

Today's challenge from Sam Hale

Warm

As the weather begins to warm up, I'm suggesting that we try to reflect this in our drawing practice.



You will need:

- Paper or your sketchbook.
- Colours that make you feel warm, in any medium of your choice. If you have them, you may want to work with soft pastels. If you're using inks or paint, why not try using a large brush.
- A warm subject: such as a bunch of daffodils, a pumpkin, tropical fruits, balls of wool, a favourite jumper or scarf rolled up, a landscape.

Warm Up

- Sit with the base of your spine comfortably supported by your chair and your feet planted firmly on the ground. Without changing anything spend a moment taking notice of your breath.
- Imagine that you are sitting outside, being gently warmed by the sun.
- Wake up your hands by rubbing your palms together, round and round, to generate some heat. Rub the backs of your hands, your wrists, and allow your fingers to slide between each other.
- Pause and notice the sensation in your palms.
- Shake your hands, as if shaking water droplets from the ends of your fingertips. Repeat this 10 times.
- Pause and notice the sensation in your palms.
- Sit with your arms next to your sides, and your fingertips pointing towards the ground, and imagine ink streaming through them, into the earth.

- Whilst drawing, imagine that this flow is continuing from your fingertips and through your drawing implement.
- What colour ink did you imagine?

Take a minute to be mindful and relax

- Place a piece of paper in front of you and take a pencil in each hand.
- Put the tips of your pencils close to each other, near the centre of your paper.
- Close your eyes, take off your glasses or just soften your gaze.
- Now begin to slowly draw circles. First in one direction with your in breath and back in the other direction with your outbreath. Keep going for a minute.
- You may want to incorporate the results into this week's drawing.

Getting Warmer: Colour and Line

- Spend some time looking at your colours and the materials you have at hand, in relation to your chosen subject.
- Try out your materials on a scrap piece of paper to help you decide what to use.
- Make a drawing, or series of drawings, in two stages:
 - 1- Put down blocks of colour using pastels or inks, in response to your subject matter. If you are working with paint or ink, try working with a large brush.
 - 2- Working on top use another medium, such as graphite or charcoal, to make a line-drawing of your subject without feeling pressure to make the two elements come neatly together. Resist the urge to simply draw around your coloured shape.

For inspiration you might like to look at:

Yayoi Kusama's Polka dot pumpkins:

<https://www.guyhepner.com/yayoi-kusamas-pumpkins/>

Frida Kahlo's fruit paintings:

<https://www.fridakahlo.org/fruit-of-life.jsp>

<http://www.kahlo.org/viva-la-vida-watermelons/>

<http://www.kahlo.org/still-life-with-parrot-and-fruit/>

Petit Palais: Yellow and Yellow

John Piper (1903 – 92)

Screen-print

1972:

<https://www.tate.org.uk/art/artworks/piper-petit-palais-yellow-and-yellow-p05045>

“The Beautiful Ones” Series #7

Njideka Akunyili Crosby (b. 1983)

Acrylic, colour pencil, and transfers on paper

2018:

<https://www.icaboston.org/art/njideka-akunyili-crosby/%E2%80%9C-beautiful-ones%E2%80%9D-series-7>

This still life, finished with warm bright colours, has been painted onto a curved glass panel. It was originally designed to be functional and decorative. The picture would have been added to the lid of a coal vase, warming you both practically and metaphorically. It would help you light a fire and evoke thoughts of long summer days and the harvest they bring.



Still Life

Artist Unknown – made in London

Glass

c. 1850 – 89

Wolverhampton Arts and Museums.

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

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