



Edinburgh Art Festival invites
you to get creative at home



WOW
ORANGE

Home Creativity Kit by Naomi Garriock

WOW ORANGE by Naomi Garriock

What you will need

- Paper
- Pencil
- Coloured pens, pencils, paint, pastels – whatever you've got to hand

When I'm making art I often focus on patterns, colour and instructions, noticing how they can act as signposts to this world, helping us explore and understand our thoughts and feelings differently. This WOW ORANGE activity asks you to observe pattern and colour in nature, and to experience how this concentration and making can be a power-tool for refocusing your mind and creating time for calm.

Before you begin this activity, ask yourself – do you want to make some art right now, and do you have the time? If not, look at this later when you do. The activity will take at least half an hour, but you could spend longer if you like. – Naomi Garriock

Naomi Garriock's WOW ORANGE art pack invites young people, their family/carer or teachers to focus on colour, patterns and shapes from the natural world and drawing as a way of exploring therapeutic and meditative creative processes.



Patterns, shapes and colours people have made doing this activity

When you have made your artworks, we'd love to include them in an online exhibition on our community engagement blog. Share your creations by emailing images to learning@edinburghartfestival.com, and look for ideas and inspiration at edartfestcommunityengagement.com

Do you have some art materials lying around that you would like to use? This is a great way to begin when you don't have any specific idea about what you want to do, and it also works well for me when I have too many things in my mind and don't know where to start. This activity begins with step-by-step directions. Personal decisions as to where to place a line or what colour or shape to use are left up to you.

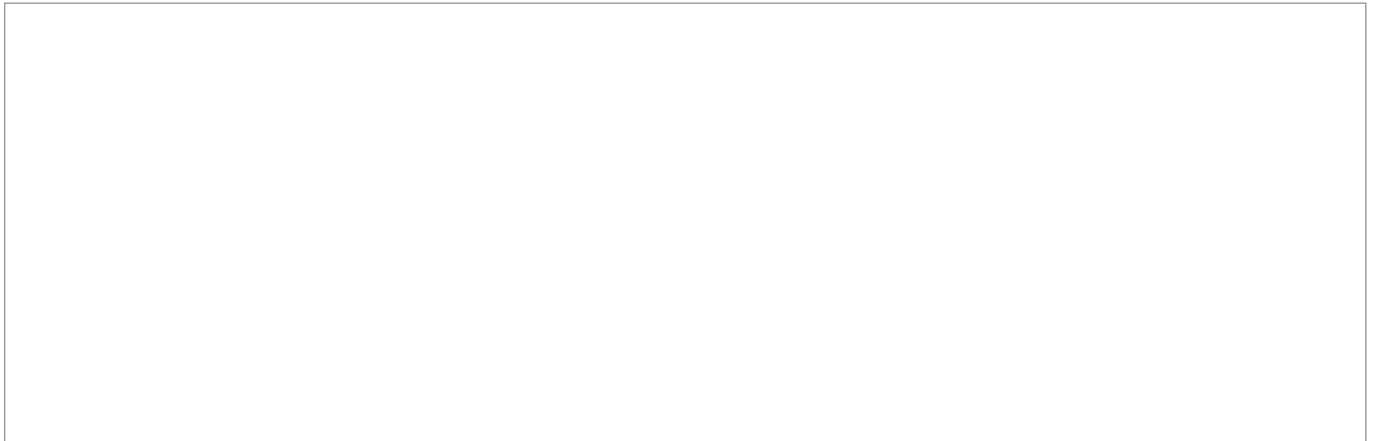
1. Colour

Spend 2-5 minutes with your eyes closed. Imagine the room you are in becoming awash with your favourite colour and that with every breath, you are breathing in this colour. When you are finished, write about how this colour makes you feel, or what it reminds you of in the space below.

