

## Health and Wellbeing/Expressive Arts

Mild	Spicy	Hot
<p><b>Drawing</b>  <b>The little girl visits her Grandma’s garden.</b> Shortly you might be able to visit the garden of someone you have been longing to see.            Can you draw a portrait of who is with you in the garden when you visit?            or            Draw a portrait of who you want to visit using FaceTime or Zoom etc to draw that person live            DCA FaceTime Portrait Challenge  <a href="https://bit.ly/36rk0mS">https://bit.ly/36rk0mS</a></p> <p><b>Sculpture</b>            Use different techniques to create 3D creatures and plants for an imaginary garden.            Use your knowledge of symmetry, shape, line, pattern and texture to decorate your sculpture.            Different ideas and techniques will be shared on the blog.</p> <p><b>Body Percussion</b>            Our bodies are fascinating instruments and can make a variety of sounds by hitting, clicking, thumping and rubbing.            Follow the BBC’s Ten Pieces body</p>	<p><b>Outdoor Art</b>            Gather natural resources different colours and textures to use as natural paints or for weaving. More information will be added on the blog.</p> <p><b>RSPB WildArt competition</b>            Create a piece of art inspired by nature. Two categories to choose from – REAL LIFE – entries using the more traditional approach of paints, pastels, acrylics, pens or pencil.            GO WILD category – for those of you who want to ‘go wild’. To enter this category, experiment with textiles, sculpture, recycled and eco-friendly materials, collages.  <a href="https://bit.ly/2ziDH4a">https://bit.ly/2ziDH4a</a></p> <p><b>Make your own paintbrushes</b>            Make paintbrushes using different materials found around the house and garden - twigs, pinecones, sponges, scouring pads, forks, bunches of leaves, pine needles, flowerheads, etc. Then create a painting using your homemade brushes. More details follow on the blog.</p> <p><b>Botanical Illustration</b></p>	<p><b><u>Methlick’s Virtual Gallery</u></b>  <b><u>Week 1</u></b>            Take a virtual tour of Aberdeen Art Gallery - <a href="https://bit.ly/2AR37X5">https://bit.ly/2AR37X5</a>            With a duration of 2h30 minutes, we highly recommend that you view the tour throughout the week. If you prefer, focus on a specific gallery (Sculpture Court, Collecting Art etc)  <b><u>Activities will be provided on the blog.</u></b>            This will focus on identifying your favourite piece, sharing your thoughts/opinions and researching the artist.</p> <p><b><u>Week 2</u></b>            Now it is time for you to create your own piece of art. We would like for you to be as creative as possible. Use any medium you wish - it could be a sculpture, painting, drawing or anything else you can think of. Once your masterpiece is finished, complete a short biography for it. This should include information about the artist (you), what you have used to create your piece and the meaning behind your work. Don’t forget to give it a title too!  <b><u>We will collect all completed artwork and create Methlick’s Virtual Gallery.</u></b></p>

percussion piece by Anna Meredith who is a Scottish Composer. Can you copy it or make your own piece of music that someone can repeat back to you.  
<https://bbc.in/3gwFMdF>

### **Watercolour Splash**

Use a variety of coloured felt tip pens and rub then onto a plastic like surface like a poly-pocket. Then spray water onto the plastic or add droplets of water to your paper. With then pen side down press the poly pocket or other plastic onto the page and watch the colours blend, move and soak into the page. You will have a lovely watercolour design without using watercolour.

### **Silent Movies**

Retell our featured story '*There's a Tiger in the Garden*' or one of your favourites through a silent movie, thinking hard about the movement of your body and the emotions you express on your face to tell the story clearly. Play the audio of the story in the background and react to what the author says.

Choose a flower in your garden. Studying it carefully, create a detailed observational line drawing in pencil. Look carefully at the shape of the petals and leaves. Take time to observe the spaces between them too. Remember to keep looking back at the flower to make sure you don't miss any details.

### **Make a leaf mask**

Make a mask using leaves and flowers (ask an adult before picking any). Don't forget to take a photo of your creation and save it to Seesaw or send it to your teacher. Full details will be found on the blog, or click [here](#) for a quick tutorial.

### **Art Gallery Visitors**

Just for a little light-hearted fun – check out this video of some unexpected visitors to a [Kansas art gallery](#)

### **Write a song or rap**

Let your creative talents shine by writing a song or rap about Methlick School. Once you have done so, record yourself performing your own composition and save it to your Seesaw class journal.

### **"Hold Still-" National Portrait Society- Duchess of Cambridge**

1. Visit <https://www.npg.org.uk/hold-still/>
2. The Duchess and the National Portrait Gallery invite you to submit your own photographic portrait, taken during these extraordinary times, which responds to one of the following themes:
  - Helpers and Heroes
  - Your New Normal
  - Acts of Kindness
3. It is free to submit and all ages can participate, let us know how you get on.

### **Disney Cartoon Drawing**

1. Click this link <https://bit.ly/36GQH00>
2. Print setup fit to page.
3. Try out grid drawing your favourite Disney characters from Mickey Mouse to Captain America.