

Activity 4

Group draw

Aim

Inspired by 'Big Draw' activities popular in art galleries, this session encourages people taking part to work together to create a large drawing inspired by their personal skills or interests. Sharing past or present skills will help people to reflect upon their individual abilities and build confidence.

Activity



Discuss the nature of skills – the many different forms of creativity can be considered a skill or craft. How does creating something make you feel? On a paper-covered table write the group leader writes 'skills' in the middle or the group to choose a similar word like learn or make.



Look at these black and white photographs from the Manchester Local Studies image collection. A couple are riding tandem bikes. You can also see an experienced trapeze artist performing at Belle Vue. Both photographs show people using balance and coordination, from an everyday activity to performing to entertain.



Activity



Draw a skill that you've learnt that you particularly treasure. For example, a musical instrument, making a model or sculpture, illustration, dancing, teaching, singing, baking, knitting, writing; anything you do that uses creativity. Begin in your part of the table/paper and work towards the word in the centre, feel free to sketch more than one skill or even include something you would like to learn.



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What you will need:

A white paper tablecloth, or, large pieces of plain paper. Sellotape or tack. Large crayons, marker pens or chunky felt tips.

Alternate those with art supplies: you could recycle white sheets and use fabric pens.

5 Ways of Wellbeing



- Connect
- Be active
- Take notice
- Learn
- Give

Activity 4

When running the activity you may find it useful to print out these larger versions of the activity images.

