

The background is split diagonally from the top-left to the bottom-right. The upper-left portion is a solid light blue, and the lower-right portion is a solid light yellow. A yellow pencil is positioned diagonally, starting from the top-left and extending towards the center-right. A blue pencil is positioned diagonally, starting from the bottom-left and extending towards the center-right. The two pencils cross each other in the middle of the frame. Both pencils have pink erasers and sharpened tips.

Explore Discover and Create!

Exercise
Book

C o n t e n t s

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C o l o u r s

How do you respond to these colours? What do they relate to or remind you of?
Write some notes below each colour about any thoughts that come to mind.

Example



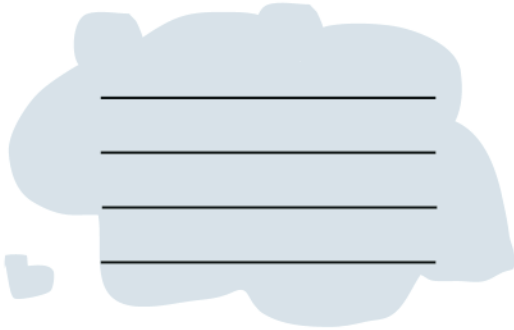
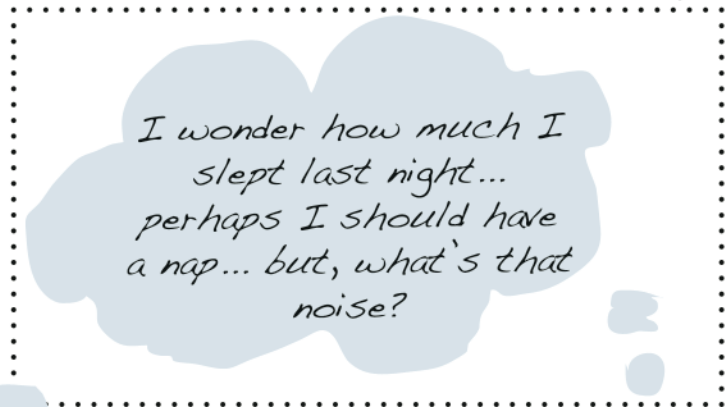
*concrete, steel, cold,
A cloudy day*



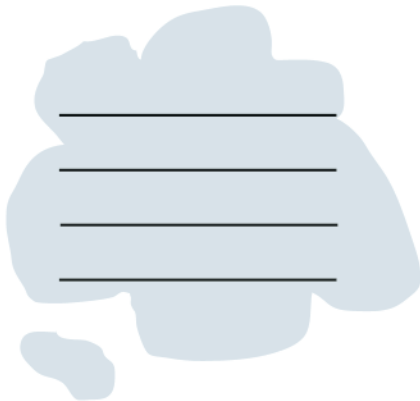
What's On Your Mind?

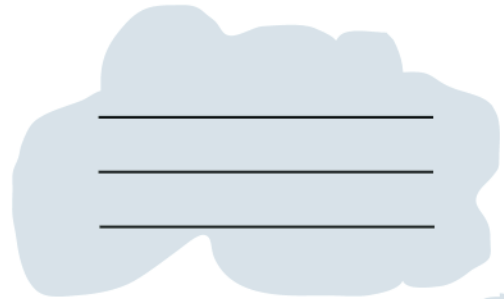

Write down some of the thoughts you have throughout the day. Why not start with what you were thinking about just then?

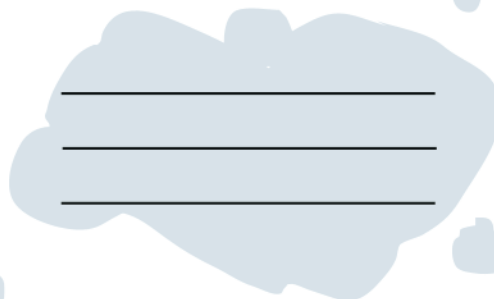
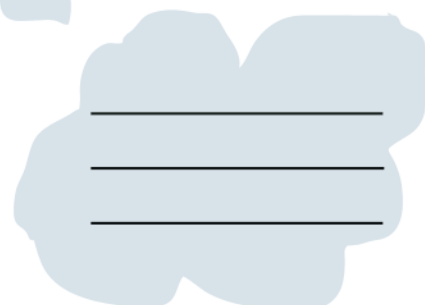
Example

*I wonder how much I
slept last night...
perhaps I should have
a nap... but, what's that
noise?*



P o e t r y

As you read these poems, use your pencil to underline any words or phrases that you particularly like. Make some notes in the blank space around the text about why you like these words or phrases. Perhaps you can uncover some hidden meanings?



