

# Contactless Creativity week 14 - Doves of Peace

## A week of creative exercises to aid mindfulness and well-being

Welcome to the Contactless Creativity activity for this week, my name is Gemma Kirby and I have come up with some creative activities, I hope you will enjoy them.

As it is Remembrance Day on 11<sup>th</sup> November and also there has recently been a lot happening in the news around the world and at home, I would like you to find some inner calm this week carrying out peaceful and inspiring art activities.

I am an artist who works in a range of media, I usually tend to think of an idea and then how I would like to develop it in an art form. Therefore, this week we have a range of activities, such as drawing using pencil, colouring pencils or crayon (or perhaps you may like to use pastels if you have them at home), making a mock stained-glass window using card and acetate, sending a postcard with a message of peace and painting a pebble with acrylics.

The theme this week is the *Dove of Peace*. We will practise drawing a bird and doves in flight. Then go on to look at Pablo Picasso's famous Dove of Peace series of images and the inspiration for them. You will make a 'mock' stained glass dove design to brighten up your window. In addition, we will be designing a postcard to send to someone with a message of peace and paint a pebble which you can either keep or return to be placed around the town of Newbury – this is to spread the positive message of peace in the run up to Christmas.

### Materials included in this pack:

Paper	Postcard
Pencil (with rubber tip) and sharpener	Acrylic paints x 2
Colouring pencils or crayons	Paint brush
Felt tip pens	Pebble
Glue stick	
Scissors	
Acetate pieces	
Black paper card window cut out template (plus blue tack)	

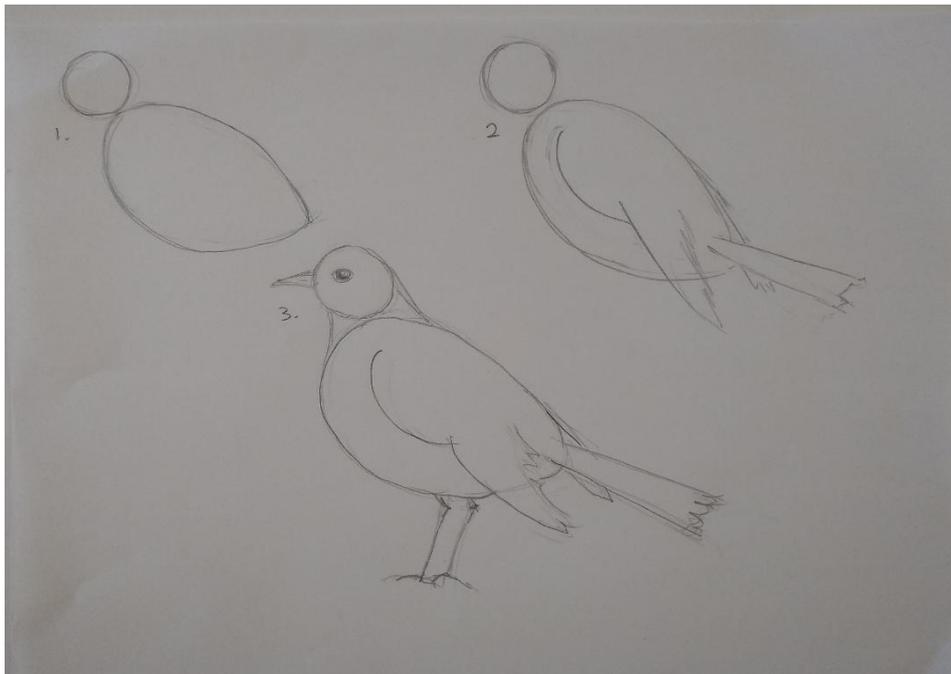
## Day 1.

How to draw birds

How to draw a dove

Materials – paper, pencil

1. How to get the basic shape of a bird in three basic steps:



Please see the images below, I have looked at various pictures of birds to practise getting the shape and proportions right. Today, using the paper and pencil, I would like you to just practise drawing birds. They don't have to be perfect straight away, just have a go. Have you a favourite bird? It is a good opportunity to study the form of a bird, whether they are standing or in flight.





I have always liked drawing Pigeons. This one 'Pidge' was from a photo I took of a very tame pigeon in the garden, I used charcoal pencil.



