

ARTSPEAK

At Home

ArtSpeak At Home is an activity guide and newsletter to help inspire you, giving you ideas and something to do at home.

It's filled with art activities, a quiz, stories and articles about different cultural events, and is designed to dip in and out of as you please.



ARTSPEAK IS A BIG LOTTERY FUNDED ARTS PROGRAMME
PART OF RADFORD CARE GROUP





Activities



Quiz

Test your knowledge with our quiz that is themed around the seasons



Spring

1. In which Asian country do people visit parks to enjoy the flowers of cherry blossom?
2. Which spring flower has been regarded as a symbol of Wales since the 19th century?
3. What is the name of the Indian festival celebrated in spring, known as the festival of colours?
4. In the Christian calendar how long is the period of Lent?
5. Who is the Roman Goddess of flower and spring?



Summer

1. The month of July was named after which historical personality?
2. What is the longest day of the year known as?
3. Sunflowers are known as the happy flower, they represent adoration, loyalty and longevity. Which famous Artist painted a series of sunflower paintings, including this one?
4. Which 60's rock band had hits with Fun! Fun! Fun! California Girls, and Surfin' Safari?
5. Which famous Playwright wrote a Midsummer Night's Dream?





Autumn

1. The celebration of food grown on the land is known as which festival?
2. What is the name of the pigment trees stop producing in autumn and winter causing their leaves to change colour?
3. Which festival comes from a Celtic festival of samhain?
4. What other name is given to the Asian festival of lights celebrated in autumn?
5. What causes the change of seasons from summer to autumn?

