

Embracing
a
New
Normal

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

During this current unpredictable situation, it can feel as though we are in some kind of endless holding pattern. This can be unsettling, but it is always beneficial to try to just be in the moment.

Looking at art or making art is a great way to slow down, reflect, and just be. Connecting with art can lift your spirits and empower you. Art has an immense power to heal and can soothe us when we feel overwhelmed.

We are so looking forward to commencing classes next term even though they will be smaller and a bit different under our covid-safe plan. We miss our community and can't wait to welcome you back (but not with open arms, just yet!)

Always feel free to check out our facebook page or give us a call if you want to know anything. Our number is 8326 2992 and please leave a message if we don't answer. We are not in the office everyday but we would love to talk to you!

Keep on 'arting', everyone.

From your friends at Artworks Inc.

Holly Cottage, Hackham

With art we build communities, we build acceptance and friendship



7 Days of
Colour

Want to improve your digital and photography skills?

Join us on 7 seven days of colour where for seven days you will be asked to take a photo of one or more objects of the same colour. Each day there will be a new colour for you to photograph.

You will explore new and creative ways of seeing colour that's all around you!

You can head outdoors or simply find objects in and around your home. We will provide you with a guide on how to use your phone or tablet to take amazing photos, plus you will learn how to upload and share your results.

TO BE PART OF THIS PROJECT

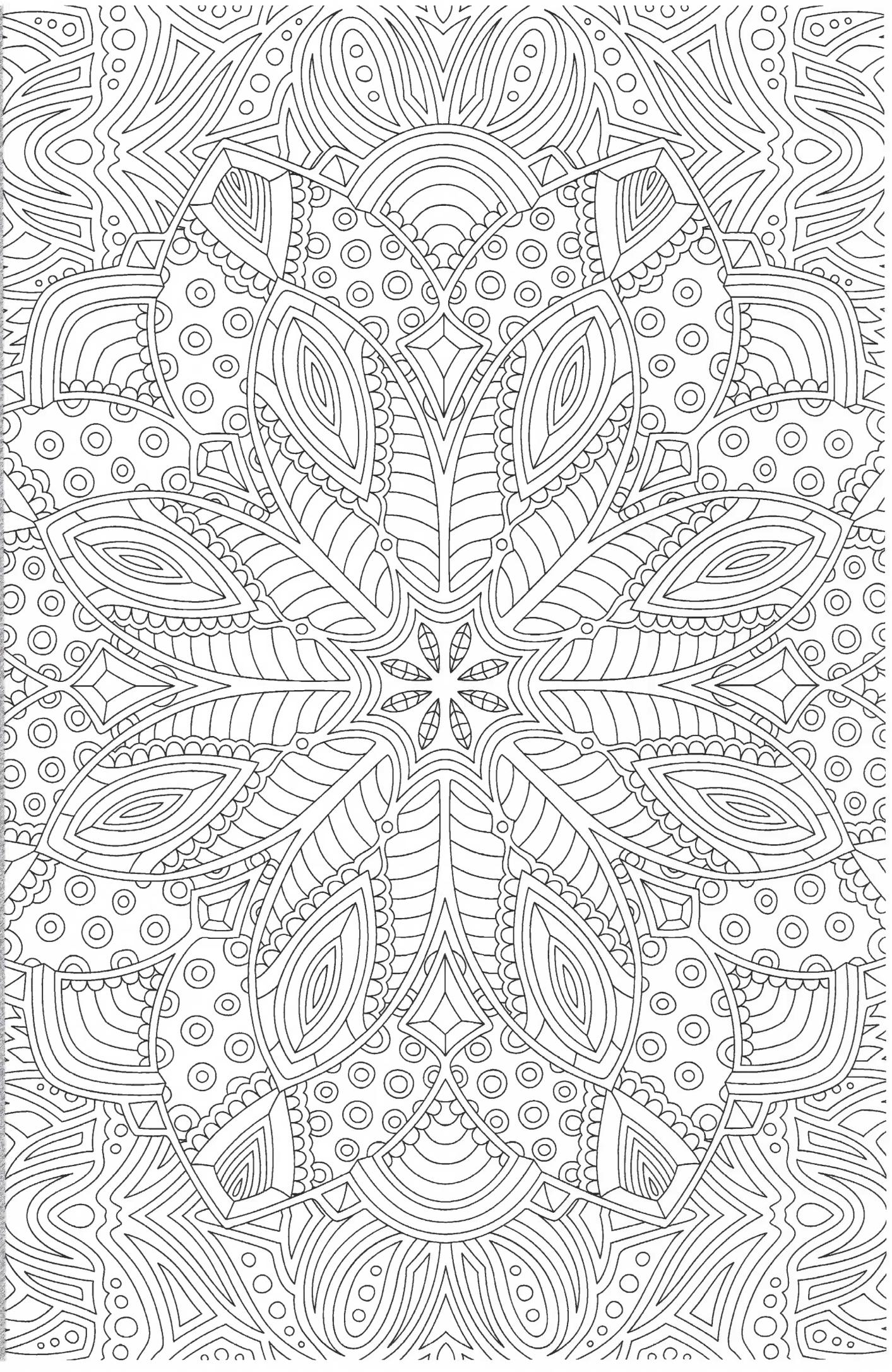
Join us on Monday 19th October from 11am – 2.30pm at Artworks Inc. Community Studio, 2 Gates Rd, Hackham