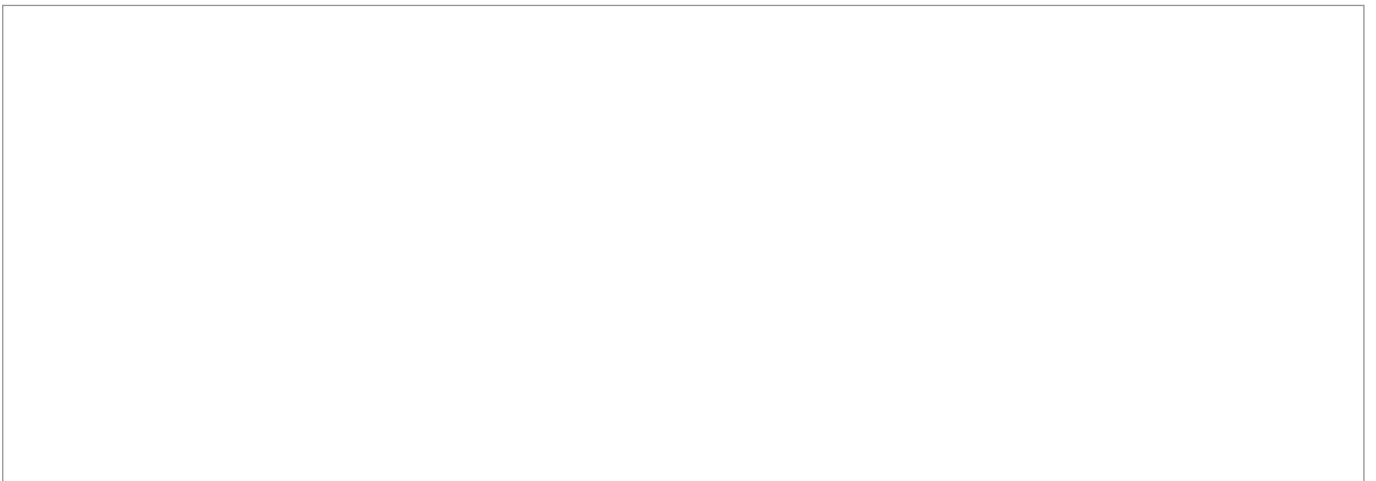
Spend no more than five minutes collecting as much stuff of that colour from your house (or classroom) and outside. Try to get a good mix of man-made items (for example I found books, scissors and even shoes) and natural items such as fruit and flowers. Put them all together and take a photo. My favourite colour is orange.



Next, compare the man-made and natural items. Make notes of their similarities and differences – how do they feel, what are they made from, what do they smell like, how are they constructed, and do they share similar patterns and shapes?

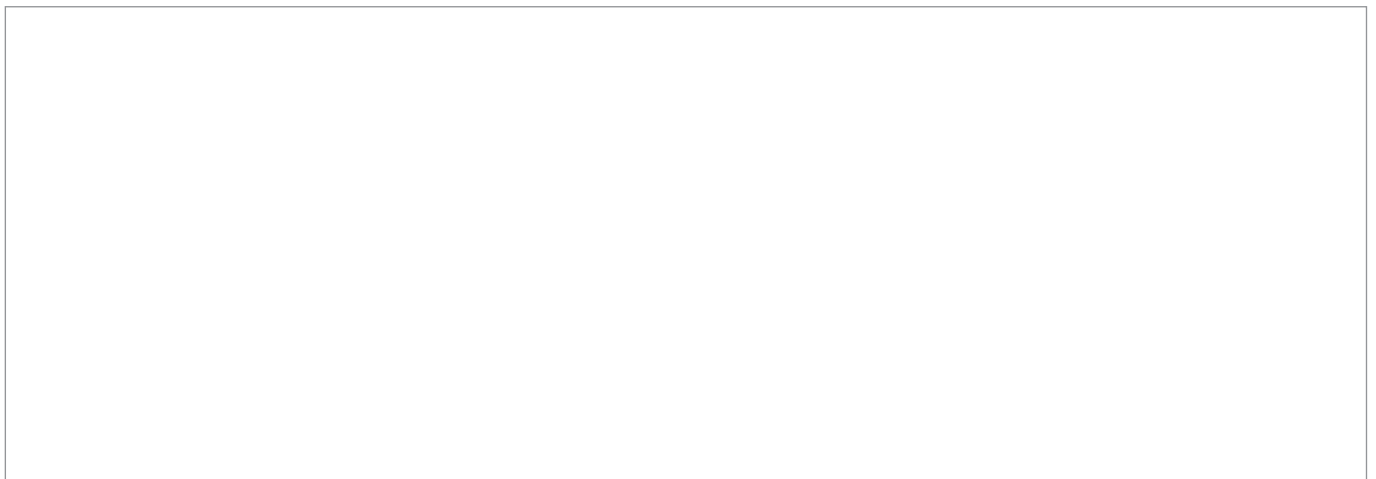


Now only look at the natural things that you collected. Which has the most interesting pattern and shape? Write down what it is or sketch it quickly and save it for later.