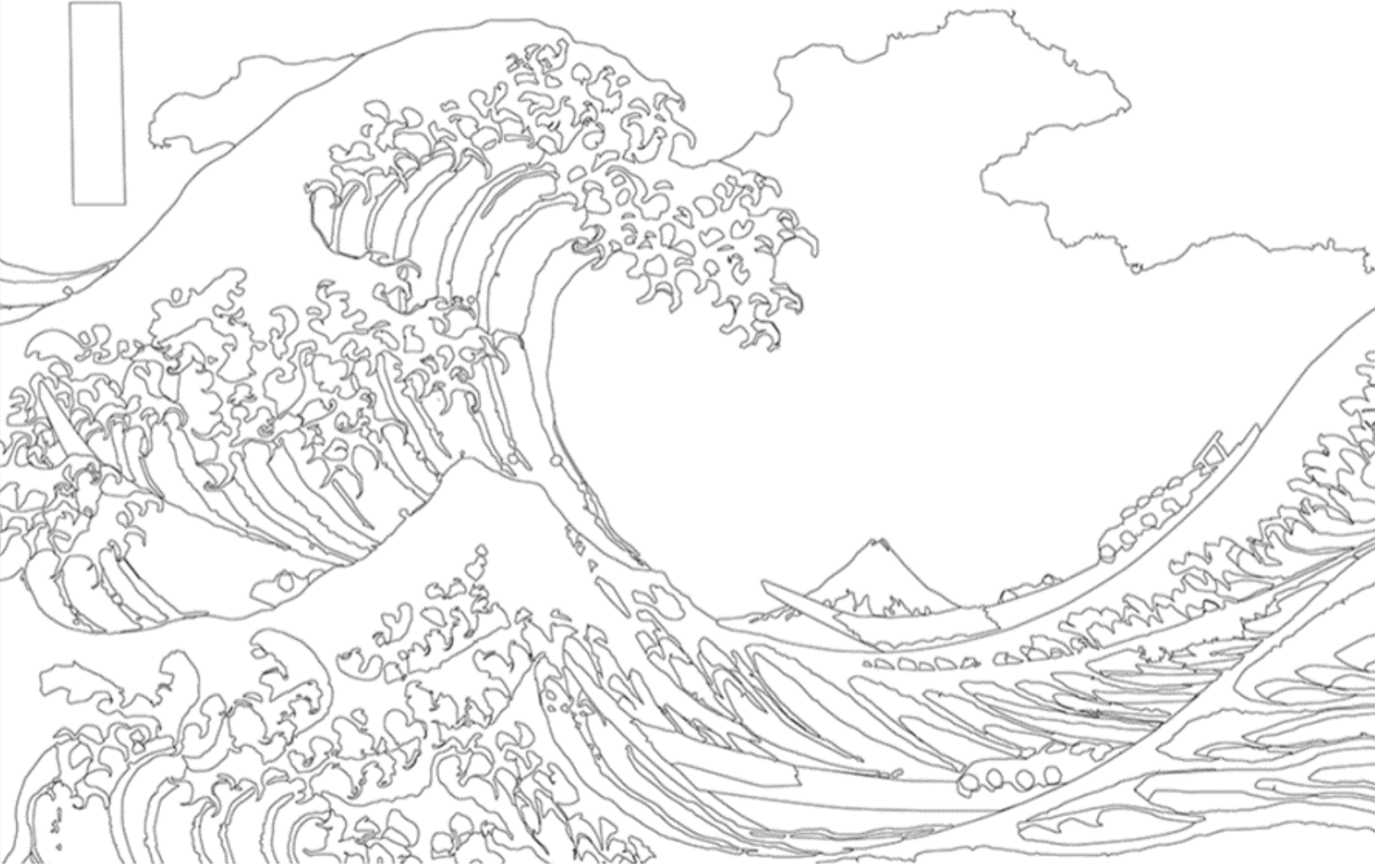


Winter

1. In the song the 12 days of Christmas, what was given on the second day?
2. How many sides does a snowflake have?
3. How many years did the Ice Age last?
4. In what year were the first winter Olympics held and where did they take place?
5. What is the common name for the winter flower - *Galanthus nivalis*?

Colouring

The activity of colouring has many benefits, it can relax the brain, improve sleep, reduce anxiety, relieve stress and improve focus.



Under the Wave off Kanagawa (Kanagawa oki nami ura), also known as The Great Wave is a famous piece of Japanese artwork from the series - Thirty-six Views of Mount Fuji (Fugaku sanjūrokkei) ca. 1830–32



This is a Woodblock print; ink and colour on paper, a technique famously seen in these Japanese Ukiyo-e prints and still used widely throughout East Asia.

Have a go at colouring your own Great Wave and Starry Night using these templates. You could use paint, ink, pastels or colouring pencils.

Full page templates are available to download from our website.



The Starry Night




The Starry Night is an oil-on-canvas painting by the Dutch Post-Impressionist painter Vincent van Gogh.

The Artwork was painted in June 1889.

Do you know the lyrics from the Don Mclean song 'Vincent'?

Can you think of any other Artist's who have used paintings to inspire songs?

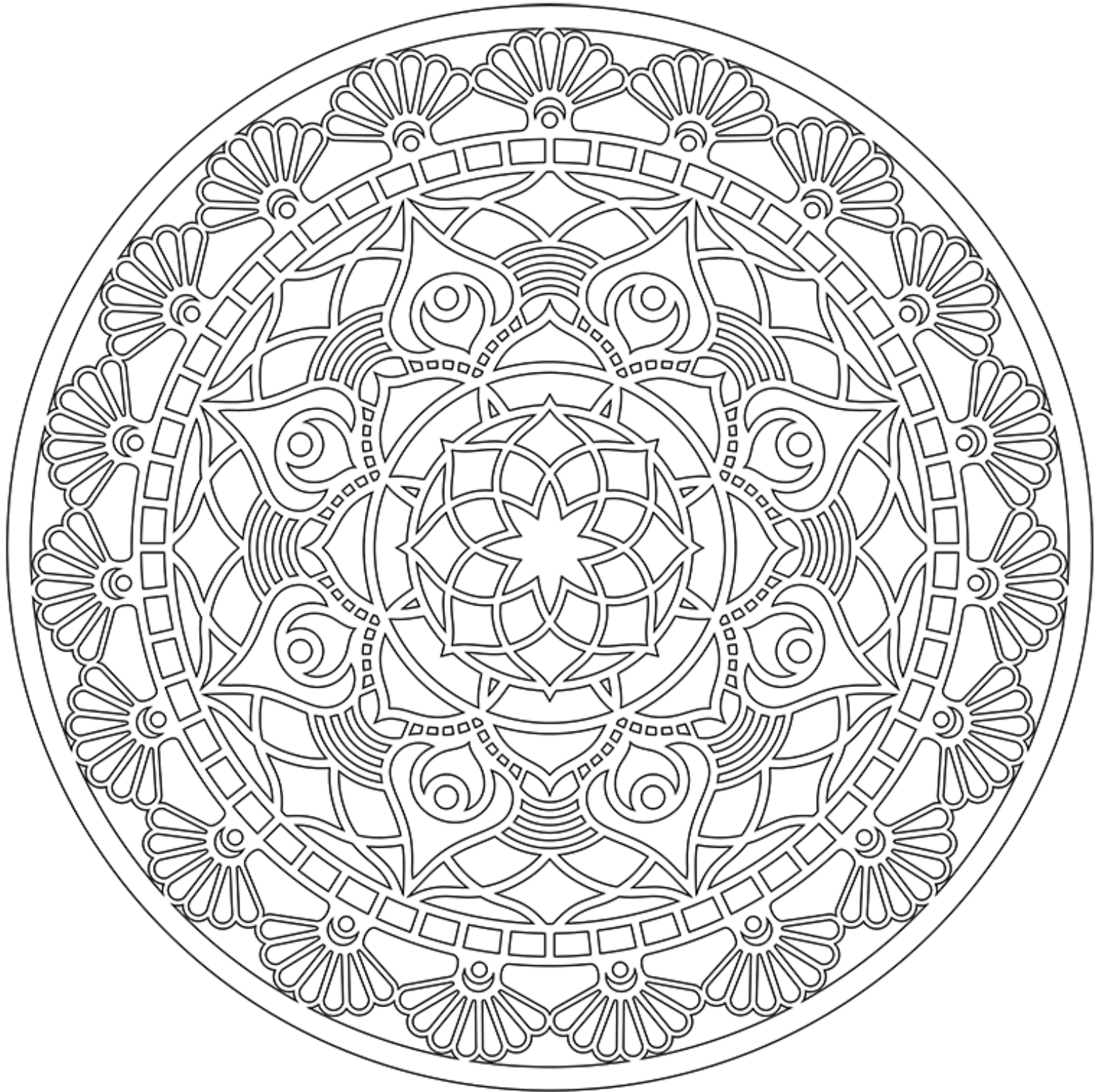
Picture from MOMA, The Museum of Modern Art