OR ALTERNATIVELY

We can guide you through this project via email and phone. There will also be a Zoom session available on 15th October at 11am.

To register your interest please contact us by Phone: (08) 8326 2992 or Email us at contact@artworksinc.org.au





openyourworld.sa.gov.au

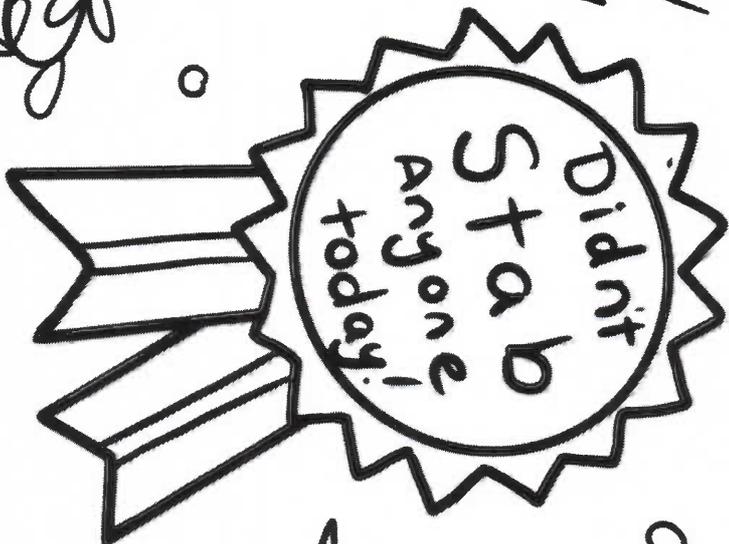
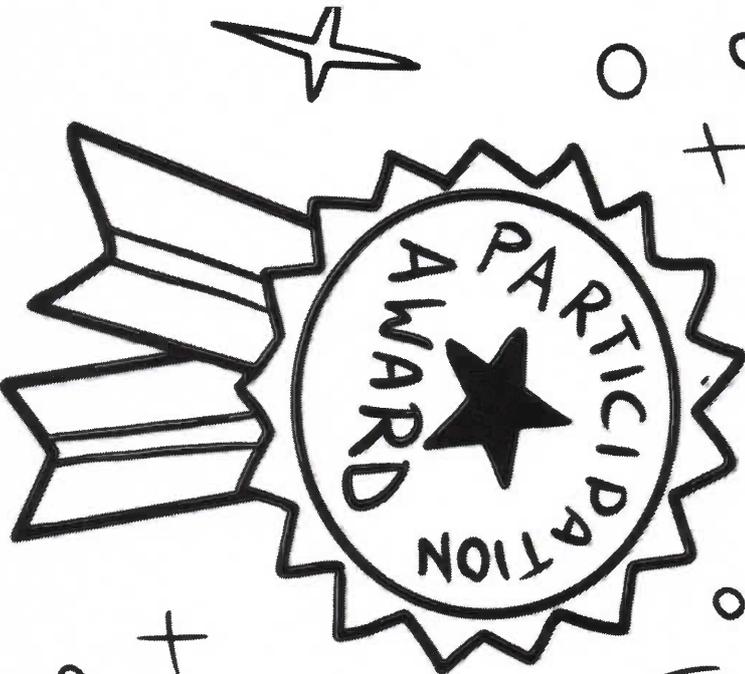
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**KEEPING SA
SAFE & STRONG**



Government of
South Australia



DAYTON ART INSTITUTE

ARTventures ... at home!

