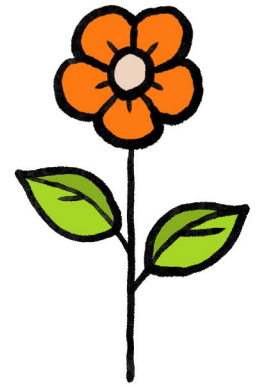


Connecting Through Creativity!

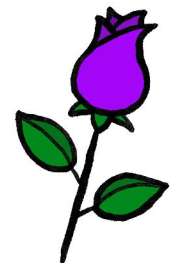


One of the benefits of arts in regards to our mental health is the connection we make through enjoying being creative with other people.

Although it's great to occupy your time with different art and craft projects, it can also be beneficial to share your work, or even work on projects with other people when possible.

We hope you will join in with this activity, and feel the connection with others from the final result.

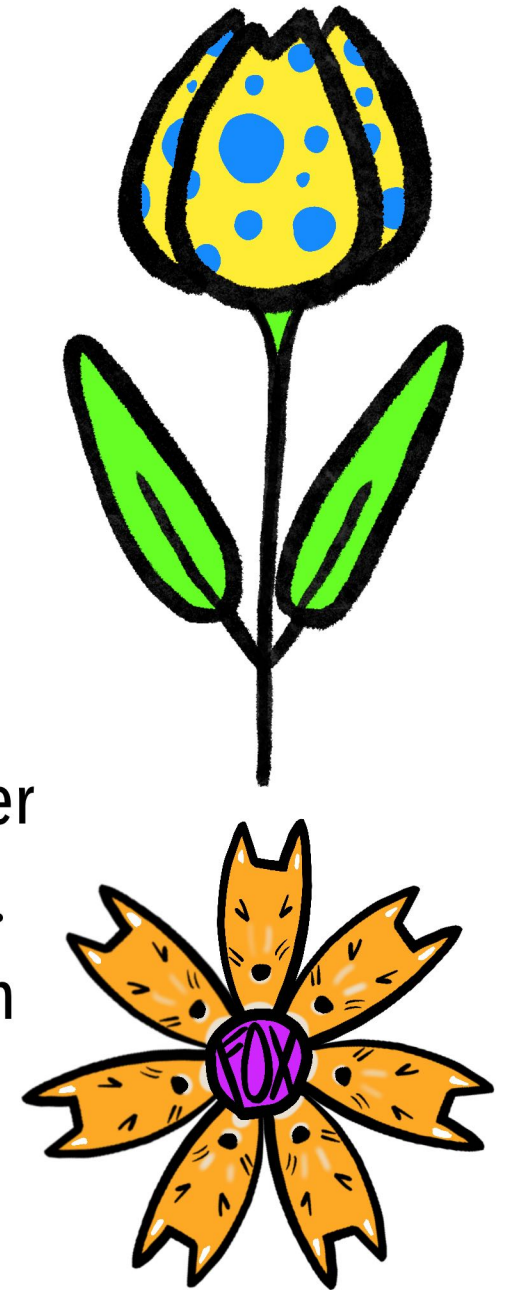
-Please read through each page so you understand the task before starting-



The aim of this activity is for you to design and draw your own flower, then submit it to us where we will put everyone's flowers together digitally into a large mosaic style piece.

You can create any kind of flower you like, it can be a real flower like a tulip or a daisy, or it could be a fantasy flower you imagine and design from scratch.