Starry, starry night
Paint your palette blue and gray
Look out on a summer's day
With eyes that know the darkness in my soul
Shadows on the hills
Sketch the trees and the daffodils
Catch the breeze and the winter chills
In colors on the snowy, linen land
Now, I understand what you tried to say to me
And how you suffered for your sanity
And how you tried to set them free
They would not listen, they did not know how
Perhaps they'll listen now
Starry, starry night
Flaming flowers that brightly blaze
Swirling clouds in violet haze
Reflect in Vincent's eyes of china blue
Colors changing hue
Morning fields of amber grain
Weathered faces lined in pain
Are soothed beneath the artist's loving hand
Now, I understand, what you tried to say to me
How you suffered for your sanity
How you tried to set them free
They would not listen, they did not know how
Perhaps they'll listen now
For they could not love you
But still your love was true
And when no hope was left inside
On that starry, starry night
You took your life as lovers often do
But I could have told you, Vincent
This world was never meant for one
As beautiful as you
Starry, starry night
Portraits hung in empty halls
Frameless heads on nameless walls
With eyes that watch the world and can't forget
Like the strangers that you've met
The ragged men in ragged clothes
The silver thorn of bloody rose
Lie crushed and broken on the virgin snow
Now, I think I know what you tried to say to me
How you suffered for your sanity
How you tried to set them free
They would not listen, they're not listening still
Perhaps they never will

Mandalas

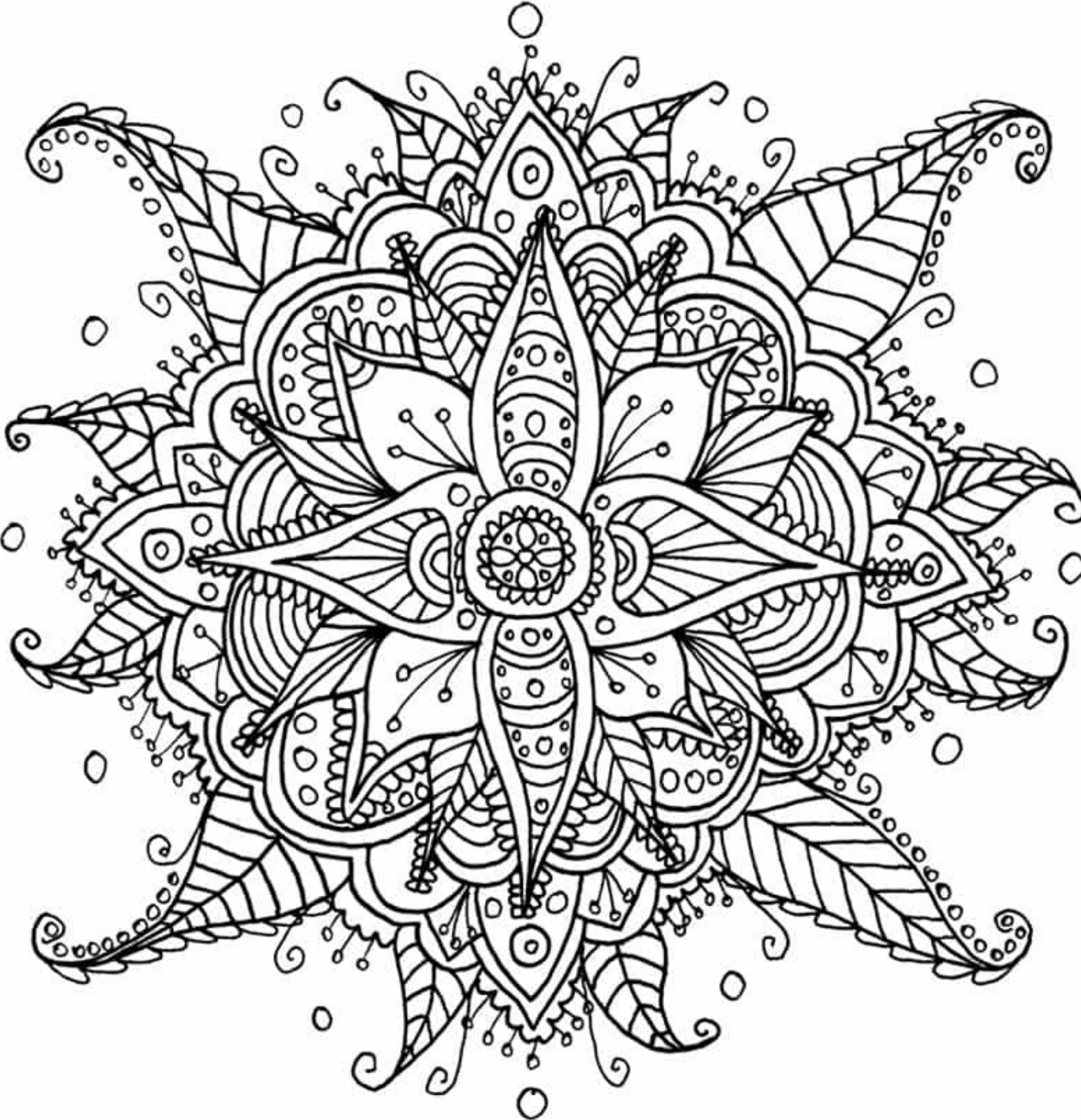
Due to the way a Manadala pattern flows and swirls, they can be especially helpful in calming your mind and making you feel relaxed when drawing or colouring them.