Surrealist Scene

Collage together pictures of animals, landscapes and more to create a dream-like world filled with unusual creatures and other imaginary elements.

Click [here](#) to learn more about Salvador Dalí.



Supplies Needed:

- 9"x 12" Heavy cardstock paper
- Magazines or other printed materials
- Scissors
- Glue stick



Image: Salvador Dalí (Spanish, 1904-1989). *Mad Tristan*. 1981, Offset lithograph and etching in colors on paper, edition 9/300. Gift of Mr. Chuck Jones. 1985.58.

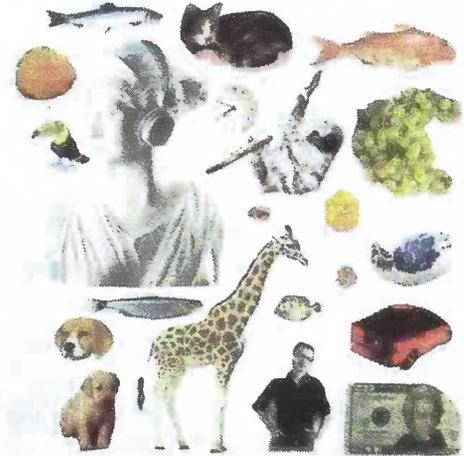
DAYTON ART INSTITUTE

Step 1: Collect Images

Cut out pictures from magazines, calendars, or other printed materials. Images can be of animals, landscapes, food, or anything else you are drawn to.

Helpful hint: Use large images of landscapes as a background.

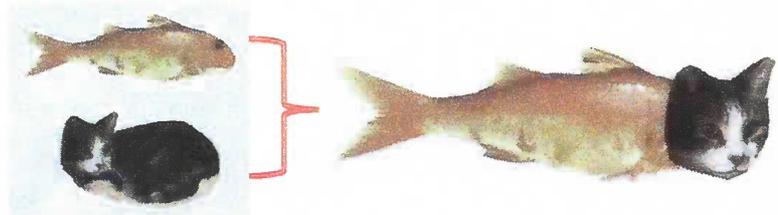
Helpful hint: Search and print images from online if you cannot find something in the printed materials.



Helpful hint: Place all images in a folder to prevent loss of smaller cut outs.

Step 2: Cut and Collage Images

Cut apart collected images and combine them in unusual and creative ways. Glue all images to heavy cardstock paper. Try to fill the entire paper with images.



Helpful hint: Cut as close to edges of image as possible for seamless connections.

Helpful hint: Try several combinations of images before gluing. Layer images to add dimension and detail. Glue background onto cardstock paper before adding foreground elements.

Extensions and Techniques:

Discover a new technique or experiment with some extra challenges.

Extra Challenge: Draw, cut out and glue in your own Surrealist animals to the collage.

Extra Challenge: Create a dream journal to document details of any dreams had during the week, then create an entire Surrealist scene of all those elements together!



