

www.creation-generation.org



- Artist and Creative Tutor
- 20 years Art & Design Teaching Experience
- Workshop Facilitator & Trainer
- Community Driven esp. with Intergenerational work

The “Colour” challenge is the fifth project from Creation Generation. “All The Colours of the World” was my inspiration for this week. Colour has so many therapeutic benefits and as we head into our second compulsory isolation period I thought we would all benefit from some colour in our world. So here is Art Challenge 5.

As with all the challenges, you can scroll through the slides at your leisure and print off templates or the whole presentation if you want to! The Creation Generation artists range from age 2 to 70+ so I have decided to offer varying levels of challenge to you. **Little Uns (beginners)**, **I'll Give It a Go (intermediate)**, **I've Got This (Confident)** and **Master of my Art (Advanced)**. This is a true Intergenerational Community Project. All abilities welcome. **All I ask if that you enjoy yourself and you share with me what you create** by emailing me and/or posting pictures on my FB page: Natasha Rand Creation Generation (like or follow me if you haven't done so already). It is my intention to collate, collage and create large scale pieces of the art we have created, as a community. Who knows we may even exhibit what we make when this surreal and unsettling time of COVID 19 has passed! Let's begin..... Let's Create....Let's Make Art Together!

Visit www.creation-generation.org – online gallery available soon. Past challenges available.

PS Can I ask that you send back the GDPR form I have mailed you or send written email consent giving me permission to share your photos and send you info. Thanks.

“All The Colours of the World”

CREATION
GENERATION

Alternative
Visual Arts Education
Inspiring Growth



“All The Colours Of The World”
Creation Generation Challenge 5

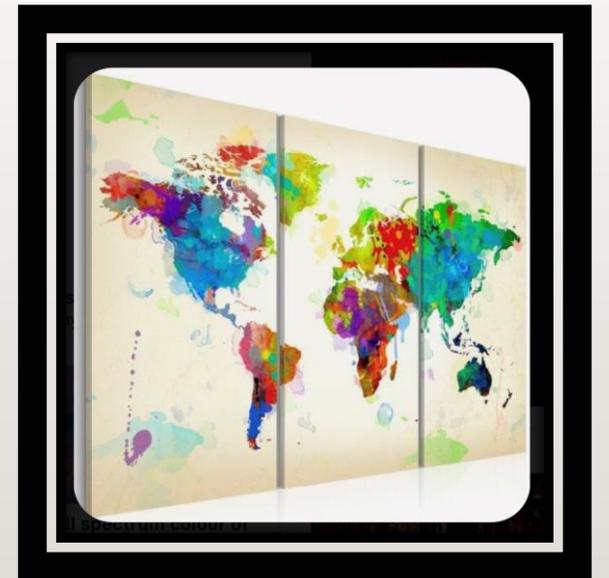
Colour therapy suggests that colour enhances your mood and improve your overall health. Colours are made up of reflected lights that hit our retinas as wavelengths vibrate. The vibration and light effect how we feel and this is why it is suggested that colour is good for us.

Then add to this the latest suggestions that “colouring in” is a great tool for the act of mindfulness – it made sense to focus on this most fun of the visual elements!

This week, whether in or out of the sunshine, I would like you to go crazy with COLOUR!

*As always, PLEASE send me photos of your art so I can collate the work for our community show on the other side of this. Sharing is part of our project – its as important as the work created. Show off your colourful side this week!
Enjoy x Natasha*

*FB page/ Instagram
Natasha Rand Creation Generation*



WHAT MATERIALS DO YOU NEED?

- Selection of colours – all types – paint, pencils, crayons, chalk, oil pastels, coloured paper, felt tip pens, colouring pencils, food colouring etc.
- Glue
- Scissors
- Coloured paper
- Paint brushes, mark making tools, fingers!
- Camera (phone good enough)
- Colours can be extracted from natural materials like leaves and berries!



