

COLLAGE CREATE-ALONG

SESSION 1

BY LENÉ PIETERS

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LIGHT BULB MOMENTS AND THOUGHTS

Today I want to start off by capturing thoughts and those light bulb "AHA" moments. My head feels like it is spinning most days. So many things to organize, buy, places to drive to, errands, events, health, and multiply that by each child you have - you can see it becomes a complicated task.

Thoughts come flying in, flying out. Some thoughts take root and become amazing. Some thoughts explode in a flash of light, but get lost among the others.

While we do all this thinking, we still have to work, clean, cook, drive (and pay attention on the road), etc and still deal with all the children too. When we get a brilliant idea, it can sometimes be forgotten an hour later.

Follow along with these easy steps, while you consider the prompt and how it makes you feel.

Prompt: What thoughts are spinning around in your mind today?

Materials List:

Old magazines
Scissors
Pens
Glue stick
Old book/sketchbook/cardstock as a base

Let's get started....

Tear out images that appeal to you today, while you focus on the theme. If it fits, tear it out. You can always save the unused images for another day.



Selection made, start cutting out everything that you do NOT want to see on the page.

Leave delicate areas like spiky leaves for last.

Interesting words can stay.



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SESSION 1 CONTINUED

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This is an old hardbound book with sewn papers. When we glue in images, the spine could break. To prevent that, find the middle 2 pages of each signature and gently tear them out. Save them for later or throw them away - your choice.

Arrange the pictures on the book pages. Move them around. See what looks "right" to you. There are no rules. Try to put strange images together, like the chandelier growing up out of a pot plant. The head and plant feel right with the "thoughts" theme. The rockstar lady looked fun, so I added her too.

Take a photo of your piece before you remove the loose images. Do not sneeze!

Remove the images and start gluing down your BIGGEST image first. Then the next biggest, and so on.

If there are overlapping sections, put it in position, fold over the unwanted section, and cut it off.

Then glue and repeat with all the rest.

When everything is glued down, lift up the book to test that you have, in fact, glued everything down. Breathe deeply while you pick up the last piece from the floor and glue that one down too.

Take whatever pens you have and colour over the exposed text if you want to.

Add some writing, if you want to. Any words that come to mind, or that you want to specifically focus on in your life. It can be simple or it can be a diary entry.

You can also sign and date the piece. This will help, when you look back in 10 years' time and remember this period in your life.

It is always poignant to see how far we have come in life, how big something seemed at the time, what were the fashions, the trends, the things on your mind.

Congratulations! You have created a unique piece of art.

With much creative hugs,
Lené



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