The history of Mandala's -

In the ancient Sanskrit language of Hinduism and Buddhism, mandala means "circle." Traditionally, a mandala is a geometric design or pattern that represents the cosmos or deities (gods or goddesses) in various heavenly worlds.

Have a go at colouring these mandalas with pencils or paint. You could even try creating your own design.



Visual Art

SCULPTURE

Sculpture is a three-dimensional art form made by one of four basic processes: carving, modelling, casting and constructing.

SCULPTURAL ARTISTS

One British Artist renowned for their sculptural work was Barbara Hepworth. Hepworth was a leading figure in the British abstract art movement in the 20th century and a lot of her work was inspired by nature.

Born in Wakefield, West Riding of Yorkshire, she moved to Cornwall in 1939 living and working in St Ives. She found inspiration from the natural landscape she lived in, often replicating the shapes of shells and rocks within her work.



Dame Barbara Hepworth, Oval Sculpture (No.2) (1943, cast 1958), Tate



One simple creative sculptural activity easily done from home that can provide brilliant results is the art of Soap Carving. It's really relaxing to do, and smells good too.

There are two different techniques you can use. (See two pages ahead) If you have a couple of bars of any soap you can try out both techniques to see which you prefer.

The following activity guides have been created and provided by Artist Hannah Ayre.

Equipment



You will need:

- Bar of soap
- Pencil
- Paper to sketch your design on
- Wooden skewer (if not, a sharp pencil will do)
- Blunt carving tool such as a plastic knife

Optional:

- Coloured pigment such as eyeshadow
- Small paint brush

Top Tips:

For something which gets you clean, soap carving is messy! Always carve over a table and over a wipeable floor such as in a kitchen or sit in the garden.

Inspiration

Take inspiration from anywhere. You could carve your favourite flower, copy an object you have at home, write a word or go for something more abstract and sculptural like the work of Barbara Hepworth.

Here are a few ideas to help you consider your own design.

You could produce your own background once you've done your carving like this idea shared by TATE gallery.



Follow the instructions on the next page to start your design.

TECHNIQUE 1



1 Draw around your soap a few times.



2 Draw some designs into the shapes on your paper.
Will it work best in "landscape" or "portrait"?

Make sure you fill the space, drawing right up to the edges.



3 Using a wooden skewer or pencil, draw a design onto your soap.



4 When you're happy with your design, you can make it stand out by brushing some eye shadow over it. Ask permission before raiding someone else's make up!



TECHNIQUE 2



1 Draw a simple, chunky design e.g. bubble writing.



2 Use a skewer or pencil to draw the main outline into your soap.



3 Use a blunt knife to carve out the background, so that your design stands out.



4 A dustpan and brush is useful for cleaning up the shavings.



Good luck with your soap carving!
I'd love to see the results.

You can tag me & follow me at:

📷 @hannah.ayre
📘 @HannahAyreArtsEducation
📺 @AyreHannah

Hannah Ayre:
Arts Education

hannahayre.com

Check my website
hannahayre.com for more activities.

Canal Art

When were you last on a canal boat or by the canal? Have you ever noticed that a lot of narrowboats have a similar style in decoration and colour?

There are lots of modern examples of art work on canal boats these days. However, dating back to the 19th Century, Canal folk Art was the traditional style you could expect to see decorating canal boats and included Roses and Castles motifs.



As well as roses and castles, the designs also featured other real or imaginary flowers, cottages, churches, rivers and lakes. Some depictions of renowned landscapes were viewed as quite romantic scenes.