The Cup of Ocean

What does the cup of ocean hold?
 Glory of purple and glint of gold;
 Tenderest greens and heavenly blue,
 Shot with the sunlight through and through;
 Wayward ripples that idly roam.
 Tumbling breakers with gallant foam;
 Sands and pebbles that chase and slide;
 Mystic currents that softly glide;
 Mighty spell of the ages old,
 This does the cup of ocean hold.

by Anonymous

Example

*Makes the ocean seem small,
 and familiar, like it would fit
 in a tea cup...*

A Good Sleep

You do not need a bed of down
To give you sleep at night.
A counterpane of pink and brown
And pillow soft and white
You do not need a pretty room
All dressed in dainty blue.
Where soundest slumber-health may come,
With pleasant dreams, to you.
But fill the day with labour, Ned.
And work with all your might,
For that will fill the hardest bed
With softest down, at night.

by Anonymous



The Sundial at Wells College

The shadow of my finger cast
 Divides the future from the past
 Before it, sleeps the unborn hour
 In darkness, and beyond thy power
 Behind its unreturning line,
 The vanished hour, no longer thine
 One hour alone is in thy hands,
 -The NOW on which the shadow stands.

By Henry Van Dyke (1904)



Kind Hearts

Kind hearts are the gardens,
 Kind thoughts are the roots,
 Kind words are the blossoms,
 Kind deeds are the fruits;
 Love is the sweet sunshine
 That warms into life,
 For only in darkness
 Grow hatred and strife.

by Anonymous



A Smile

Smiling is infectious, You catch it like the flu, When someone
smiled at me today, I started smiling too.

I passed around the corner, And someone saw my grin, When
he smiled I realized, I'd passed it on to him.

I thought about that smile, Then realized its worth, A single
smile, just like mine, Could travel round the Earth.

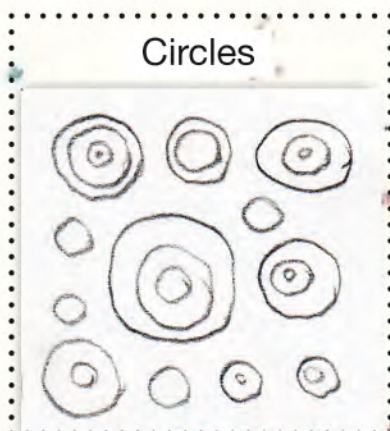
So, if you feel a smile begin, Don't leave it undetected. Let's
start an epidemic quick, And get the world infected.

By Anonymous

P a t t e r n s

Patterns can be found all around us - in nature, fashion and art. Read the words above the boxes below and then fill the box with a suitable pattern.

Example



Crosses



Loops



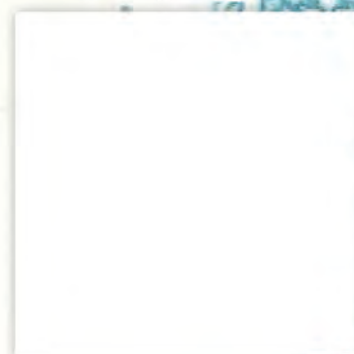
Raindrops



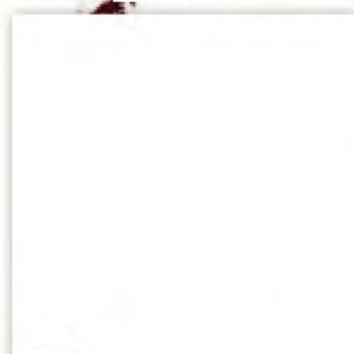
Leaves



Spirals



Stripes



Waves

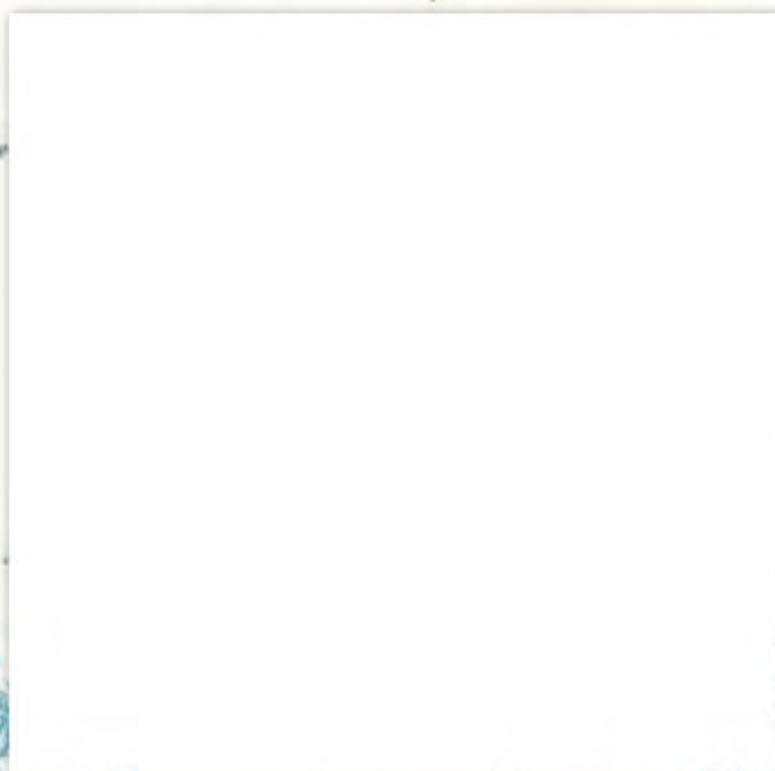


Paw Prints



Leah Kiefer II

A pattern you can see around you, such as the pattern on your clothing.