Colour Meaning

PURPLE

Visionary, ambitious, purposeful, authentic, spiritual, mystical, majestic, truthful, luxurious

BLUE

Intelligent, logical, calm, efficient, cool, serene, clear, peaceful, loyal, trusty, reliable, secure

TURQUOISE

Inspirational, innovative, creative, efficient, healing, demanding, calming, sophisticated, spiritual

GREEN

Balanced, harmonious, fresh, healing, organic, earthy, abundant, restful, restorative, fertility

YELLOW

Self-confident, optimistic, happy, friendly, needy, bright, energetic, warm, creative, promising, sunny

ORANGE

Abundant, positive, confident, successful, playful, sociable, creative, passionate, energetic

RED

Strong, assertive, warm, determined, motivated, loving, powerful, dramatic, dynamic, passionate, courageous

PINK

Feminine, compassionate, nurturing, tranquil, kind, romantic, intimate, naive, sweet, soft, playful, intuitive, hopeful

BROWN

Stable, grounded, reliable, friendly, conservative, honest, aspirational, balanced, organised, confident, earthy, modest

BLACK

Classy, dramatic, safe, powerful, glamorous, serious, sophisticated, luxurious, dynamic, mysterious, in control

GREY

Glamorous, solid, tech, intelligent, secure, sleek, modern, substance, sophisticated

WHITE

Pure, clear, fresh, easy, innocent, good, simple, uncompromising, hygienic, illuminating, ethereal, sophisticated



COLOUR

NAME _____
CLASS _____
DATE _____

Theory



WHAT HAPPENS WHEN I MIX:

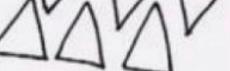
RED + YELLOW = ○ _____
BLUE + RED = ○ _____
YELLOW + BLUE = ○ _____

PRIMARY

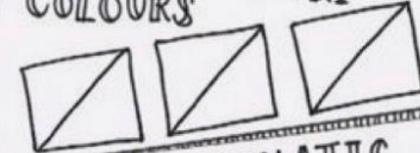


SECONDARY

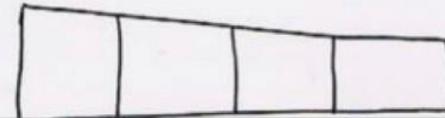


WARM 
COOL 

COMPLIMENTARY
COLOURS



MONOCHROMATIC
(TINTS & SHADES)



Found Object Colour Wheel

1. First collect coloured objects from around your house. Can you find all colours on the colour wheel?

2. Arrange the objects in the same order as a colour wheel.

3. Take a photograph of your colour wheel or if you don't have a camera you could draw it.

Colour Wheel



Examples



Little Uns (beginners)

EASY EASY



- Roll out some cling film
- Squeeze paint on film
- Sandwich the paint in between the cling film by folding the cling film over the paint.
- Squidge the paint
- Peel back the cling film
- Place a piece of paper over the wet paint and print your creation



