended to inspire creativity and foster deeper connections to making.

The activities, ideas and prompts in these pages have been designed to stimulate exploration and experimentation with things found in the natural world, as well as around the home, to create an array of paints and inks.

The activities, ideas, prompts, materials and tools discussed in this Tarrawarra Museum of Art Field Guide should be approached with safety always as a priority. Children must be supervised by an adult at all times. The Tarrawarra Museum of Art does not accept liability for any accident, injury, loss or damage incurred by anyone in reliance on the information or advice provided in this publication. Health and safety advice should be sought from medical and safety professionals.

Contents

In this Tarrawarra Museum of Art Field Guide you will find:	
Can you really make your own paint and ink?	4
What is the difference between paint and ink?	5
What tools do I have at home?	6
Where do I even start?	7
Let's look in the kitchen!	8
Let's go for a walk outside and see what we can find!	10
Create a palette of earthy coloured paints	11
All the colours of the rainbow.	12
Brown, brown, beautiful brown!	13
It's fun to involve other people in your creative experimentation	14



THINK LIKE AN ARTIST, AN ARTIST, AND A SCIENTIST

What is the difference between paint and ink?

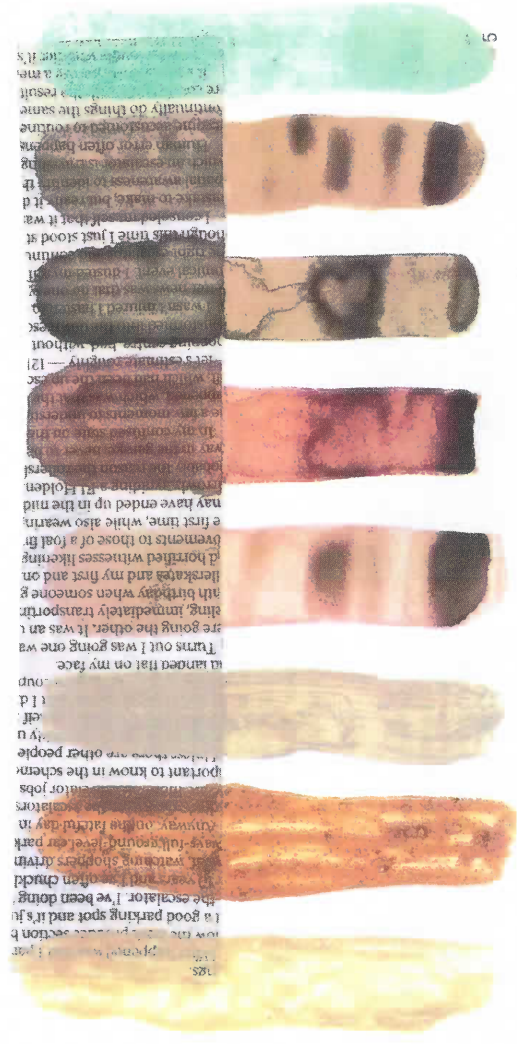
This is quite a tricky question. Paint and ink can be very similar to each other.

Paint is usually thought of as being opaque, meaning it covers the surface of something and is not see-through. Ink is usually thought of as being transparent, meaning you can see through it. But, as an artist and a scientist, you can choose whether your creations are paint or ink, or a combination of the two! Inkaint? Or Paintk? Or Painty Ink? Or Inky Paint?

Can you really make your own paint and ink?

YES, YOU REALLY CAN! Making your own paint and ink doesn't have to be a very technical or complicated process; it can be great fun and very simple. You can make basic paint and ink from things that you find outside or materials that you have at home.

You'll find ideas on how to create your own paints and inks in this Field Guide. All you need to do is to think like an artist, crossed with a scientist! Harnessing your own creativity and curiosity as you carry out your painterly and inky experiments will help you to make the most amazing discoveries ... Always have an adult supervise when creating your own paints and inks. The paint and ink making experiments at the end of this Field Guide involve chemical reactions, or require heat, and you should definitely ask for help from an adult to do these experiments safely. Always remember to be very careful when making paint and ink. Working outside in the fresh air, wearing safety glasses and gloves, washing your hands regularly and remembering not to taste the paints and inks you make will all help to keep you safe. Have fun collecting colour and creating with your friends and family.



Let's look in the kitchen!