The outline of a shape or object, repeated many times.
Perhaps you could include a mirror image too?

Example

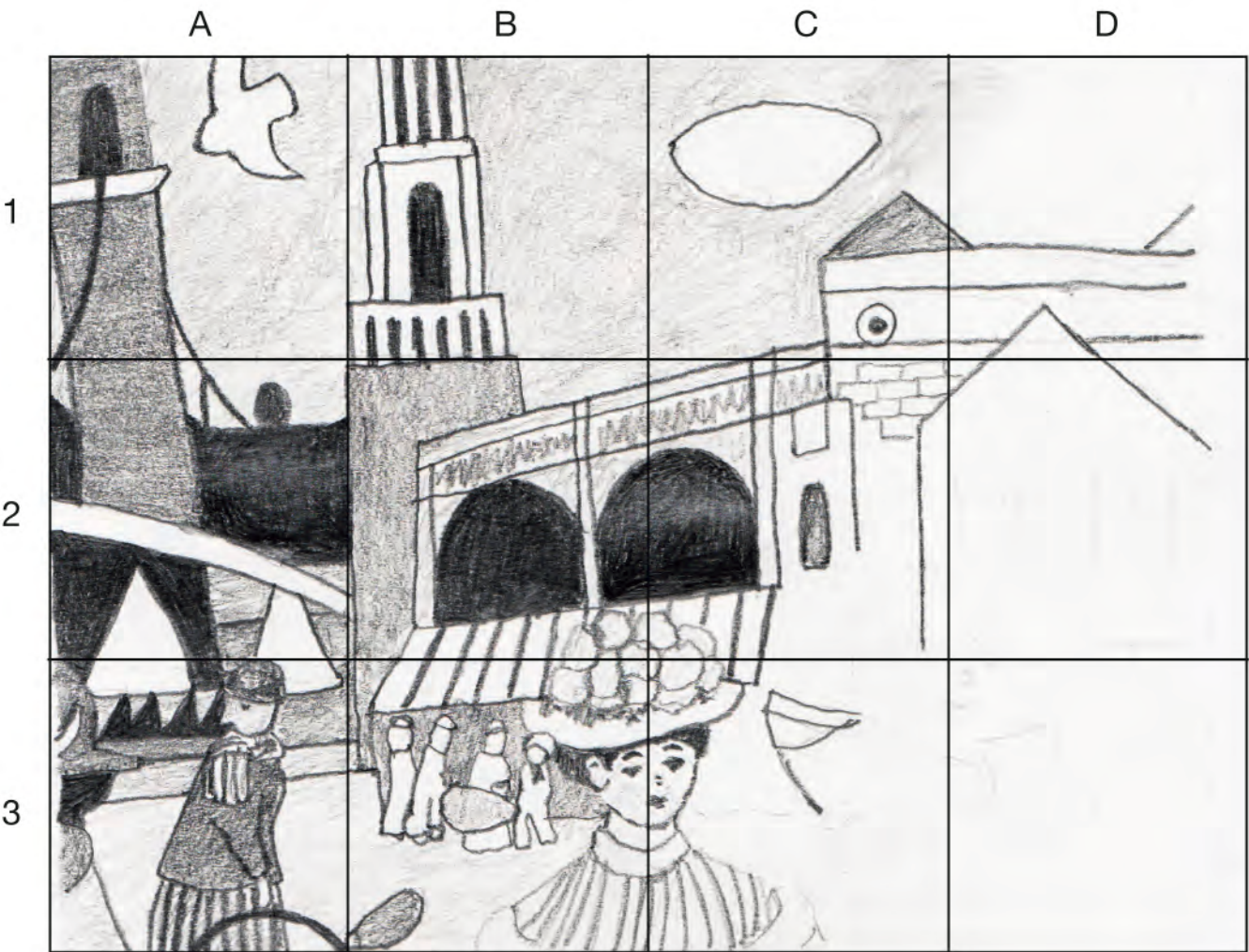


S c a l e

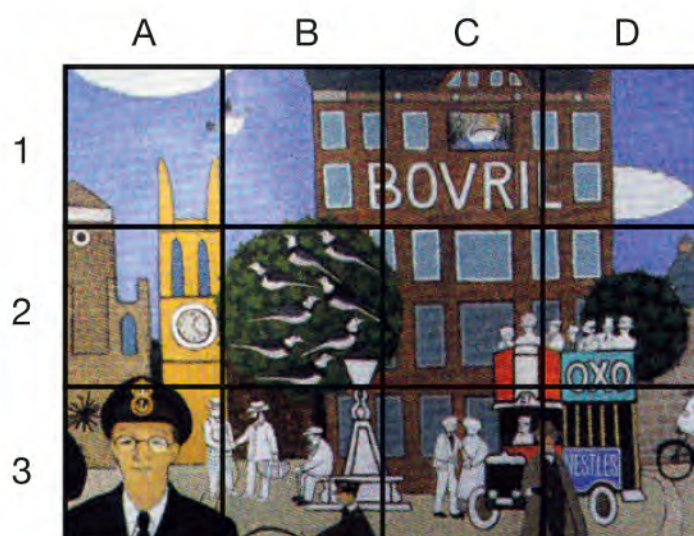
The image below has mostly been copied into the grid beneath it. This was done by carefully observing the shapes and lines in each square that make up the image. Can you complete squares D1, D2 and D3 in the grid?