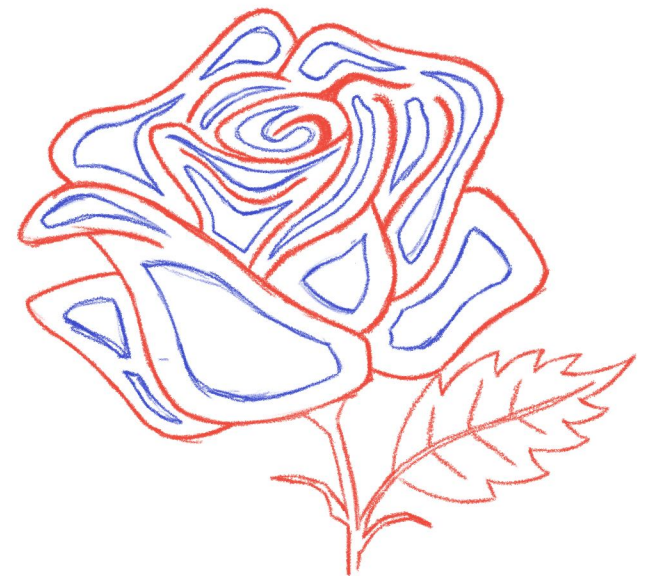
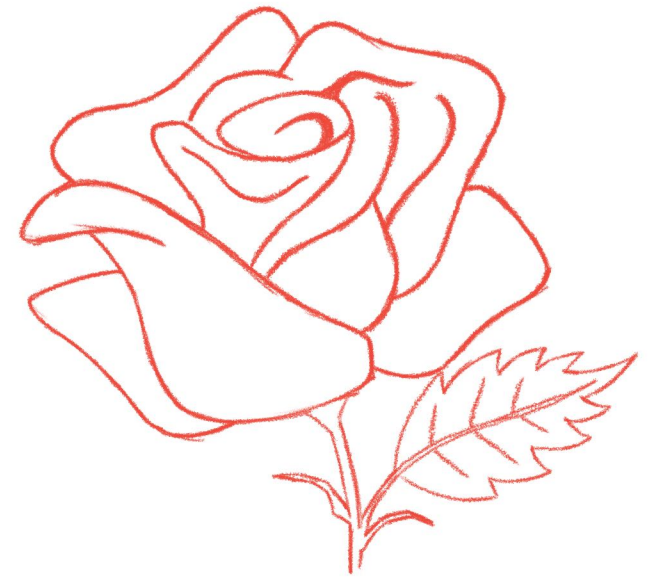
We want you to decorate these flowers in creative ways - ever seen a tulip with blue spots? That's okay! You can create it. Why not shape your petals like guitars? Or have leaves with black and yellow stripes? Try to express a bit of yourself in your art work, and remember there is no wrong way to do this.



You can start by looking at flowers around you, either outside in a garden or park. You can also use your smartphone or computer to search for images of different flowers.

Use any materials you have at hand - pens, pencils, paint, charcoal, or even natural things like beetroot or tea/coffee.

Think about how the petals fit together and how they have subtle variations in colour and shape. Study the leaves and their shape/colour and use it as inspiration.



You will need to follow a few guidelines when creating your work, these are so that when you submit your flower, it is able to be edited into a mosaic piece of art using everyone's submissions.

- Create your artwork on a **white piece of paper**, it doesn't matter how big the paper is.
- Keep the **background** around your flower **blank**.
- Only do **one design on each page**. You can submit as many different flowers as you like, but please **keep each design separate**.



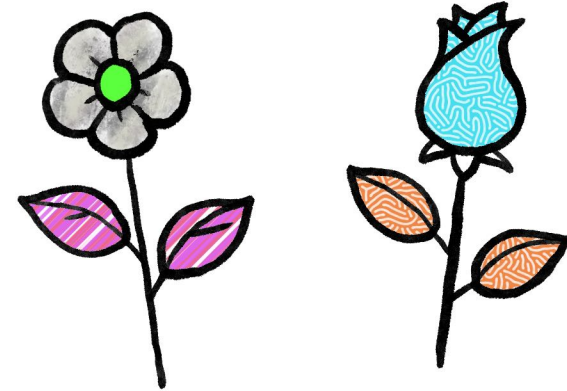
You will then need to take a photograph of your flower on a digital camera or smartphone, and send it via email to the Recovery College.* When taking your photo, please keep these things in mind:

- Take the photo **close up**, so **only your paper is visible**.
- Take your photo in the **daytime** in a **naturally well lit** place, try to **avoid casting a shadow** with your body or the camera.
- Take the photo **square on to your drawing**, try not to take it from a funny angle so the drawing becomes distorted and out of proportion.

*We may be able to receive your submissions via post, please contact the Recovery College if you would like to take part, but don't have a smartphone

Once you have finished and taken a good photo of your flower, you can submit it via email to

recovery.kirklees@swyt.nhs.uk



Please mark the subject of the email as *"Flower Project"* so we know what it is.

We hope you will all enjoy taking part, and seeing the final piece of artwork with everyone's flowers together.