Not only were Roses and Castles used to decorate the narrowboat, but they also covered virtually everything else in, or on it. This included the water cans, horse's harnesses, doors, fitted furniture and lamps.



During the industrial revolution when other traditional trades and crafts were fading, the Roses and Castles movement actually took root and flourished. It became such an intrinsic part of the boating environment that it is a tradition still popular today.

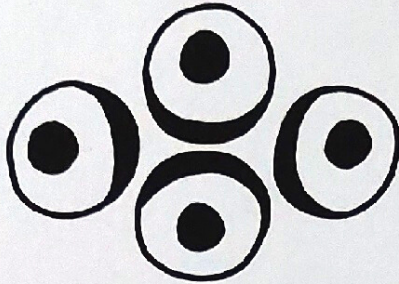
Historians have been fascinated with where the Roses & Castles movement originated from but haven't been able to settle on a definitive time. Links have been made with Travellers and their elaborately painted caravans, but there are also similarities that have been found linking to folk art from Germany, Holland and Asia.



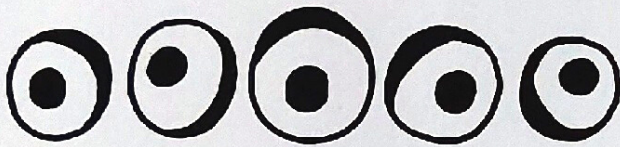
Have a go



a) Shadow variations.



b) Shadows indicating roses facing out of a cluster.



c) Shadows in a swag facing left and right.

Why not have a go at painting your own rose, inspired by the folk art of canal Roses and Castles.

Here's a handy guide to help you develop those unique shapes.

Equipment



There are three stages in painting a rose: starting circle; shadows; and top petals.

Starting circles can be quickly and neatly executed by using a flat square brush, either (6mm or 12mm)

Quick bold strokes are used to outline and fill in circles of crimson, orange or pink. The same brush is used for adding shadows and these are worked into the wet paint of the starting circle.

The shadows are an important indication of the direction the rose is facing and can be applied in various ways.



Some artists have an evenly darkened circle, others blend the darker shade, making small circular strokes into wet paint to give the impression of the heart of the rose, and others favour a spiral effect.

Roses in a cluster always face out of the design, and a swag has roses back to back or behind each other with slight changes in direction.

The top petals of a basic rose can be painted with just four strokes and this can be a foundation for bringing in your own preferences.

Have a play and a practice with your brush strokes, you're likely to create different shapes when forming the main petal.

In this diagram the shape of the rose has been likened to that of a cup and dish.

As illustrated on the right, the largest petal is always first and the smaller surrounding petals follow.

Try out different colours and see what variations and combinations you like. If you'd like to send us a copy of your finished design we can display it on our website.



a) Cup-and-dish shape and a basic rose made up of four petals.



b) Order of painting the petals and direction of each brush stroke.



c) Additions to the basic rose.



This activity has been inspired by an Artist in residence programme with Annette Waterfield at Radford Care Group in January 2022.

You could use this design for inspiration to build up your roses, or paint this one.





Poetry

Poetry

From all the different styles of poetry, what's your favourite?

FREE VERSE

This is a popular style of modern poetry and comes with creative freedom. Free verse can rhyme or not, it can have as many lines or verses as the poet wants, and it can be about any subject.

The lack of rules can be a challenge in itself but see how you get on!

Here's an example of free verse from the poem *Blackberrying* by Sylvia Plath:

The only thing to come now is the sea.
From between two hills a sudden wind funnels at me,
Slapping its phantom laundry in my face.
These hills are too green and sweet to have tasted salt.
I follow the sheep path between them. A last hook brings me
To the hills' northern face, and the face is orange rock
That looks out on nothing, nothing but a great space
Of white and pewter lights, and a din like silversmiths
Beating and beating at an intractable metal.

LIMERICK

A limerick is a humorous poem consisting of five lines.

The first, second, and fifth lines must have seven to ten syllables while rhyming and having the same verbal rhythm.

The third and fourth lines should only have five to seven syllables; they too must rhyme with each other and have the same rhythm.

The first limericks came about in the early 1700s and are often preserved in folk songs. Edward Lear, was a famous British poet who popularised this form and known for his literary nonsense.