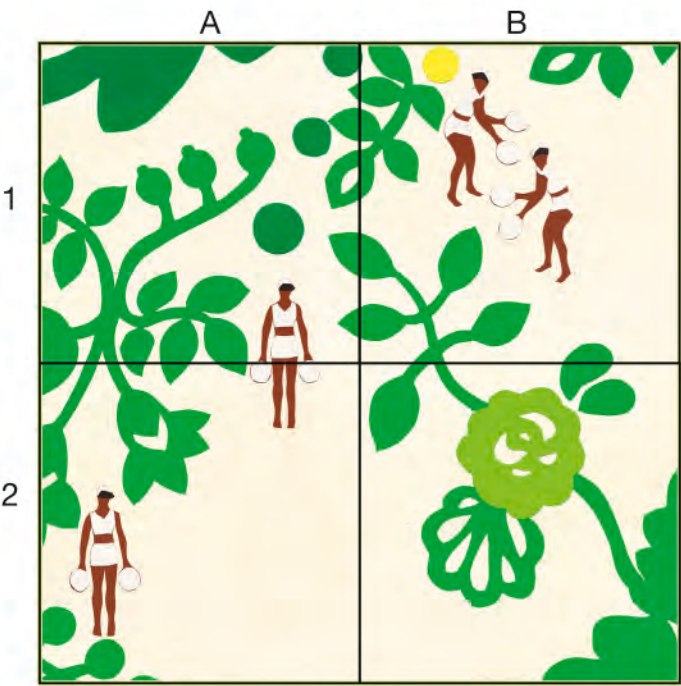
Example



Copy each section of the image onto the blank grid provided. The squares in the blank grid are twice as large as the squares on the image, so you should make everything that you copy twice the size of the original image.



	A	B	C	D
1				
2				
3				



	A	B
1		
2		

L a v e n d e r

Locate the bag of dried lavender in your pack.

It looks like this ↴



Research has shown that the fragrance can help reduce stress levels and aid sleep.

How to relax with Lavender

1. Take three deep breaths whilst smelling the lavender.
In through the nose, out through the mouth.
2. Think of a place you have been to in the past that you found relaxing.
For example, this could be a beach, a park or even a room in a house.
3. Take another three deep breaths whilst smelling the lavender.
In through the nose, out through the mouth.
4. Think about the details in your relaxing place. What can you see? What can you touch? What was it about this place that made you feel safe and calm?
5. Close your eyes and continue to enjoy the scent of the lavender, whilst breathing in and out, thinking about your relaxing place.
6. Count backwards from ten to one, letting the muscles in your body relax a little bit more with every number that you count.
7. You can repeat this process whenever you feel anxious or are struggling to get to sleep.



Q u o t e s

'You may say I'm a dreamer,
but I'm not the only one'

- **John Lennon**

'Learn the rules like a pro,
so you can break them like an artist'

- **Picasso**

'We make a living by what we
get, we make a
life by what we give'

- **Winston Churchill**

'Everybody is a genius. But if you judge a
fish by its ability to climb a tree, it will live
its whole life believing that it is stupid'.

- **Albert Einstein**

'Love all,
trust a few,
do wrong
to none.'

- **Shakespeare**

'Art is not what you
see,
but what you make
others see.'

- **Degas**



'Before you act,
listen.
Before you react,
think.

Before you spend,
earn.

Before you criticize,
wait.

Before you quit,
try.

- **Ernest
Hemingway**

'People discuss my art and pretend to understand, as if it were
necessary to understand,
when it's simply necessary to love.'

- **Claude Monet**

'We can complain because rose bushes have thorns,
or rejoice because thorn bushes have roses.'

- **Abraham Lincoln**

Write some notes about what comes to mind when you read these quotes.
Perhaps you feel motivated, amused, or enlightened?
Are there any quotes or sayings that you know of that you'd like to add?

Example

You can't make a rainbow without a bit of rain!

She was as bright as a button.