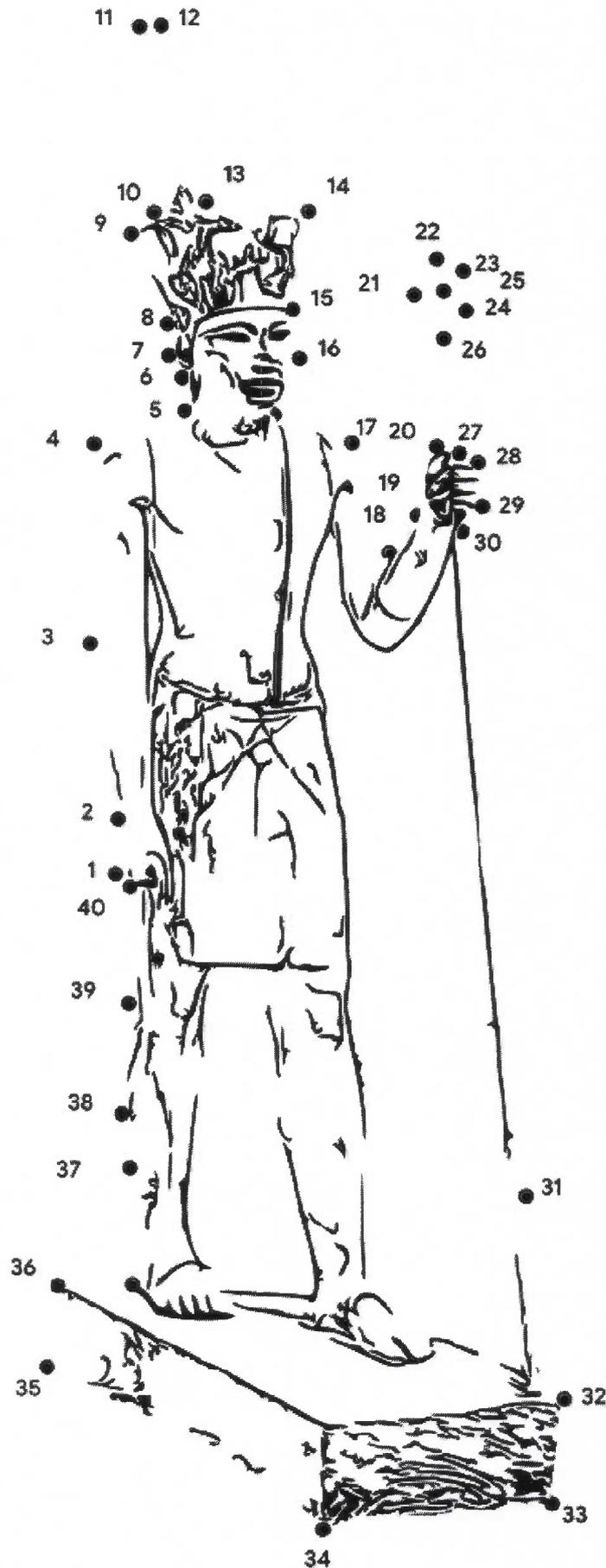
ARTventures

... at home!

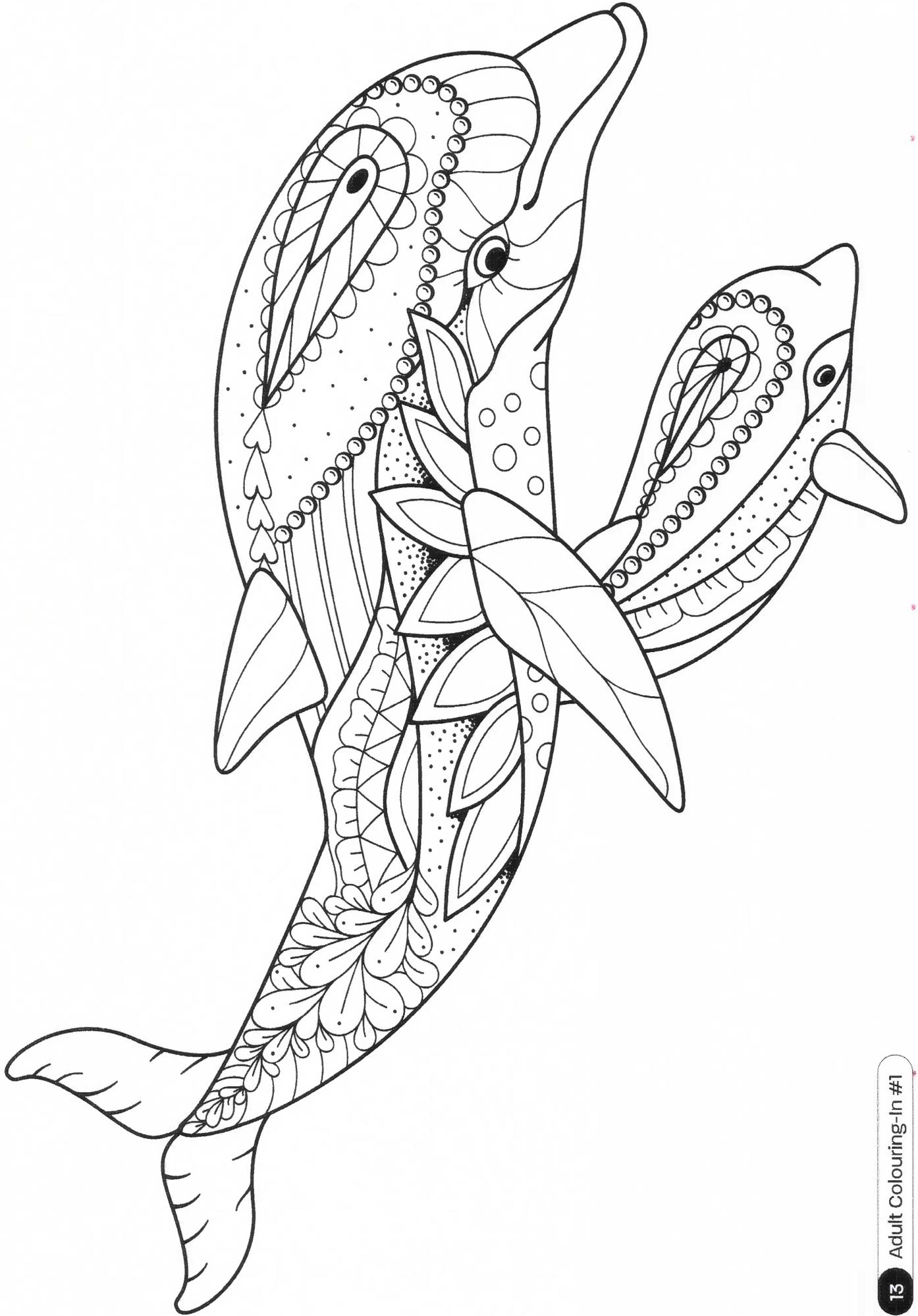
Questions about or ideas for ARTventures at Home? Email: edu@daytonart.org