## Day 2.

### Picasso's Dove of Peace

Materials – paper, pencils, crayons/coloured pencils or felt tip pens

#### Background:

Picasso's famous painting Guernica, which was inspired by his reaction to living through the Spanish Civil War, became one of the world's most famous and moving anti-war paintings. *The grey, black, and white painting, which is 3.49 meters (11 ft 5 in) tall and 7.76 meters (25 ft 6 in) across, portrays the suffering of people and animals wrought by violence and chaos. Prominent in the composition are a gored horse, a bull, screaming women, dismemberment, and flames. (Wikipedia)*



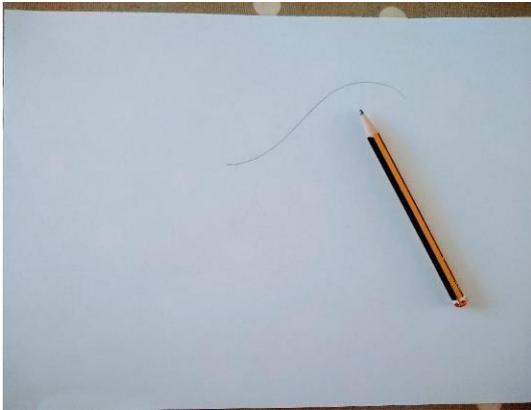
Pablo Picasso's Guernica, 1937 oil on canvas

For the International Peace Conference in Paris in 1949, Picasso was invited to design an image to represent peace and this triggered his Dove of Peace series of works. Picasso's first Dove of Peace was a traditional realistic picture of a pigeon which had been given to him by fellow artist Henri Matisse. Picasso went on to develop the Dove of Peace into a simple, loose, graphic line drawing.



By following the steps below, we are going to practise drawing in pencil Picasso's simple Dove of Peace. The aim of this is for you to become relaxed and familiar with the shape of the bird, it's curves and wings, tail etc. It does not have to be a perfect replica, just give it a go...

Practise drawing Picasso's Dove of Peace following the steps below:



1.



2



3.



4.

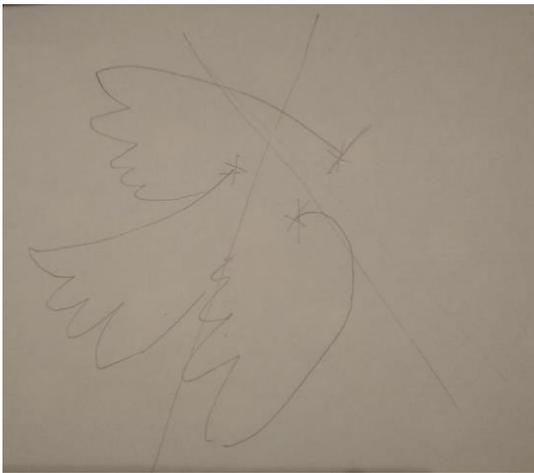


5.

Picasso's Dove drawing 1:



This Dove looks so simple and effective – showing a beautiful bird in flight with only 4 or 5 pencil lines. I have drawn it out below to help you practise getting the shape right, I have used a few markers to show where the wings and head start etc, then rubbed them out to go over with pen.



1.



2.



3.

Picasso's Dove drawing 2:



I also like this *Dove of Peace* version with its simplicity and colour. Please find in your pack 4 colours either in pencil or crayon to create an image like Picasso's above. Please see the steps below, I found this outline slightly harder to get right first time than the first image so I draw it lightly in pencil first, then went over in colouring pencil.



1.



2.



3.



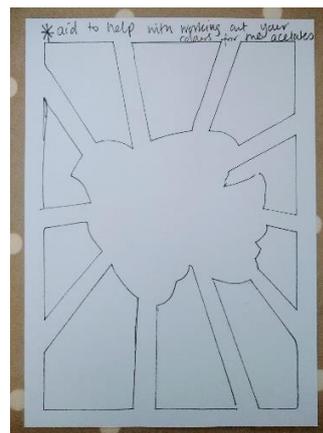
Day 3.

### Stained Glass Dove

**Materials – black paper, acetate, pen, scissors, glue stick, blue tack**

Today you are going to brighten up a window with a mock stained-glass window using black card and acetate. Your template has been cut out for you and there are pieces of acetate in your pack and it is up to you to decide which colours to use and where.