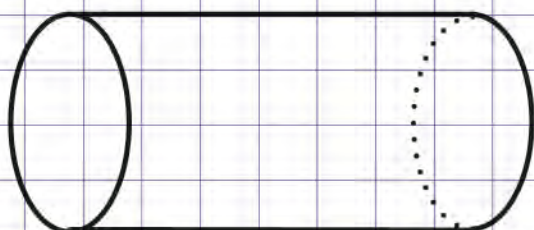
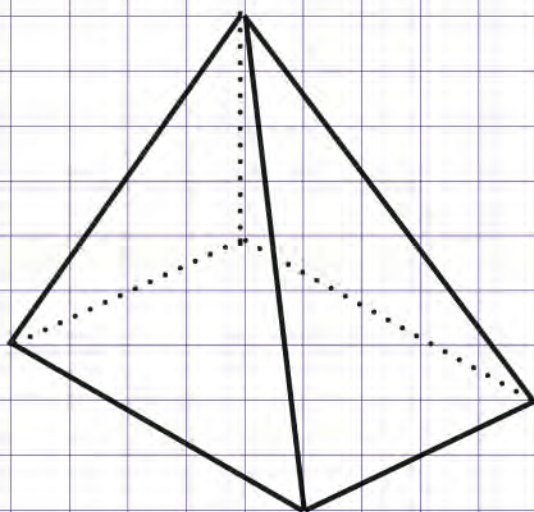
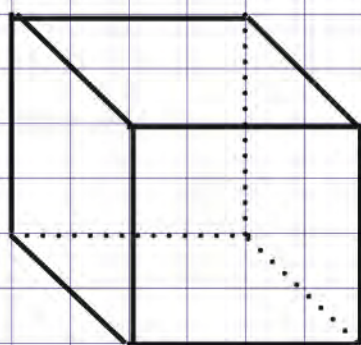
If at first you don't succeed, try and try again.

Life is like a box of chocolates, you never know what your going to get!

D r a w i n 3 D

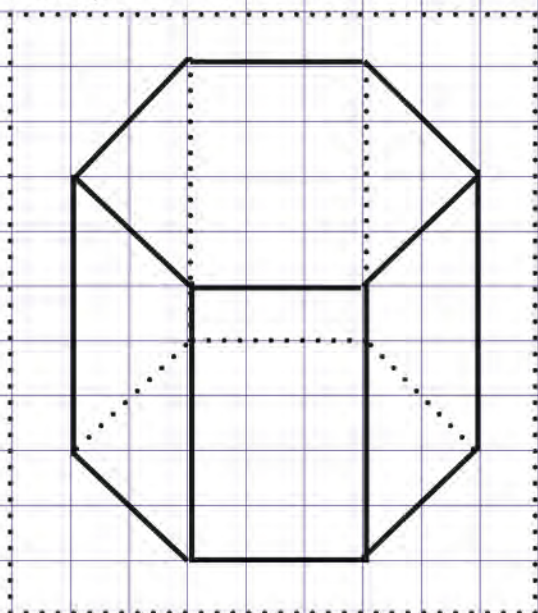
Learning to draw 3D Shapes is a great foundation for drawing realistically.

Have a go at drawing the shapes below in the space to the right of the arrows.



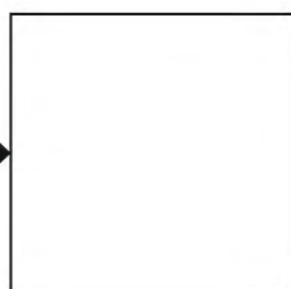
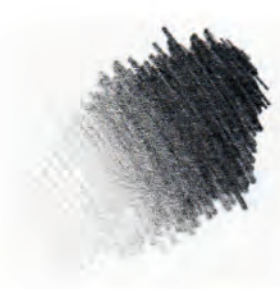
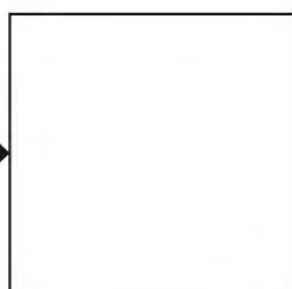
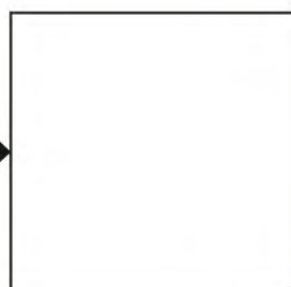
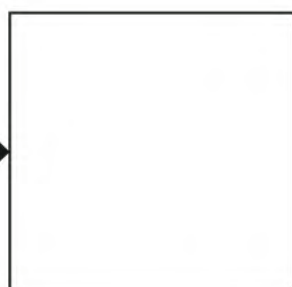
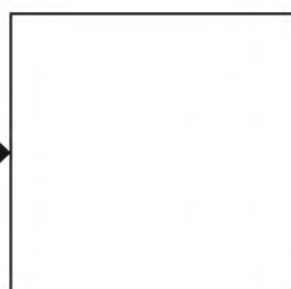
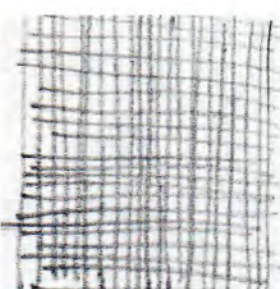
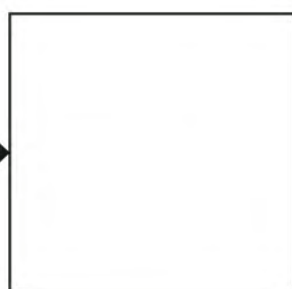
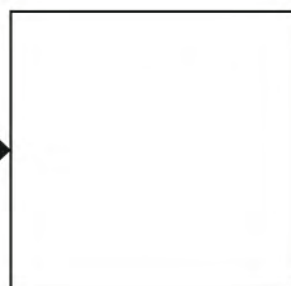
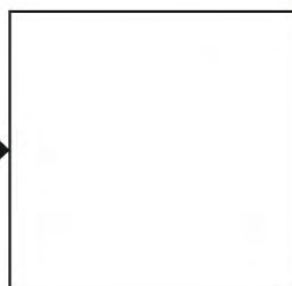
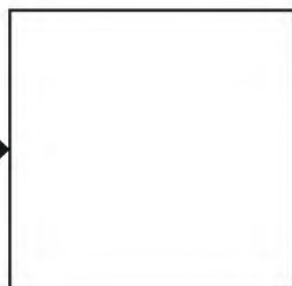
Use this space to experiment with drawing in 3D. What shapes can you create? Perhaps you could combine a series of cubes, or even draw a building?