CONNECT THE DOTS

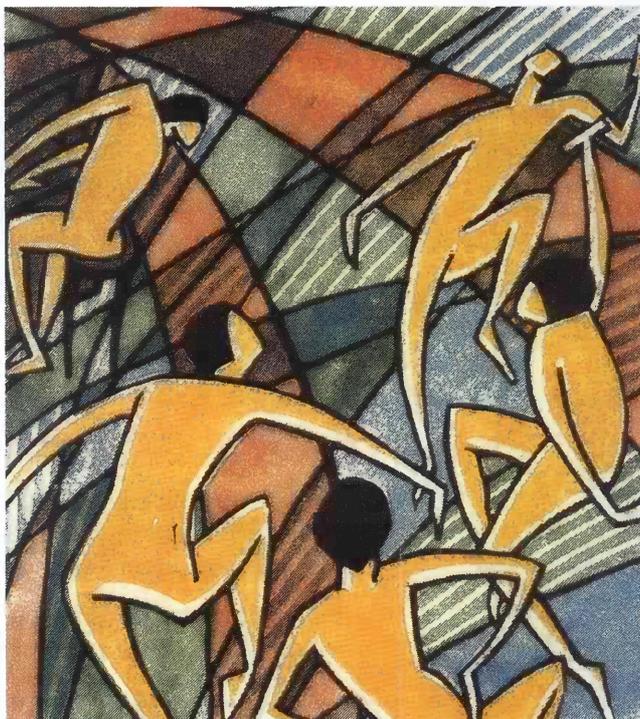


Guardian Figure, ca. 1919–1885 B.C., Metropolitan Museum Of Art



Start at home

Movement monoprint



ART GALLERY OF SOUTH AUSTRALIA

‘Modern art does not aim at realism... it is founded on design, harmony, and rhythm in forms’

