

SHAPE SHIFT



# Art Activities Resource Sheet

**CONNECT**  
**MANDALA**

**BE ACTIVE**

**DRAWING  
EXERCISES**

**GIVE**  
A  
**CARD DESIGN**

**SHADOW ART**

A **KEEP LEARNING**

**MINDFUL CREATIVE  
ACTIVITIES**

**TAKE NOTICE**



# GIVE

02

Design a greeting card for someone who makes you smile, include their favourite colour/s and/or themes.

Experiment with collage, layering and colours.

Send the card.



# KEEP LEARNING

03



Use a torch or a lamp with some household objects to create shadows against a wall, by creating a dark area.

Draw the shadows created, experiment with texture, line and tone.



# CONNECT

04

Collect items that interest you from around your home, your garden or on your walks.



Arrange these items to create a variety of patterns, experiment with texture and colour.

Take photographs of your creations.

# BE ACTIVE

05

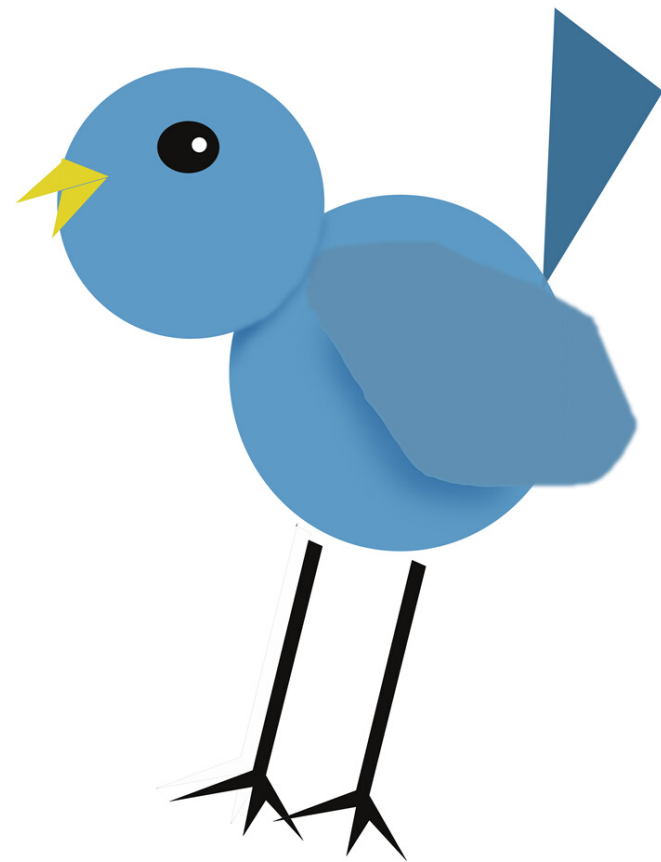


Draw still life objects-

- 1.To the rhythms of your favourite music
- 2.With your non dominant hand
- 3.Standing up

# TAKE NOTICE

06



Go for a walk/garden/home  
Notice

5 things you see  
4 things you hear  
3 things you smell  
2 things you draw  
1 thing you taste  
(bring a snack or drink)