CLING FILM ART

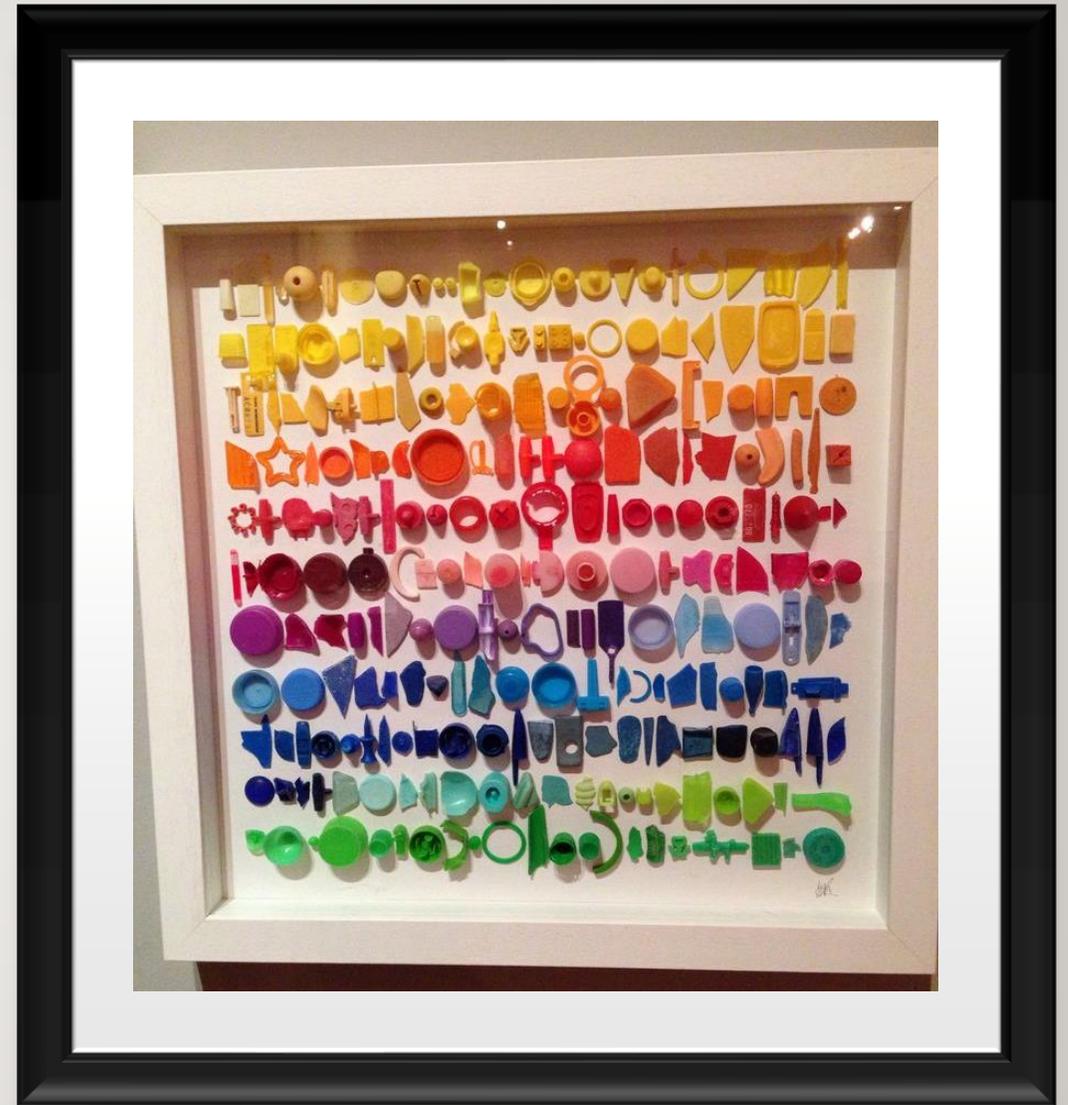
arty crafty kids



Robert Therrien; *RED ROOM* 2000–7
ARTIST ROOMS Tate and National Galleries of Scotland



Ella Robinson – Collected objects from the beach



I'LL GIVE IT A GO (IMMEDIATE)

Head off on a coloured object treasure find around the home. I gave my boys two colours each. Collect the objects and arrange on a table. Its amazing what you will find.



Then take some close up photography. Crop your images, enhance and edit the colours and lighting until the artist is happy.

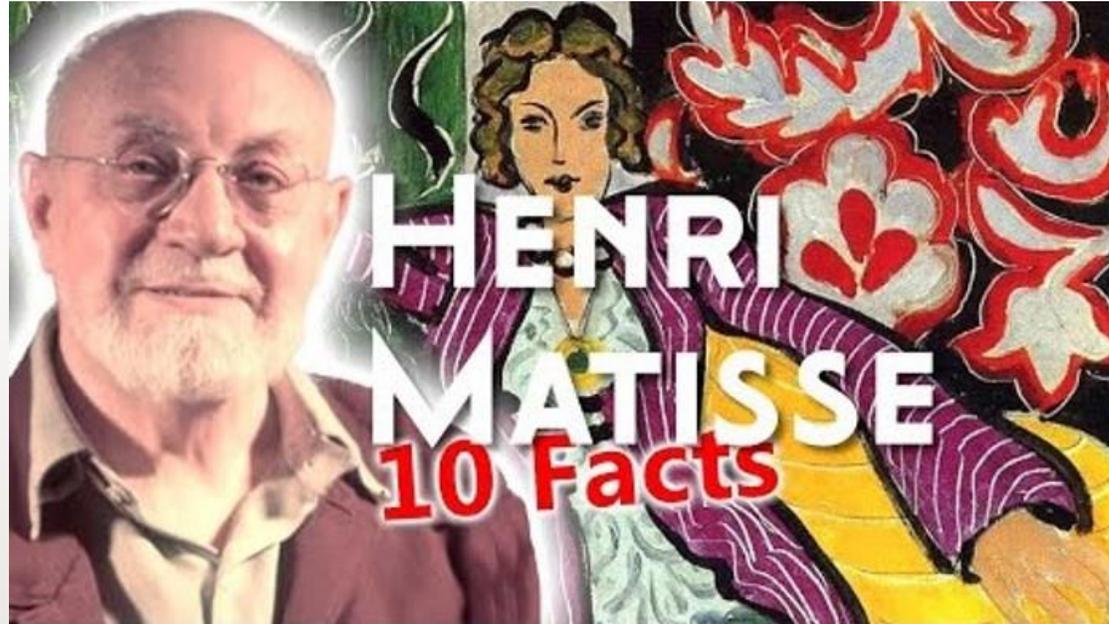
These images can be printed as great photos or used as the basis for drawings and paintings.