1. Before gluing your pieces on, it is a good idea to match up and cut out the pieces of acetates to fit your small panels. Place the acetate under the 'face up' template (with the bird looking like it is flying towards the right) and then draw around the small panel shape with a black pen. Next trim it with the scissors to fit the shape – such as the pictures below. It is best to leave a small margin around the acetate shape to ensure it has an area to stick to the paper.



Line up the acetate pieces underneath the template and place where you would like the colours to be before cutting out. *Helpful reminder: make sure you leave a small margin to you can stick the acetate to the paper framework.*

You can then lay your pieces on the window layout in your pack, as this will help you remember where the pieces are meant to go.



Continue to cut out the shapes and stick the acetate pieces to the card with glue. It is helpful to place a scrap piece of paper underneath the template when you glue as it can spread very easily and make your art work sticky!



- If you do get glue on the acetate, you can easily rub it off using a damp kitchen towel and give it a polish.
- The dove shape will be left as clear glass.
- When you are finished, place the blue tack on the corners and stick it to the window....and I hope you enjoy the bright colours.



## Day 4.

Design a Dove of Peace poster

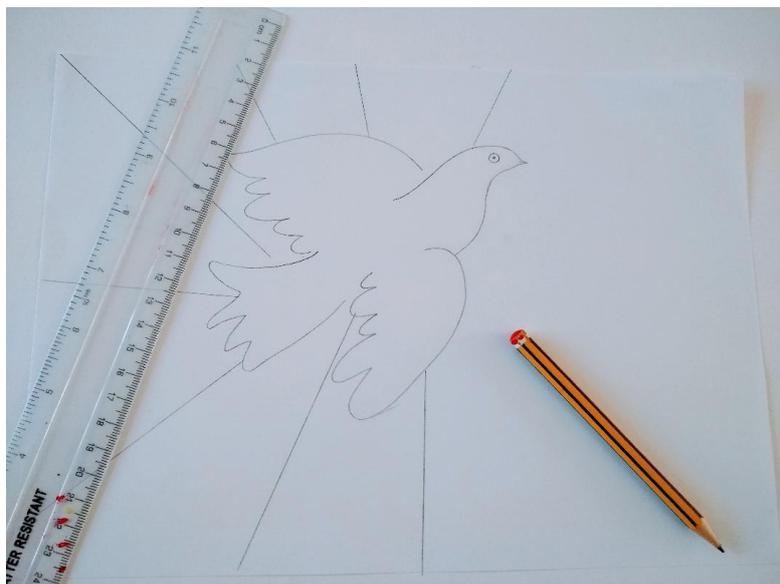
Materials – paper, pencils, pens

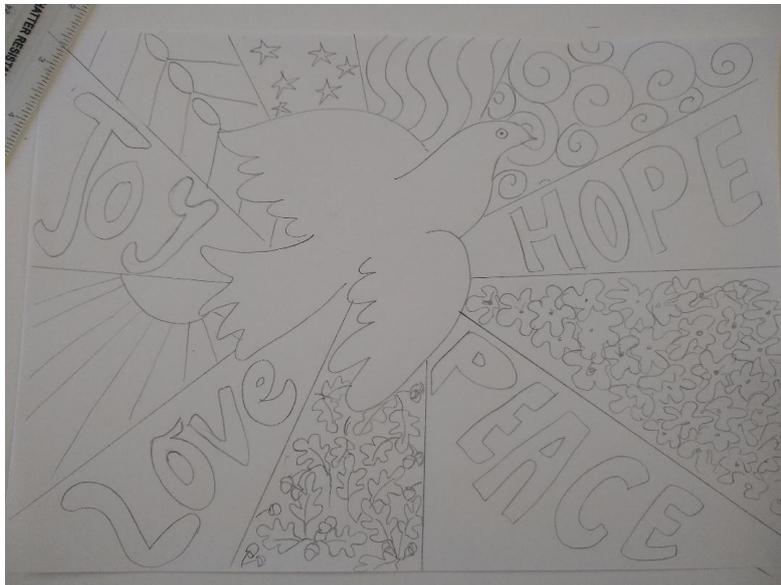
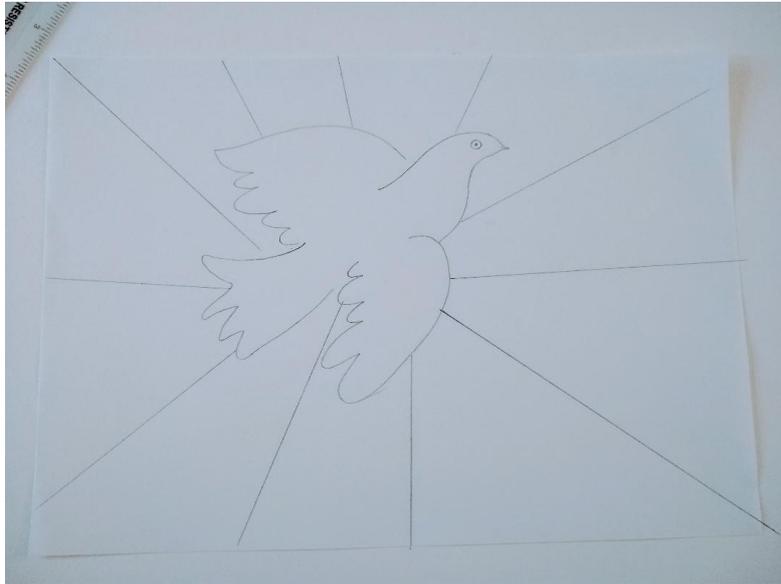
Using the similar template to yesterday's stained-glass window, today we are going to design a Dove of Peace poster. For this example, I have used a Picasso-inspired dove image for the centre.