There are lots of different things in your kitchen cupboards, pantry, fridge or fruit bowl that can be used to make paints and inks. Make sure to ask an adult before you help yourself to:

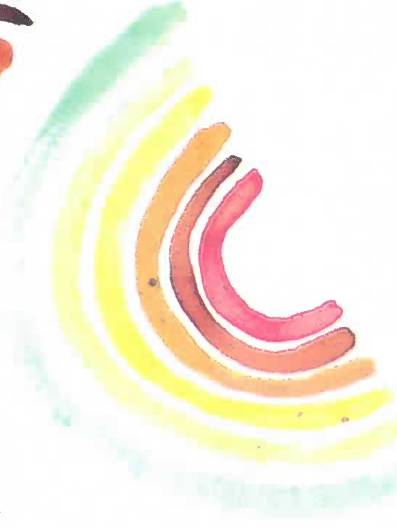
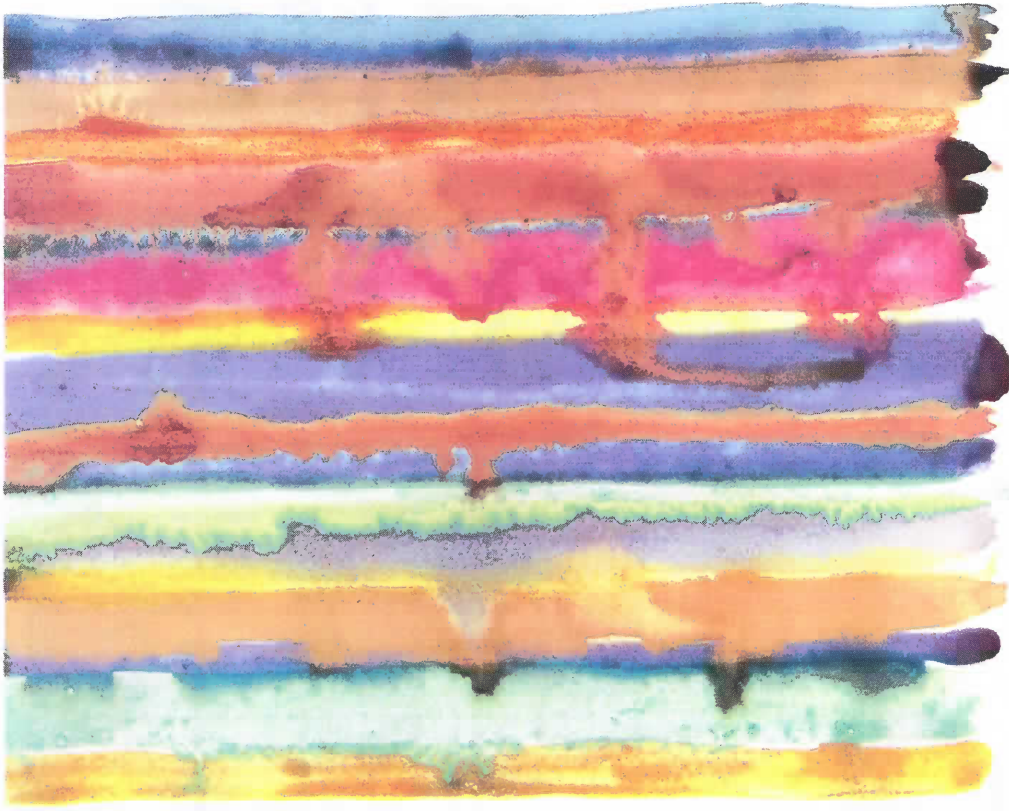
- Tea (tea bags or loose leaf tea), coffee, spices such as turmeric, curry powder, black pepper, cinnamon, ground cumin, paprika ...
- Fresh fruit and vegetables such as red cabbage, beetroot, carrot, pumpkin pulp and seeds, turmeric root, pomegranate arils, peels and skins of passionfruit, avocado, brown onions, red onions ...
- Corn flour and plain flour to use as bases to make thicker paints. Mix water, a little washing up liquid and some flour with your chosen kitchen colourant to create paint!
- Vinegars, salt, red wine, orange juice, milk, eggs ...

DID YOU KNOW!

Milk and eggs? Painters have mixed their dry paint pigments with egg yolk—the yellow part of a raw egg—for hundreds of years. This kind of paint is called tempera. Sometimes artists use cow's milk, instead of egg yolk, to make tempera.