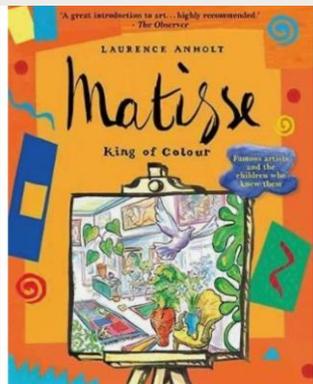
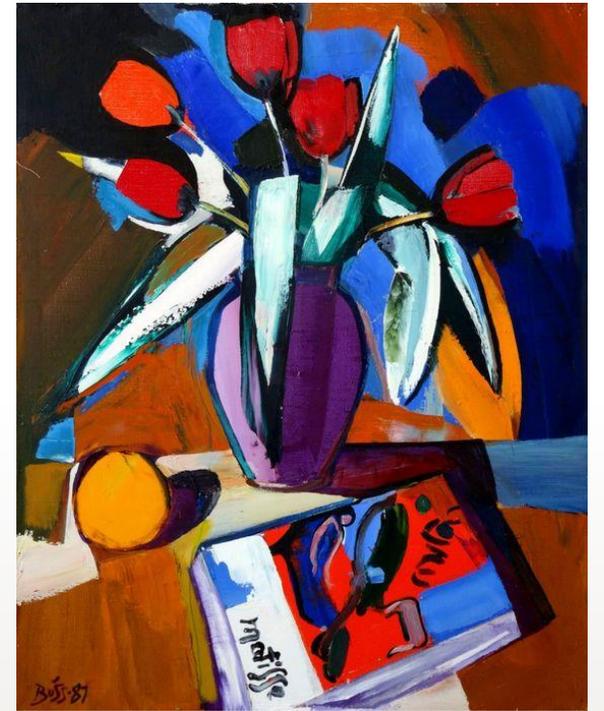
THE KING OF COLOUR HENRI MATISSE