Dorrit Black, September 1929

About the artist

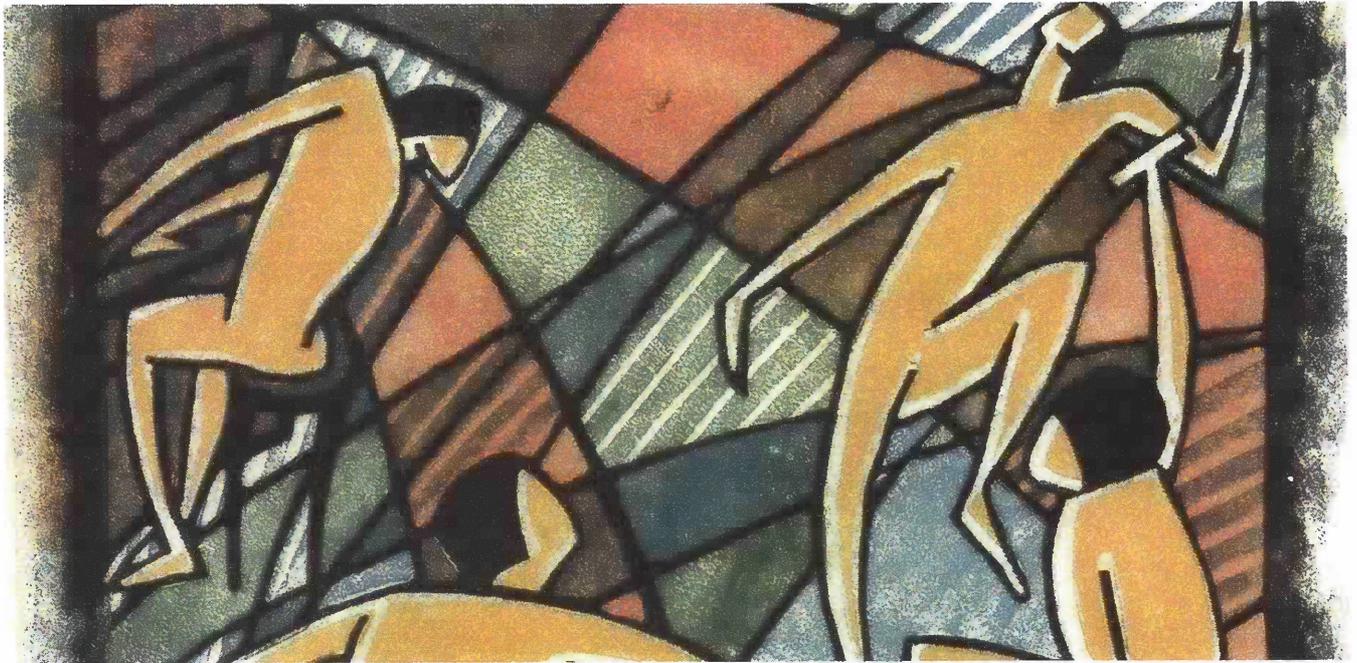
The eldest of four children, Dorrit Black was born in Stonyfell, SA two days before Christmas in 1891. At thirteen she won a school prize for drawing, and by eighteen she was determined to be an artist. Following a tour of the galleries of Europe, Dorrit moved to Sydney. While painting by the harbour one day she saw a baby fall into the water. Abandoning her work, Dorrit scrambled to help, swimming fully-dressed out to the baby and saving its life. Dorrit became a daring and accomplished modern artist, living in London and Paris before returning to paint, print and teach in Adelaide.

About the work

Dorrit Black was already an established oil painter when she began creating colour linocut prints. The boldness of this medium allowed her to break further away from realism, exploring form, tone and colour with more freedom. *Music* is one of her best-known linocuts. The figures are simplified and anonymous, an overlapping group leading the viewer's eye up and around the frame. Their forms are flat, swooping shapes – arms and legs echoing the curved lines of the bright, abstract background. The dancers seem woven into the music, and the whole picture hums with energy and movement.

Presented by





Materials you need

- cotton buds
- a shallow baking tray
- several sheets of paper, a little smaller than the tray
- acrylic or poster paint in two colours
- two spoons
- a pencil
- a small paint roller or print brayer, or a soft rag
- something to play music on
- somebody to model for you!

Take it further

Are your background lines smooth and flowing, or jagged and sharp? Try it again with different music and compare.

Repeat the steps to overlay different dance poses. Take a turn as the dancer yourself!

Experiment with two or more paint colours on the tray at the same time.