Example



Mark Making

Use the pencils provided to copy the marks below. This will help you to explore tones and textures. Think about the variation in the pressure you apply.



S k e t c h

Here are three sketching exercises that will help you to practice your hand-to-eye coordination, improve your observational skills and engage your creativity.

Sketch One

Without looking at the paper, draw a simple object you can see close by, such as a jug, a chair, or even your own hand! Remember to only look at the object and not at your paper whilst you are drawing.

Example



Your sketch

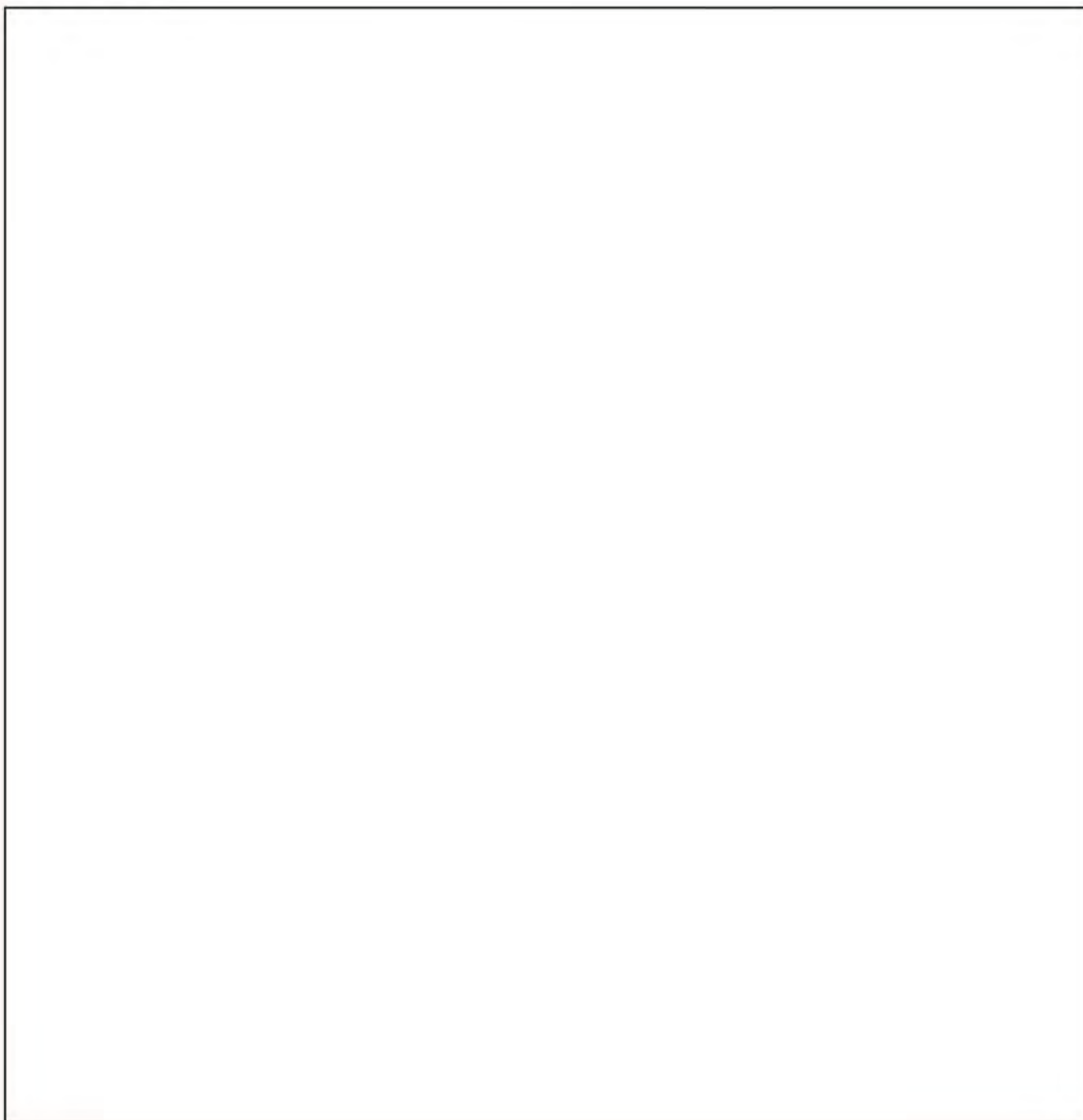
Sketch Two

For this drawing, you can look at the paper, but try to complete the whole drawing without lifting your pencil off the page. You could draw an object you can see close by, or you could draw an image from one of the inspirational postcards in your pack.

Example



Your sketch



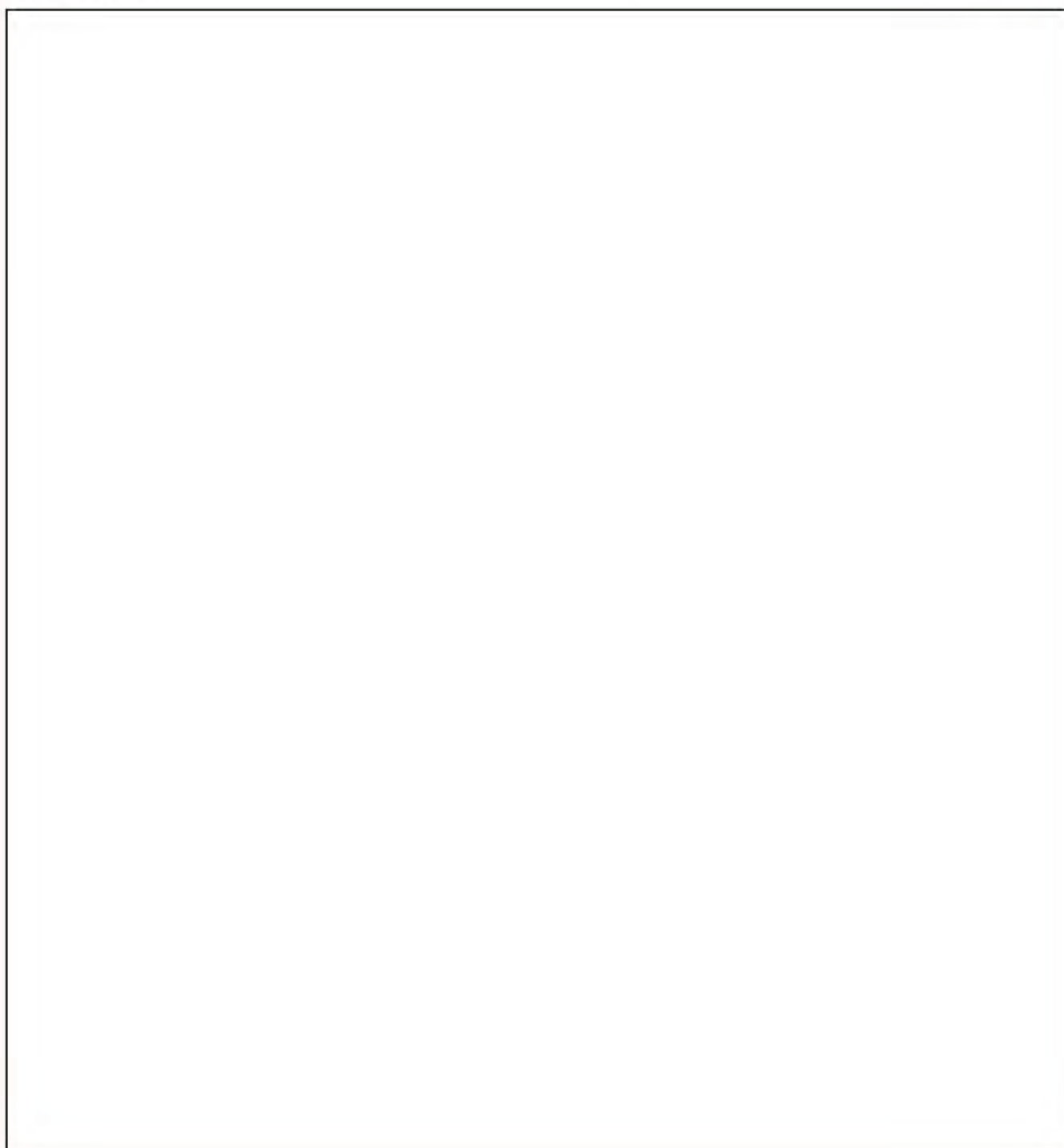
Sketch Three

Choose a nearby object to draw. Start with a simple outline of the object, then focus on the areas of light and shadow. Add shading to any dark areas you can see.

Example



Your sketch



N a t u r e

Visit a garden in your mind. Allow your imagination to have full control. What can you see? Smell? Feel? Where could you sit? Lie? Eat? Swim? How would the ground feel beneath your shoes? Beneath your toes?



Design a Garden

Perhaps you'd like to map out a bird's eye view of your garden, or sketch certain features? For example, a pond or a particular plant.

Or maybe you'd prefer to describe your garden? Does it have a name?

Example



Your garden design

A large, empty rectangular box with a solid black border, intended for the user to draw their own garden design.

P o s t c a r d s

Find the inspirational postcards in your pack. Choose a postcard that interests you and spend a few minutes writing anything that comes to your mind when looking at the postcard. What can you see? What would you be able to smell, feel or hear?

Example

The smell of seaweed as it's washed up on the sand, drying in the sun. Waves gently rolling and breaking, small shoals of fish swim past toes, paddling in the shallow water.



Find the blank postcards in your pack. Use the drawing tools and pencil crayons to design your own postcards. You could take inspiration from the images, poems and other postcards in this pack. You might also like to write a message on the back.

Example

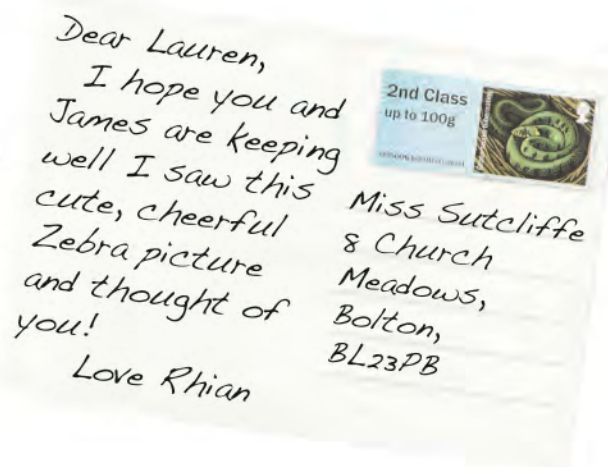
*I liked the
animals on
this
postcard*



*So I drew a
zebra pattern on
a blank postcard,
then used the black
pen and coloured
pencils to brighten
it up*



*Then I wrote a
message on the
back and
attached a stamp
so it's ready to
be posted*



A b s t r a c t A r t

Abstract art does not attempt to create realistic images of objects, places or people. Instead it seeks to convey thoughts, emotions and ideas through using shapes and colors.

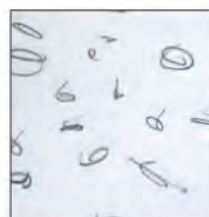


Example

1. Write down 4 words to describe how you're feeling today.

curious, sleepy, hungry, quiet

2. Choose a shape or mark to represent each word.



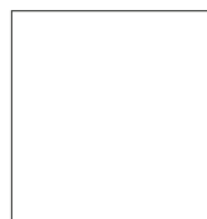
3. Draw the shapes and marks on a larger scale and overlap them in places. Then add colour!



Your Abstract Art

1. Write down 4 words to describe how you're feeling today.

2. Choose a shape or mark to represent each word and draw them below.



3. Draw the shapes and marks on a larger scale in the space below, overlapping them in places. Then add colour!

N o t e s

Handwriting practice lines consisting of alternating light blue and light gray horizontal bands.

Index

Imran Quershi

Leakage II (2011)

Sugar-lift etching on cotton rag paper

30cm x 58cm

Courtesy of the artist and Corvi-Mora, London

Mary Fedden and Julian Trevelyan

Old Hammersmith (1980)

Oil on board

157cm x 540cm

Imperial Health Charity

Jo Bruton

Landing Girls (2016)

Acrylic

Courtesy of the artist and Matt's Gallery

John Baldessari

Brain/Cloud (With Seascape and Palm Tree) (2009)

Inkjet on Hahnemule paper

74cm x 58cm

Courtesy of the artist and Counter Editions

Chris Plowman

Fantasy Jungle Mural (2006)

Painted mural

155cm x 280cm

Imperial Health Charity

Ginny Carvisiglia

Animal Allsorts (2002)

Photocollage on paper

62.5cm x 87.5cm

Imperial Health Charity

Stephen Buckley

Crazy Paving (1991)

Screenprint on paper

56cm x 76cm

© Stephen Buckley

All other content, both written word and illustrations, has been created by Rhian Sutcliffe (2018) <http://www.rhiansutcliffe.com>

Paper Birch
Workshops



HELPING
OUR HOSPITALS
DO MORE

Imperial Health Charity helps our hospitals do more through grants, arts, volunteering and fundraising. We fund major redevelopments, clinical research and medical equipment at Charing Cross, Hammersmith, Queen Charlotte's & Chelsea, St Mary's and the Western Eye Hospitals, as well as managing an Arts Council accredited art collection and audience engagement programme. We also run volunteering services across the five hospitals and fundraise through regular appeals and events to continue our essential work.



HELPING
OUR HOSPITALS
DO MORE

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