Crafting Connections: A heritage for wellbeing toolkit

## **Activity 7**

# Sketching your surroundings

## Aim

The aim of this activity is to simply take notice of nature or the urban environment outside. The activity focusses on what can be seen outside from the perspective of where the people taking part are meeting. This might be peering out of a window, exploring the entrance to the building, or through using images of the spaces outside.

# **Activity**



**Watch** the black and white. silent film of the staff and students at the Manchester School of Art in 1929. This clip shows students outside painting at easels and drawing a group of farmhouse buildings. They then enjoy being silly for the camera.



Click the link or scan the QR code to play the short film https://vimeo.com/showcase/11156932/video/944825423



**Discuss** Why do you think the art students are sat outside? The Manchester School of Art was located on Oxford Road in Manchester in a very urban area. Why might the students be using a green space to draw?



**Look** Can you see out of a window from where you are, what can you see?



**Discuss** Why do you think artists enjoy working in nature? How does looking outside make you feel? You could think about how the weather is today, would you rather be outside or inside? What green spaces do you value nearby?







**Draw** the view from where you are sitting. Capture the outside, whether this is green or concrete grey.



**Discuss** in pairs and then a group, which view did you illustrate? Are they similar or have you used different perspectives or styles? How did drawing make you feel?

#### What you will need:

Paper and pencils. Clipboards may help if participants are mobile and wish to move closer to the view.

Other art materials available, for example, oil pastels, paint, felt tips, gel pens, pencil crayons.

### 5 Ways of Wellbeing