*There was an Old Man with a beard
Who said, "It is just as I feared!
Two Owls and a Hen,
Four Larks and a Wren,
Have all built their nests in my beard!"*

HAIKU

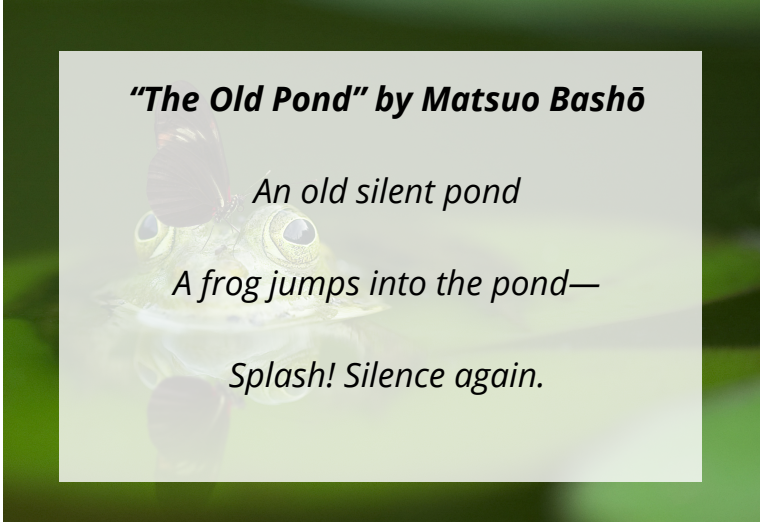
The Haiku is an ancient form of Japanese poetry renowned for its small size.

Haikus consist of just three lines;

The first and third lines have five syllables, whereas the second has seven.

Haikus don't have to rhyme and are usually written to evoke a particular mood or moment.

Here are some examples of a Haiku



"The Old Pond" by Matsuo Bashō

*An old silent pond
A frog jumps into the pond—
Splash! Silence again.*



"A Poppy Blooms" by Katsushika Hokusai

I write, erase, rewrite
Erase again, and then
A poppy blooms.



"Lighting One Candle" by Yosa Buson

*The light of a candle
Is transferred to another candle—
Spring twilight*



"Over the Wintry" by Natsume Sōseki

Over the wintry
Forest, winds howl in rage
With no leaves to blow.

As part of the Nottingham Poetry Festival we worked with local poets John Humphreys and Clare Stewart to deliver a poetry workshop on a narrowboat, while it cruised along the canal.

Participants worked with the theme of water and wrote their own poem. A line from each of their individual poems, was taken to create this group poem.

A silver screeching howl of water
Scary barging barge. Paaaarrpp!!
A vengeful lover
 who dares you to forget her rush,
 her sound
Sword-like grass blades and dainty daisies tripping at the
edges
Watch out the mermaid will draw you on the rocks
 Like slow motion graffiti
Artists' secret night-painting
Braided courses release the horses
Gently gliding, glistening under the warm burning sun
Hurry to catch cyclists turning time with their wheels
Seeping between sodden algae-slimed gates
The hidden mud, the fish relax
 The water birds coast effortlessly

The boat went along the Nottingham and Beeston canal from Castle Wharf to Trent lock and onto the River Trent before returning.



Poetry

Do you have a favourite poem?

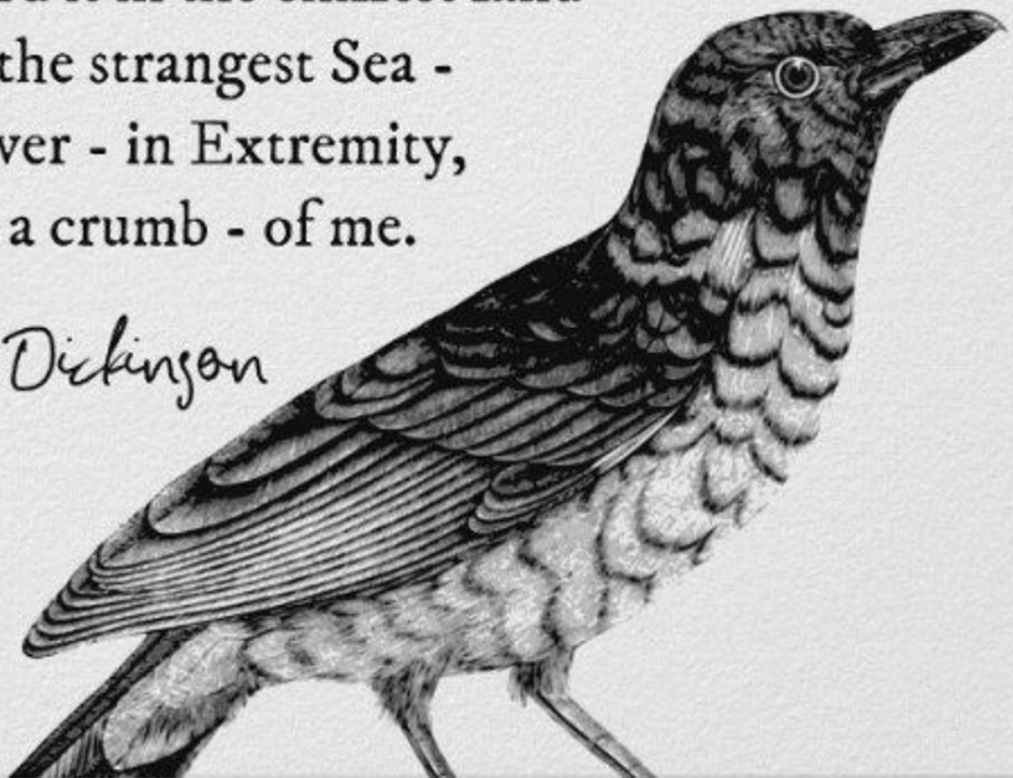
Here are a few recommendations for you to read. This one is a rhyming poem.