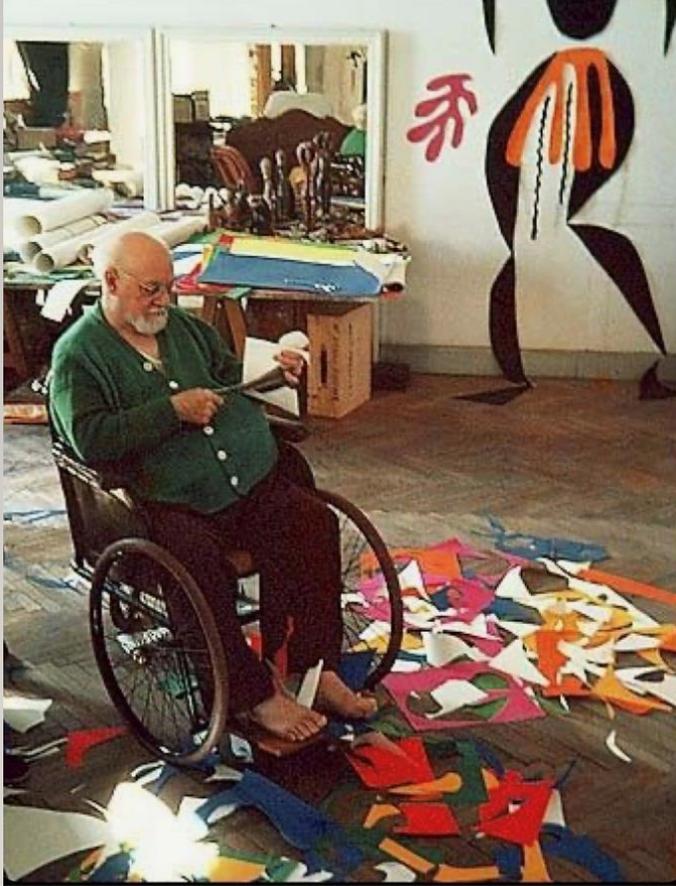


Le Chat Aux Poissons Rouges 1914 – The Cat with the Goldfish 1914 by Henri Matisse



[Matisse “King of Colour” YouTube link](#)





Article from That's How The Light G...

**Painting with scissors:
Matisse's cut-outs at Tate
Modern**



I'VE GOT THIS (CONFIDENT)

Henri **Matisse** created some of his best-known art in the final decade of his life, and he made it from the simplest materials: shapes **cut** from colourful sheets of **paper**. He described these “**cut-out**” works as “drawing with scissors,” and he used this technique for works of various sizes and subjects



Cut colour like Matisse. Create your own collage that represents what you see or feel at this time.

You need coloured papers, glue and a background sheet of card or paper



MASTER LEVEL INSPIRATIONAL ARTIST

MASTER OF MY ART (ADVANCED).

YAYOI KUSAMA – 91 YEARS OLD

Yayoi Kusama (草間 彌生, *Kusama Yayoi*, born 22 March 1929) is a Japanese contemporary artist who works primarily in sculpture and installation, but is also active in painting, performance, film, fashion, poetry, fiction, and other arts. Kusama has been open about her mental health. By choice she lives in Seiwa Mental Hospital and says that art has become her way to express her mental disease.

She was making pop art before Andy Warhol!



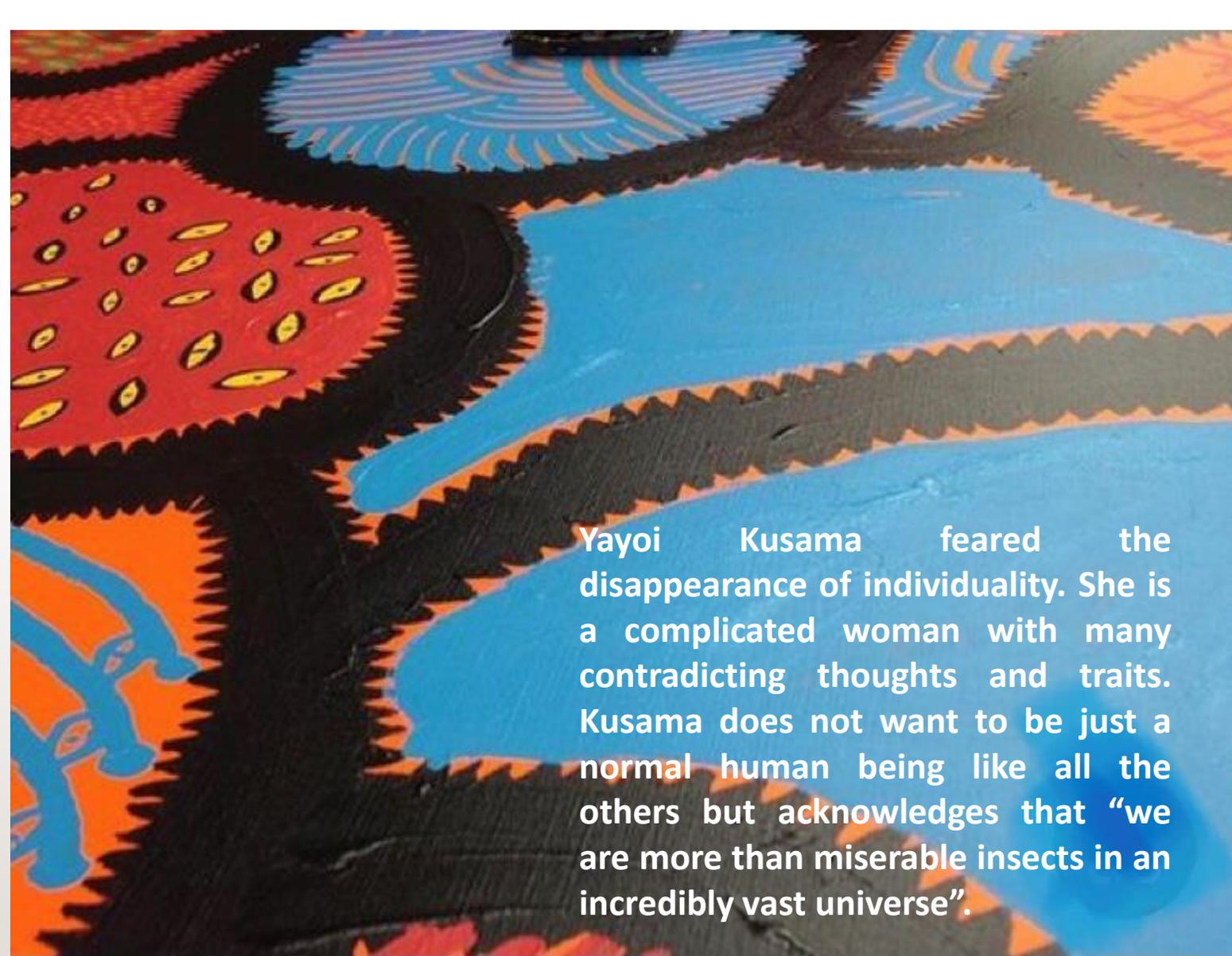
**For those that
attended my
painted pumpkin
workshop at The
Old Dairy Café
in October
2019– now you
know who
inspired me!**