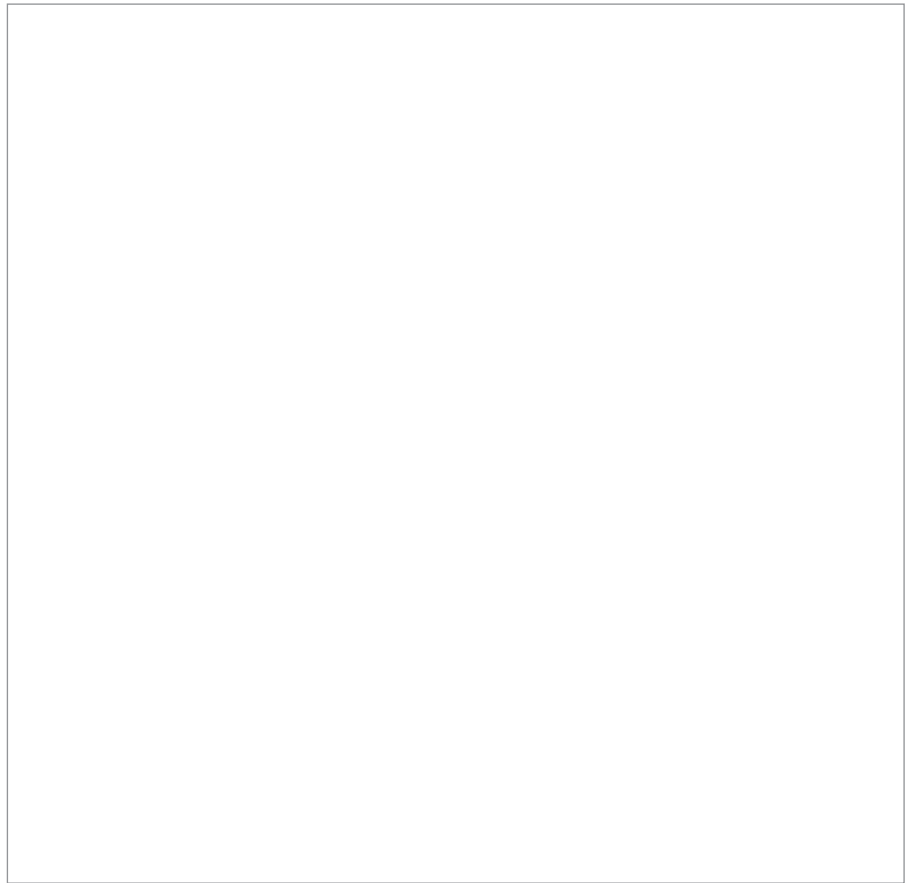


2. Colour and Shape

What is your favourite shape and why? Draw your shape and write the answer below using your favourite colour.



Take ALL of your coloured pens, pencils, pastels, paints or whatever you have. Draw your favourite shape in your favourite colour in the middle of the space. Test all your colours around your coloured shape. Notice which colours you like together with your favourite colour the most. Circle your favourites.



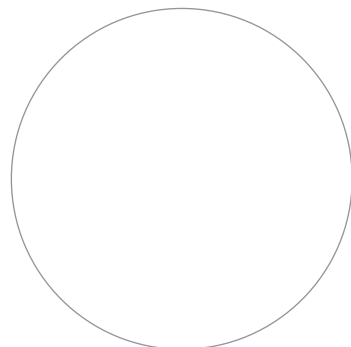
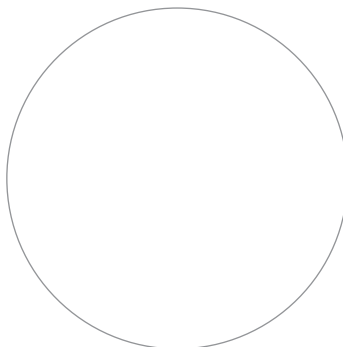
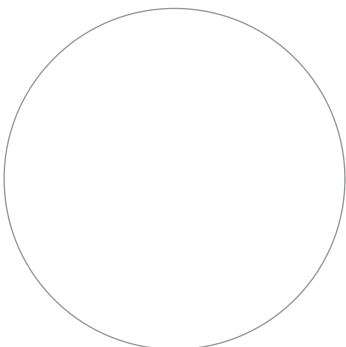
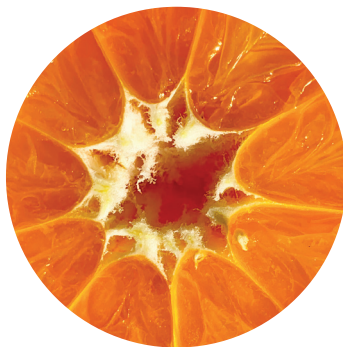
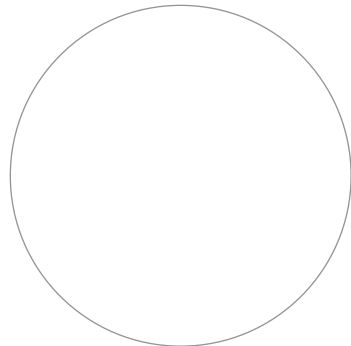
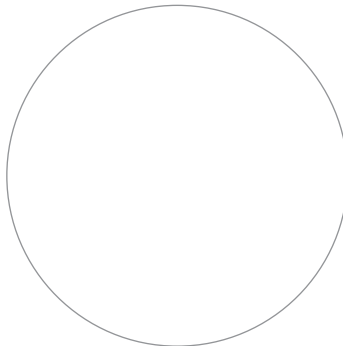
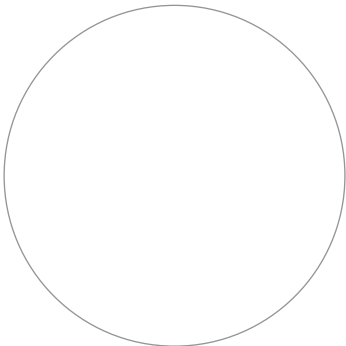
When I choose my colours, I follow a made up rule about not using all seven colours of the rainbow. I always leave purple out, but that might be your favourite.