Egg yolk and milk are very early forms of paint mediums. A medium is a liquid, or viscous substance, that tiny particles of dry pigment can be suspended in to

CAN YOU GUESS WHAT KINDS OF THINGS FROM THE KITCHEN WERE USED TO CREATE THESE COLOURFUL EXPERIMENTS?



create paint. There are lots of mediums to try that can be found around the home such as tap water, cooking oil, PVA glue, egg yolk, milk, yoghurt, or even shampoo! Some mediums will make the paint thick and gluggy, while others might make it lovely and smooth. You can try experimenting with different mediums to see what you like best.



Let's go for a walk outside and see what we can find!

There are lots of different things outdoors, waiting to be found and unearthed, that you can use to make paints and inks. Look out for:



RUSTY OBJECTS like bottle tops, nails and screws. Leave them in a jar with some salt and water for a few weeks until the water turns a deep brown colour.



GRASS. There are SO many different types of grass and each one you find might produce its own distinct colour when pulverised and juiced.



GUM LEAVES, FLOWERS (of all different shapes, colours and sizes), succulents, berries, seed pods and nuts.

Remember! If you collect natural materials from a public park, garden or nature strip, make sure you only take a small amount. It's best not to pick flowers or plant parts from private gardens in your neighbourhood, unless you have permission from the garden's owner first.



EARTH, dirt, soil, ground—whatever you want to call the stuff under your feet—is perfect for paint making!

There are all sorts of different minerals in the earth that give clays, soils and rocks their own distinct colours. You may notice that in some places the ground appears to be red, rich chocolatey brown, almost black, very pale yellow or even chalky white.



Create a palette of earthy coloured paints.

Challenge yourself to find at least three different coloured clays or soils in your neighbourhood.

Use an old teaspoon to dig down into the ground and scoop the clays and soils you find. Dry the clay and soil out in the sun, before grinding each into the finest powder that you can. Put each powder into a different jar.

Next, add a little water to your different coloured powders and mix until you create a paste. Your clay and soil paints are now

Did you find any chunks of yellow, orange or reddish rock that are chalky to touch and leave traces of colour when rubbed on concrete? These rocks are great to grind up because they contain natural ochre, the most ancient and original art material. Ochre has been used by Indigenous artists in Australia for over 60,000 years! If you're lucky enough to find some coloured pieces of rock you can use them to draw directly onto a hard wood or stone surface, or grind some of the rock down into a very fine powder to mix into a paint.

ready to brush onto paper, wood, fabric or stone. If you need to, add more water to make a smooth, flowing consistency. If your earthy paints don't stay put when your artwork dries—and easily brush off or fall off in clumps—you will need to add a medium to the water that you mixed your powders with. Try PVA glue, egg yolk or a little oil.

Keep track of what you use, so that you can try your winning earthy paint recipes again, and avoid recreating the ones that don't work so well!



Figgsberry



Tomato



Walnut



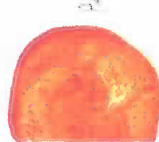
Beetroot



Nasturtium



Caper
wedgies



Peppin



olive
wood



Cabbage



Blueberry
sauce



Onion
skin



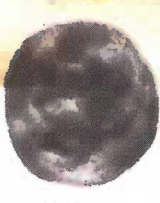
chubark
leaf



ivy
leaves



ebony



cupful
of salt

*Brown, brown,
beautiful brown!
We love brown.*

Don't forget about how awesome brown can be. Tree trunks, dogs, birds, hair, eggs, house bricks, dirt roads, horses, old boots, cups of tea and cooked sausages **CAN ALL BE BROWN!**

As you experiment creating your own paints and inks, you'll be sure to make some 'yucky' colours. But don't despair, you could just turn them into one of the millions of beautiful brown things in the world. This way you can't go wrong!



*All the colours
of the rainbow.*

**CAN YOU MAKE GREENS?
YELLOWS? PINKS? PURPLES?
ORANGES? BLUES? REDS?**

See how many different colours you can make.



It's fun to involve other people in your creative experimentation.