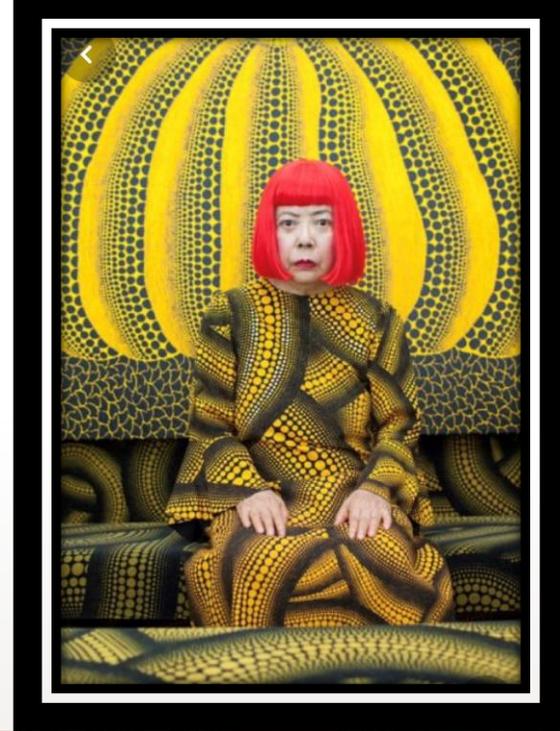
THE OLD DAIRY
cafe farm shop



YAYOI KUSAMA ALSO PAINTED PUMPKINS



Yayoi Kusama feared the disappearance of individuality. She is a complicated woman with many contradicting thoughts and traits. Kusama does not want to be just a normal human being like all the others but acknowledges that “we are more than miserable insects in an incredibly vast universe”.



Paint pattern and colour around a photo of yourself. Great mindfulness doodling and an expression of how you are feeling at the moment. The colours and patterns you like, draw and create express the person that you are. It is a very restful activity.

A simple and effective self portrait.

Enjoy.



“ALL THE COLOURS OF THE WORLD”

CREATION
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Please take a photo of your art either with you holding it or hanging up and displayed in your home.

Then send the picture of your art work to:
Creation Generation as a jpeg as an email attachment to info@creation-generation.com

Or

Post your image on FB page Natasha Rand Creation Generation
Don't forget you can join the on Instagram or visit www.creation-generation.org



NEXT WEEK'S CHALLENGE IS VERY SPECIAL
VE 75TH ANNIVERSARY CELEBRATIONS



If you have any questions or queries just get in touch. Take Care. Natasha x