“Hope” is the thing with feathers -
That perches in the soul -
And sings the tune without the words -
And never stops - at all -

And sweetest - in the Gale - is heard -
And sore must be the storm -
That could abash the little Bird
That kept so many warm -

I’ve heard it in the chillest land -
And on the strangest Sea -
Yet - never - in Extremity,
It asked a crumb - of me.

Emily Dickinson



Dreams

All people dream, but not equally.
Those who dream by night in the dusty recesses of their mind,
wake in the morning to find that it was vanity.

But the dreamers of the day are dangerous people.
For they dream their dreams with open eyes,
and make them come true.

D.H Lawrence

A SPRING MORNING

The Spring comes in with all her hues and smells,
In freshness breathing over hills and dells;
O'er woods where May her gorgeous drapery flings,
And meads washed fragrant by their laughing springs.
Fresh are new opened flowers, untouched and free
From the bold rifling of the amorous bee.
The happy time of singing birds is come,
And Love's lone pilgrimage now finds a home;
Among the mossy oaks now coos the dove,
And the hoarse crow finds softer notes for love.
The foxes play around their dens, and bark
In joy's excess, 'mid woodland shadows dark.
The flowers join lips below; the leaves above;
And every sound that meets the ear is Love.

John Clare



Articles of interest



Carnival

From Pagan ritual to international acclaim - The History of Carnival

In Nottingham we are privileged to have an annual carnival that brings communities together, fostering opportunities for people to celebrate what is an ancient tradition.

With its roots in a pagan Egypt culture, carnival was a tribal ritual to usher out winter and celebrate the beginning of spring, this event was called Sham El-Nessim. Winter was thought to be reigned by winter spirits; which needed to be driven out in order for the summer to return. Carnival was the first spring festival bringing in a new year.

Centuries later, the conquests of Alexander the Great brought the Egyptian festival to the Greek population, then it was copied by the Romans who called it Bacchanal (after Bacchus), adding wine, dance and song. From Rome things changed to include a new theme - The Feast of Fools, popular in Europe during the Middle Ages.



A Bacchanal by Jan Brueghel the Elder and Hendrik van Balen Ca.1608 - 1616

A ritual featuring a mock bishop who was elected, with low and high status officials changing places. Animal masks and women's clothing were worn by men with bawdy songs and nonsensical speeches. This feast, running a mock on the streets, was abolished in the 16th century, but the traditions of satire and ridicule remain a potent feature of many modern carnivals.

Many years later, the pagan festival was spread with Christian meaning to become 'Carnevale'. Carne meaning meat, and Vale meaning farewell (in Latin). In 18th-century Italy, people preparing to give up things for Lent liked to dress up and disguise themselves and have fun before the 40 days of lean living. A popular fancy-dress theme was based on Commedia dell'Arte with characters such as Pierrot and Harlequin, this becoming the fore runner to Pantomime.



Feast of fools by Pieter Brueghel the elder (16th century)

Many of our international carnival's find their roots in the traditions that stem from the Caribbean. In 1474 Christopher Columbus sailed in search of India and instead found Trinidad, calling the Caribbean islands the West Indies. From then on, a steady stream of Europeans came to settle in the Caribbean and Latin America. The settlers brought with them slaves from Africa to work on the sugar plantations. They also brought carnival. Here is the link we have from the rituals and traditions from Europe evolving in the new world.



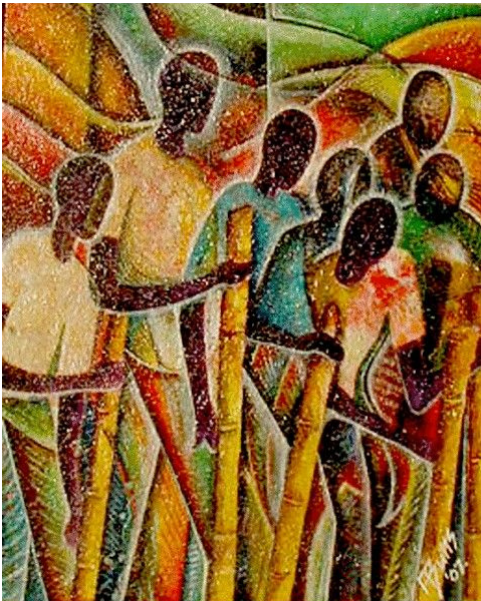
The Origins and Evolution of Carnival in Trinidad and Tobago - Retrospect Journal

Plantation owners celebrated carnival from Christmas to Ash Wednesday, with parades and indulgent fancy dress balls, very much in the European tradition. Wearing of masks, wigs, and beautiful dresses played an important role and so too did music and dancing.