Here are some ideas that you will need help from an adult to carry out safely:

Green/Blue Verdigris. Soak an old copper spoon in an open jar of vinegar, and another copper spoon in a jar with water and then leave them for a few days, or even a few weeks. This should result in the build-up of some greenish/blue stuff called Verdigris, which can be really beautiful when painted onto paper. You could experiment using the Verdigris with different mediums.

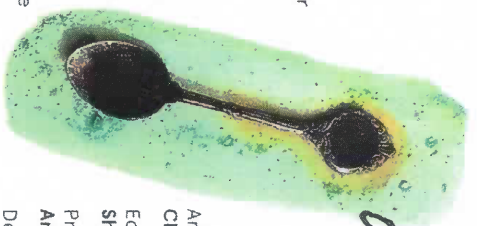
Sunset Colours with Onions. Collect lots of brown and/or red onion skins. Pack the skins into a saucepan with 1 cup of water. Bring to the boil. Simmer for 20 minutes and cook the skins down. Leave to cool with the lid on. Strain the coloured liquid into a jar and label. Experiment with diluting this concentrated oniony liquid with different amounts of water.

Stunning Raspberry Pink with Beetroot. Bring 1 chopped up beetroot to the boil in 3/4 cup of water. Simmer for 20 minutes. Leave to cool. Strain coloured liquid into a jar.

Purple/Blue with Cabbage. Bring 1 cup of chopped up red cabbage to the boil in 3/4 cup of water. Simmer for 20 minutes. Leave to cool. Strain coloured liquid into a jar. Try painting cabbage ink onto paper by itself, and then see what happens if you brush some lemon juice or vinegar over the top.

Deep Salmon Pink with Avocado Pits. Carefully chop up two avocado pits (seeds). Put into a saucepan with 3/4 cup of water and 1 teaspoon of soda ash (washing soda). Bring to the boil. Simmer for 20 minutes. Leave to cool. Strain coloured liquid into a jar and label.

A NOTE ON PAPER ...
You might like to try experimenting with different types of paper. Thicker paper will absorb more paint and ink than very thin paper will. The colours of the paints and inks you make will appear more vivid on very white paper, than they will when applied to cardboard or coloured paper.



Acknowledgements

Artist and Author
Clare James
Editors
Shannon Lyons and Victoria Lynn
Proofreader
Anthony Fitzpatrick
Designer
Celeste Njoo



TarrWarra Museum of Art
313 Healesville-Yarra Glen Road
Healesville VIC 3777 Australia
twma.com.au

CONTACT
museum@twma.com.au
03 5957 3100

FOLLOW US
f i t
@tarrawarra

TarrWarra Museum of Art is grateful to Education Program Sponsors:
Ulmer Family Foundation, Harry the Hirer, Scanlon Foundation, Escala Partners,
The Erdi Foundation, Bennelong Foundation and Credit Suisse.



Ulmer Family
Foundation

Harry
the Hirer



ESCALA
Partners



Bennelong
Foundation

CREDIT SUISSE

The 5 Ways to Wellbeing





HAVE COFFEE AND CAKE WITH FRIENDS



NETFLIX AND CHILL



NOURISH YOURSELF WITH FOODS THAT YOU ENJOY



TREAT YOUR BODY



LISTEN TO YOUR FAVE MUSIC

CATCH SOME SUN



YOU'VE TOTALLY GOT THIS!
SPEAK KIND WORDS TO YOURSELF

STAY HYDRATED



THIS WEEK

PLAN YOUR WEEK

SMELL SOME OILS



MOVE YOUR BODY IN WAYS THAT YOU LOVE

JOURNAL YOUR THOUGHTS AND FEELINGS



BE CREATIVE

REST AND RELAX

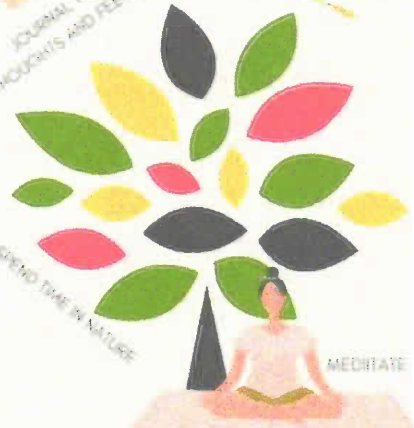


TAKE A BATH

STOP AND SMELL THE FLOWERS



SPEND TIME IN NATURE



MEDITATE

@thesoulcentre.online