1. Look at your pictures of the Picasso doves from day 2 and draw your dove in the centre of the page. You can either place the paper portrait or landscape, whichever you would prefer.



2. Draw lines coming out from the centre of the page – this does not need to be exact or perfect.





This is an example I created – I decided to use inspirational birds as part of the design.



I have gone over the pencil with black pen for you to see it clearly.



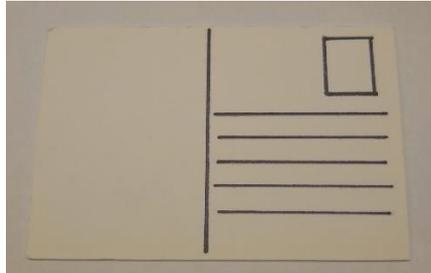
I made the most of doing some 'mindfulness colouring' with felt tip pens, there are felt tip pens provided in the pack although you are very welcome to colour the poster in which ever medium you may have to hand.

## Day 5.

Design a postcard with a message of peace and send it to someone

Materials – postcard, pencils, pens etc.

Today we are going to send our messages of peace out to the world by designing a postcard and posting it to someone you know. I have included a blank postcard in your pack, one side for you to write a message and address of the recipient and the other side blank for your design.



Helpful ideas:

- You could recreate your Dove of Peace poster image from yesterday
- You could recreate one of Picasso's Dove of Peace designs
- You can incorporate an inspirational word into a design
- Or you can do a different design that inspires you...such as a drawing of a place you find to be peaceful...

Here are some pictures to inspire you:



1.



2.



3.

## Day 6.

**Materials:** pebble, acrylic white paint, another colour for the background, paint brush.

Today we are going to paint and decorate the pebble you have in your pack. Keeping with the Dove of Peace theme, the aim is to paint a dove onto the pebble using the paint and paint brush included.

Once you have done this, you can either:

1. Keep it at home, put it in your garden or give it to someone as a gift.

**Or**

2. Pass it back to the Corn Exchange volunteer with your pack materials, I will then collect it from the Corn Exchange and varnish it. I will then place the pebble somewhere in the town for people to see, possibly pick up and spread the message of peace on the lead up to Christmas.

For this activity, you will need to put some old newspaper or scrap paper underneath your pebble and water/pallet. I always use old yoghurt pots for my paint water and an old plate for the paint. I have given you two colours for this activity, although you can use more if you have your own supply.

Think about what kind of design you would like on your pebble – will it be a simple picture or a word?

I have decided to paint my background blue and then mixed white and blue acrylic to make a pale blue dove, with the word 'peace' above it.





When the paint is dry, I will varnish it. If you would like yours varnished and placed somewhere in the town to promote peace, please give your pebble to the Corn Exchange volunteer at the end of the week.

**Day 7 – an extra activity if you are looking for something to do!**

**Think about and create a picture of your most peaceful place to be, real or imagined.**

Materials – paper, pencils, pens

Here are some photos for inspiration:

