

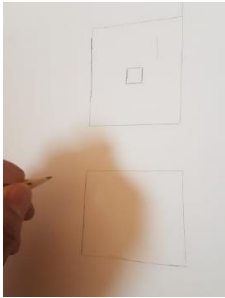
## ALL TOGETHER NOW

**FREESTYLE WIRED ART** with Shyaam and Lison (Sun 28<sup>th</sup> Feb 2021)

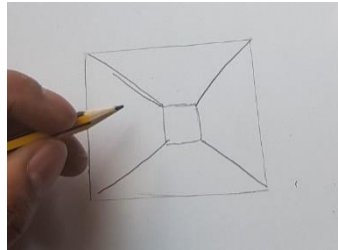
Make yourself comfortable, kick back, put on your favorite mellow playlist in the background and take a few breaths in and out.

Firstly, we will be having two 5 minutes warming up exercises, all you need is a pen/pencil and paper. Make sure you put your timer on.

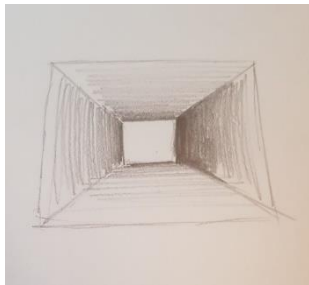
**Warming-up exercises:** Perspective exercise



1/Draw a couple square boxes and add a small one in the middle of each box.



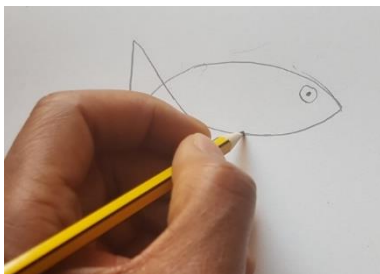
2/Then draw 4 diagonal lines from the middle square to the corners of the square box



3/Gradually shade from the middle square. Do as many as you can for 5 minutes

Fish Exercise: Draw as many fishes as possible in 5 minutes

Draw several fishes



Decorate the inside of the fish using any patterns



### **Mini Vision Board Project (30 minutes)**

All you need is a A4/A3 paper, glue stick, magazines, fabrics, markers.

#### **What is a Vision Board?**

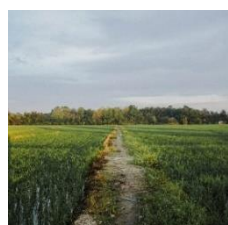
A vision board is a visual representation of your goals, dreams and ambitions. We know how lockdown has been tough for all of us. It is hard to project ourselves into the future right now. It turns

out putting your goals on paper in a visual format can help you achieve them. Take a moment of self-reflection and think about what is most important to you.



You can use bold **words**: the power of words is meaningful. What are words that impact your wellbeing? Words that inspire you? What makes you happy?

Choose your favorite **color** as a theme. Colors impact our mood more than we think. It can influence our actions, thinking patterns and soothe our eyes. Do not be shy to use as many colors as you want!



Use some **images**: It can be landscapes, objects or your role models. Cut out any images that resonates with you.

Feel free to also add some **textures** too! Do you have any old fabric laying around? Or a tree in your garden that has beautiful leaves? Do not be afraid to get your environment involved. Afterall we are all in this together 😊. Finally remember to HAVE FUN!

## About ALL TOGETHER NOW:

Tramshed's programme of free one-off arts sessions hosted on YouTube Live every week and available on catch up. Every **Tuesday 4pm** for families & every **Sunday 4pm** open to all

If you would like more activity sheets, you can download them from the website **tramshed.org**

It would like us to post you an activity sheet email us at **info@tramshed.org** or call us on **020 8854 1316** and let us know your name, phone, address and (if you have one) email address.

You can also pick up activity sheets at Tramshed every **Monday 12pm-4pm**

## Share your creations!

We will be creating a huge community gallery in the window of our building on General Gordon Square in Woolwich. We want to include as many things you've made as possible to showcase the community spirit of All Together Now. So you can send us your pictures on social media, by email, or even drop off what you've made on Mondays between 12pm - 4pm.

We'll make you Woolwich famous!

**Tramshed, 41 Woolwich New Road, London SE18 6ET**

