

Week 1: Mandalas

The word 'mandala' means circle, originally they symbolised the idea that life is never-ending and everything is connected. They can be created as a way to centre the body and mind and are also fun and interesting to create.

What you will need

Any of the following:

Paper, coloured pencils, paints, magazines, tracing or greaseproof paper, a collection of any household objects... Anything goes!

Week 2: Making decorative paper flowers

Paper flowers are surprisingly easy to make and incredibly effective. They can be used in a number of ways; to cheer up a room or, for example, to decorate cakes or presents.

What you will need

Tissue paper or kitchen/toilet paper

Cotton, pipe cleaners (if possible), thin string or wire

Felt tip pens, watercolour paints or food colouring if you have them

Week 3: Oriental-style flower painting

Chinese Brush Painting is the art of using simple and effortless brush strokes to depict the essence of a figure or scene, an ancient art that continues to fascinate. This technique can mean a few brushstrokes can give stunning results. Our Wellbeing Practitioner, Kathleen, will take you through how you can try this method using items from around your home.

What you will need

Paper, watercolours or food colouring, palette or plate, kitchen towel, paint brush or old makeup brushes

Week 4: Self-portrait

The theme for this week is self-portrait, this can be a traditional sketch or painting to the more modern equivalent of a selfie! You can also use objects around your house to express who you are by making a still life of the things that matter most.

What you will need

Absolutely anything you can find around the house, this is for you to express yourself in a self-portrait any way you wish!

Time to Create programme

Virtual Therapy Centre

Week 5: Decorating objects

Wondering what to do with old tins and jars? Do you have draws and boxes full of odds and ends? This may be the perfect project for you! Join us to explore ways to turn your junk into treasure or display loved items in a new way.

What you will need

Glue

A clean tin or jar or an old picture frame

Any buttons, beads, shells, small personal objects that you are happy to use

Week 6: Cyanotype

For our final project in this block of six we will use cyanotype paper. You can order this yourself online or contact us and we will send you some through the post. Cyanotype is a super easy (and cheap) photo printing process that you can do at home with a few special materials.

What you will need

Cyanotype paper

Objects, shadows of interesting objects, leaves, flowers etc.