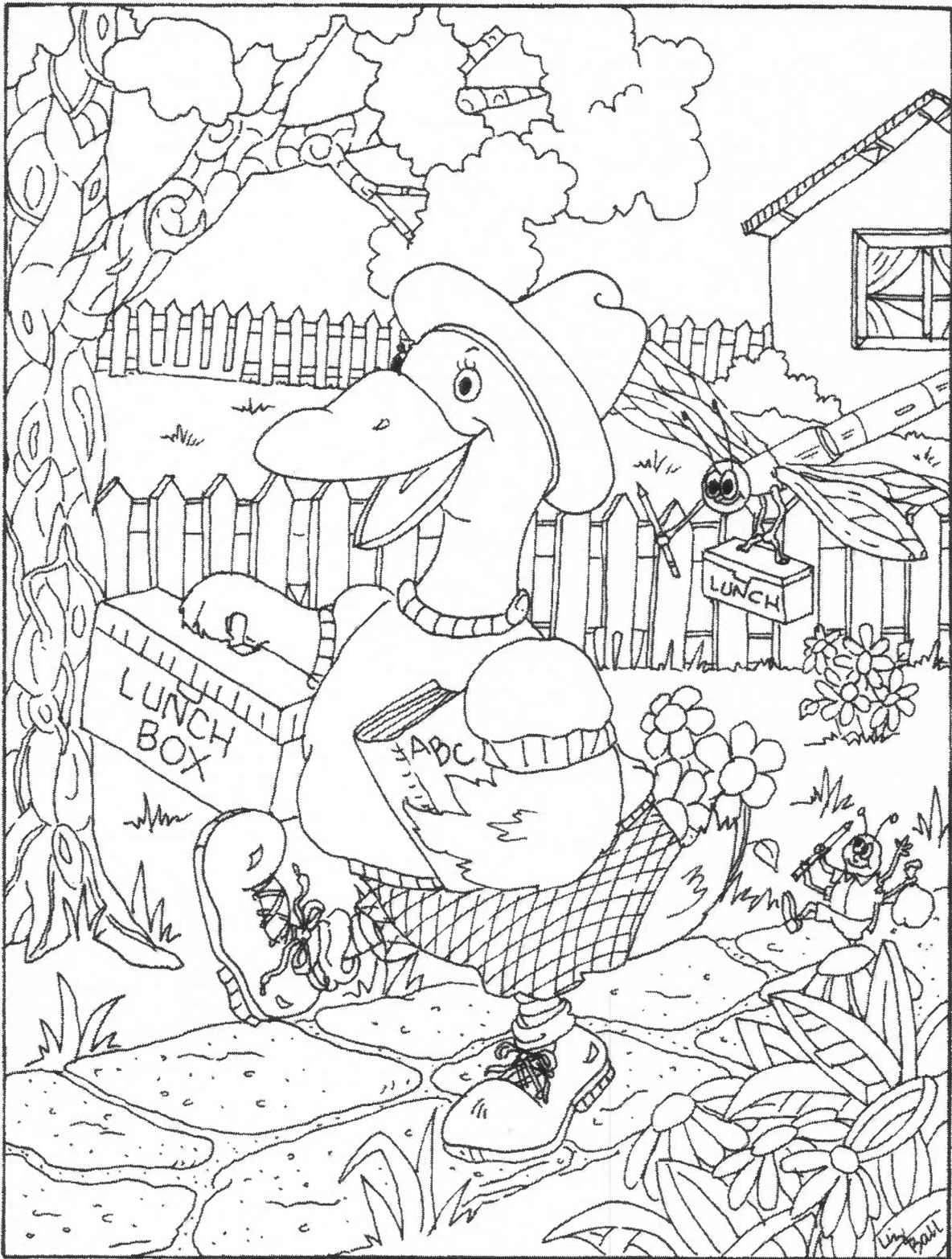
Create your own movement monoprint

- 1 Select the lighter of your two paint colours. Spoon a blob of paint into the tray and spread it evenly across the surface with the brayer, paint roller or rag.
- 2 Put on some music. Using a cotton bud, draw lines and shapes in the paint, in time with the music.
- 3 Place a sheet of paper on top of the paint. Press and rub all over the paper with your fingers, or the back of a clean spoon.
- 4 Carefully lift your paper off the paint and leave it to dry. This is your background.
- 5 Wash the tray. When your background is touch-dry, fill the tray bottom again, with the darker paint colour.
- 6 Now politely ask your model to dance. When you see a really great dance move, shout 'freeze!'
- 7 Gently place your print face-down on the paint, so that the blank side is facing you. Do not press it down.
- 8 On the back of the paper, draw a picture of your model in their frozen dance pose, using a pencil. A simple line drawing will do – then they can unfreeze!
- 9 Carefully lift the paper off the paint again. You have created a two-layered monoprint!

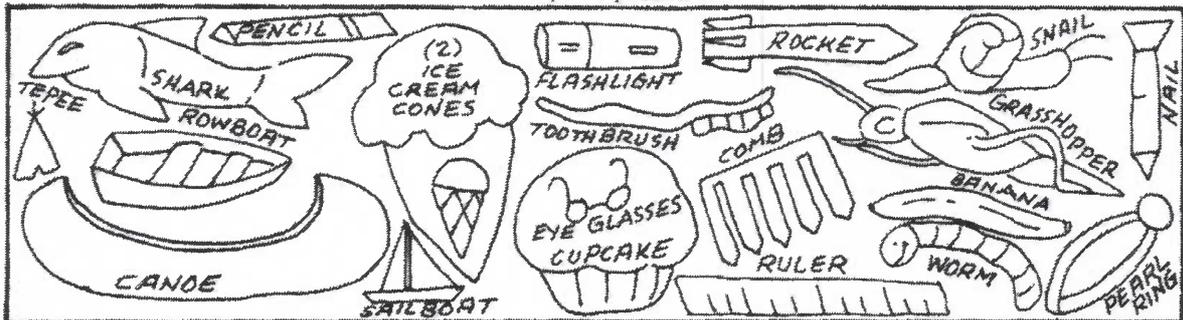
Music by Dorrit Black is part of our online Collection
<https://bit.ly/3dlmYH9>