There were also traditions the slaves maintained holding festivities around the burning and harvesting of the sugar cane (known as cannes bruleés, anglicised as Canboulay). For each group, masks, mimicry, African drumming and chanting were a key part of the ritual.



A history of The Moko Jumbie, Island eGuide



History of the steelpan, 2bKaribbean

There were characters like Moko Jumbies (stiltwalkers) and Jab Molassie devils, and stick fighting was played. From 1834, slaves were freed and joined in the carnival, but the authorities banned the drum. Tamboo Bamboo and ultimately the steelpan were invented to get round the ban.

In 1948 the Empire Windrush brought many Caribbean people to England to fill shortages in the labour market. Times were hard, and racism was rife. Notting Hill Carnival was first held on the street in 1966 as an offshoot of the Trinidad Carnival, celebrating Caribbean culture and identity in London.



Notting Hill Carnival

Like many other carnivals, it has become divorced from its religious origin.

Most UK carnivals are secular events that take place in the summer months.

Notting Hill Carnival is a three day event that takes place over the August Bank Holiday weekend every year.

The Platinum Jubilee



On 6th February 2022 Her Majesty The Queen became the first British Monarch to celebrate a Platinum Jubilee.

This marks 70 years of service to the people of the United Kingdom, the realms and the Commonwealth.

There'll be celebrations happening all year throughout the country, culminating in a four day UK bank holiday weekend from Thursday 2 to Sunday 5 June.

In 1936 when Elizabeth's uncle, King Edward VIII, abdicated the throne her father became King, leaving her as next in line.

Elizabeth's father, George VI, died in February 1952, making Elizabeth, just 25 years old, queen regnant of seven independent Commonwealth countries: the United Kingdom, Canada, Australia, New Zealand, South Africa, Pakistan, and Ceylon, as well as Head of the Commonwealth.

"I declare before you that my whole life, whether it be long or short, shall be devoted to your service and the service of our great imperial family to which we all belong."

Queen Elizabeth II of England

The Commonwealth of Nations are a group of 54 independent countries (mostly former colonies of the British Empire) working together to promote socio-economic and cultural ties among themselves.

There are now 15 commonwealth realms that have the Queen as their monarch, these include The United Kingdom, Antigua and Barbuda, Australia, The Bahamas, Belize, Canada, Grenada, Jamaica, New Zealand, Papua New Guinea, Saint Kitts and Nevis, Saint Lucia, Saint Vincent and the Grenadines, The Solomon Islands and Tuvalu.

Elizabeth II is the longest-lived and longest-reigning British monarch, the longest-serving female head of state in history, the oldest living and longest-reigning current monarch, and the oldest and longest-serving incumbent head of state.

Andy Warhol was an American Artist famously known for his Pop Art and was responsible for raising the profile of Screen Printing in the 1960s.

The use of bold colours and iconic figures incorporated into his work brought this art medium into the mainstream and is the style he became most notably recognised for.

In 1985 Warhol produced a series of screenprints of the Queens Regnant. The subjects were Queen Elizabeth II of the United Kingdom and the other Commonwealth realms, Queen Beatrix of the Netherlands, Queen Ntfombi Twala of Swaziland and Queen Margrethe II of Denmark.

This portrait of Queen Elizabeth details Warhol's playfulness with line and color while also exhibiting his view on conventional portraiture. The vibrant shades of purple, coupled with bright yellows and teal accents create a radical image of the Queen, perhaps transforming her from the view of the bourgeois upper class to a more palpable, everyday poster image we can all relate to. She now falls into the category of popular kitsch culture, while her elegant features continue to be accented by the drawn line of Warhol's hand while prominent pixilation of the print details elaborate shading and highlights of the portrait.

(Master Arts Fine Art)



Andy Warhol, 1928 - 1987 Queen Elizabeth II of the United Kingdom from the Reigning Queens Edition

Why not have a go at colouring your own pop art inspired image using this template



Quiz Answers

Spring -

1. Japan
2. Daffodil
3. Holi
4. 40 days
5. Flora

Summer -

1. Julius Caesar
2. Summer Solstice
3. Vincent Van Gogh
4. The Beach Boys
5. William Shakespeare

Autumn -

1. Harvest Festival
2. Chlorophyll
3. Halloween
4. Diwali
5. The tilt of the earth's axis

Winter -

1. Two Turtle-Doves
2. Six
3. 2.4 Million Years
4. 1924 in Chamonix, France
5. Snowdrop

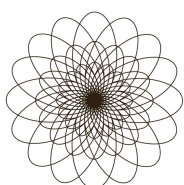


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ARTSPEAK
Art, Activities & Friendship
FOR NOTTINGHAM'S 60+



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