



Simple Pleasures

Stress Leave- Time Out arty answers

Designed to give you a break from perceived realities, stresses, emotional traumas and enable expression, communication, release and relaxation. 'Simple Pleasures' helps you to really see the beauty in everyday objects.

1. Choose an everyday object you love, or one you are wanting to like more!!
2. Looking at the lines and shapes, using contour drawing, draw the object as simply as you can. Line being the dominant element. Elements of art include: line, shape, colour, tone and texture.
3. Choose a range of your favourite colour(s) to colour in the image. Ordinary Felt pens can be carefully washed over to create water colour effects. Go carefully as some bleed, and you may/may not like the finish. It is great fun to experiment.

Suitable for individual and group exploration, these Wise Arty Answers offer time out for participants who wish to explore the creative process. Contour drawing is fun and achievable. If you wish to take a class please be in contact.