We would love to see your work! Ask your parent or carer to post a photo on Instagram and tag the Art Gallery of South Australia. Or you can email your photo to us at public.programs@artgallery.sa.gov.au

@agsa.adelaide #agsastart



www.hiddenpicturepuzzles.com





5 WAYS TO Wellbeing

IN NATURE, IN YOUR COMMUNITY AND IN YOUR DAILY LIFE

Taking good care of our mental wellbeing is so important in times of uncertainty and change, such as the current COVID-19 situation. Whilst humans are naturally inclined to reach out to community, to friends and loved ones in times of uncertainty; the social distancing requirements mean that we need to maintain physical distance from others and stay at home as much as possible. It's important – now more than ever – that we take regular, meaningful steps to protect our mental health and wellbeing. Just like regular exercise and eating well are good for physical health, there are similar activities you can do regularly, to protect your mental health and wellbeing...

TAKE NOTICE

Stop what you are doing for a moment and take three deeper than usual breaths. Once you've done that take time to notice and be curious about what you might be experiencing, keeping in mind that being

anxious is understandable and reasonable right now. Being mindful can help you also notice that when you're fearful, you might not make the clearest, best decisions. Mindfulness is like a stethoscope you hold to your heart; it lets you know how you're feeling in a particular moment, so you can figure out calmly what to do next. Why not try practicing some mindfulness exercises? Taking notice of nature is also an excellent way to practice mindfulness. Make sure to step outside regularly and notice how warm, cool or sunny it is. Take notice of the trees or plants in your garden or neighbourhood. Listen out for sounds from local birds, or the colours of the leaves on the closest tree you can spot.

KEEP LEARNING

We are all learning new things about how to manage COVID-19 and its impacts on our lives, and making sure we are accessing supportive and helpful information can help us manage our emotional response. Find two or three key resources (such as the ones listed at the end of this message) and check in a few times a day for updates. Taking good care to limit your time on news or social media sites to a minimum, as information overload can be emotionally overwhelming.

Set yourself a timer for 20 mins and once it goes off, go and practice one of the other 5 ways. You can also use the extra time at home to learn something new; a skill or hobby you've always wanted to learn or take up. There are so many courses you can take online. Why not try to learn a new language or to how to cook a recipe you've never tried before.

BE ACTIVE

Being active is not only good for our bodies it's good for our mental health too. Whether as a distraction from the newsfeed or because you're stuck keeping your social distance and need something to do, there are plenty of ways to be active on your own and at a safe distance from others. Stretch in your body in the backyard, go for a walk, ring a friend and have an over the phone dance-athon! Start or end your day with some yoga. Walking to a local or in a national park are also good ways to be active while observing social distancing – as long as it's alone or with someone you already live with. Being out in nature has added mental health benefits. You could try riding, hiking or kayaking in a national park.

CONNECT

Connecting with others can be really challenging when we can't physically be with each other. We can take the opportunity to connect with each other by phone, video call or online. Reaching out, sharing how we feel and offering support to others is important and protects both our physical and emotional health. Set up phone, online or text-message groups with your mates and agree to send each other random messages of support during the week, start a weekly email update to friends and family, a video blog, post handwritten letters or cards or simply wave and smile at people across the street. Why not organize a regular family dinner by Skype? If you are working from home make sure you check in with colleagues for a daily chat. If you have more time on your hands and are looking for something new to do, connect with other through an online forum.

GIVE

The current situation may give some of us a unique opportunity to give our time. If you can offer support to neighbours, friends and colleagues make a call and listen/check in. If you have some spare resources pop a note in neighbour's letterboxes offering to help. You can also give by sharing your ideas of how to take care of ourselves and each other online and with your loved ones.

For further advice about COVID-19 please visit: www.health.gov.au www.who.int and www.mentalhealth.org.nz

You can also visit the **SA Health 5 Ways to wellbeing in Nature** campaign page for further advice: www.sahealth.sa.gov.au/5waysToWellbeing