3. WOW ORANGE

For this step, we will focus on the natural thing which stood out the most when I collected stuff in my favourite colour from around the house and garden – an orange.

Look closely and you will see that we are surrounded by a bewildering number of naturally occurring patterns and shapes. These can be found in most living things, for example, from trees, their branches and leaves; fruit and vegetables; flowers; and even in animal markings. Focus in on the pattern and shape of an orange (use these images or ask an adult to cut up a real orange). Can you see six patterns? Look at the photos and draw the patterns you see using the circle spaces. A pencil or fine-liner pen works best for this drawing activity.



4. WOW *.....

**write in the name of your natural thing*

Now it is time to focus on your chosen natural thing. Can you see six patterns?

Make a sheet of doodle patterns using your six colours.

This time I ended up only choosing different shades of orange. I don't know why.

For example:

I like taking a line for a walk around and off the page. Start by creating your shape somewhere on the page. Ways of doing this include side to side, up and down, round and round and zigzaggy – but you can do anything. You can fill in each space with your colour and patterns, or leave some sections blank to create contrast.

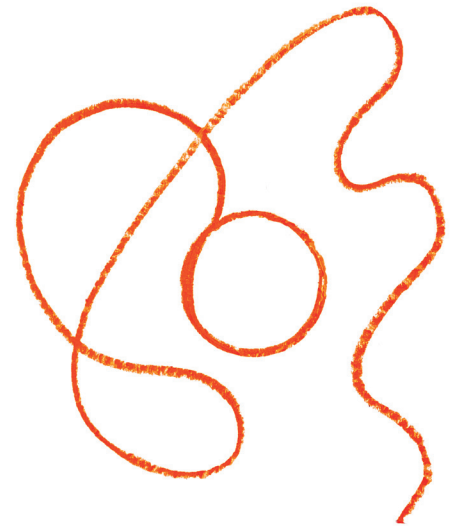
Explore the different shades of the details of your natural thing and its patterns. I used a jam jar lid as a stencil to make repeating patterns, but you could draw your shape freehand. By overlapping, you can explore what happens when you add more colour or different marks, to build pattern and colour intensity.

You could contrast the natural patterns of your item with patterns from man-made things.

Draw your shape repeatedly – leaving out a different section each time.

You can also use scissors to cut up your doodles to make collage.

When you have finished creating your patterns, spend 2-5 minutes with your eyes closed. Imagine the room you are in becoming awash with your colour, pattern and shape, and that with every breath in, you are breathing in colour, pattern and shape. You can even imagine you are turning into your natural thing, for instance you could be a light floaty leaf or a full and juicy orange like me!



DIY Art is a series of activity packs from Edinburgh Art Festival and selected artists, inviting you to get creative at home. The instructional creativity kits give insight into an artist's practice, showing how you can use their processes and techniques to create your own unique artwork.

**EDINBURGH
ART
FESTIVAL**

Edinburgh Art Festival, founded in 2004, is the platform for the visual arts at the heart of Edinburgh's August festivals, bringing together the capital's leading galleries, museums, production facilities and artist-run spaces in a city-wide celebration of the very best in visual art. The festival features leading international and UK artists alongside the best emerging talent, major survey exhibitions of historic figures, and a special programme of newly commissioned artworks that respond to public and historic sites in the city. The vast majority of the festival is free to attend.

Edinburgh Art Festival Community Engagement runs a year-round programme of learning and engagement activities building long-term relationships with partner organisations, community groups and schools. Through our bespoke tours, workshops and projects we introduce and inspire people to get creative, removing barriers and broadening access to visual art and our festival programme.

edinburghartfestival.com | [@EdArtFest](https://twitter.com/EdArtFest) | edartfestcommunityengagement.com

Naomi Garriock is an artist and educator and runs the independent art space Basic Mountain, supporting the Edinburgh art community with exhibitions and residencies. Her visual language draws from art pedagogy books and the function of instructions, specifically in relation to art teaching. Naomi often works in educational settings to develop projects and art activities with learners. This has included: Collective, Edinburgh Sculpture Workshop, Glasgow School of Art, and the Al Salem Cultural Centre.

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