

Today's challenge from Sam Hale

Long Slow and Quiet Drawing



Now here's a surprise – a change of pace.

In this week's challenge I am inviting you to slow right down and spend lots of time looking. You may want to consider setting a metronome to two beats per second to set the mood (you will find one online). Alternatively, you could listen to a very slow piece of music, or you could be guided by your breath and time your mark-making to your out breath.

Warm up activity: Pattern Practice

- Using a pen, draw four similar rectangles on a sheet of A4 paper. Don't use a ruler.
- Using your outbreath to time your line slowly, fill your boxes with vertical parallel lines.
- In the first of the boxes, the lines should be approximately 1cm apart.
- Repeat using a different pen.
- In the third box, make the lines very close together but don't let them touch. If they start to wiggle allow that to develop as you progress across your box – don't speed up.
- What do you want to do in the fourth box? How can you represent your out breath?

The Main Event: Even Slower

The choice of subject matter is yours. You could consider:

- Feathers
- Cutlery
- twigs

Think carefully about how you arrange your objects. You could consider:

- End to end, in a long line.
- Radiating out from a central point, to create a circle.
- Arranging your objects on a piece of paper that is the same size and shape as the paper you intend drawing on.
- Drawing your objects life size.
- Adding a breath-timed pattern to your drawing.
- What about drawing in pen? Are you going to add colour?

I've enjoyed reading these articles whilst thinking about this task:

<https://sculpturemagazine.art/ideas-can-last-forever-a-conversation-with-richard-long/>

<https://www.artnews.com/art-in-america/features/slow-painting-63385/>

<https://museumsandgalleries.leeds.gov.uk/events/leeds-art-gallery/slow-painting/>

This selection of cutlery was not made for everyday use. The knife, fork and spoons form part of a miniature set made as a child's toy; possibly for a doll's-house. Comprising twenty-four items in total, the set was originally presented in a wire mesh tray. The pieces all have decorated handles and each one is stamped: "Aluminium Germany".



Toy

Made in Germany – Maker Unknown

Aluminium

c. 1900 – 20

Wolverhampton Arts and Museums

Please click on this link for more details about Still Lively:

<https://www.creativehealthcic.co.uk/older-people/>