

The Art Room At Home



At Place2Be we believe that art is a creative tool to develop resilience and connect with others. Making art can be fun and relaxing. We can creatively express ourselves no matter where we are, or what we have. Everyone is an artist!

The Art Room at Place2Be offers therapeutic art sessions for children. With schools currently shut due to coronavirus, we want to offer a series of art projects which can be made at home together with parents, carers, teachers or family members. This pack gives you instructions for a project you can make over the course of a week. Each day's session follows the same structure:



1) Imagine

Each session starts by listening to a story and looking at images for inspiration. This introduces children to the day's theme and gives time to gather creative ideas. We have provided some questions which you can use to chat together about the story and theme.



2) Create

We have outlined suggested materials and a simple creative activity for each day. Of course, everyone will have different materials available at home, which is why we have kept activities simple. Feel free to use extra materials or come up with your own ideas as you go along.



3) Explore

We invite you to leave time to chat together at the end of each session to bring it to a close. This could be as simple as taking a moment to both look at what has been created. We have supplied optional talking points you can use.



Seasons Tree Project

This project is inspired by the changing seasons. We are all experiencing a lot of change now during the coronavirus pandemic. This Seasons Tree project can offer you and your child some creative respite, and a gentle way to think together about the theme of change. As the adult supporting your child, the aim of the project is for you to encourage them to create something they want to make. By supporting them on their artistic journey we hope that you can celebrate their creativity together.



Additional inspiration

Check out this document for more inspiration and activities. It also includes suggestions of music inspired by seasons which can be calming to listen to while you create. We recommend using these extra ideas alongside this project sheet to help inspire your art. You could even come up with your own ideas!

[Download additional resources](#)

For this project, you will need:

- Natural materials:** leaves, sticks, flowers, petals.
- Recycled materials:** magazines, newspaper, cardboard packaging, toilet roll tubes, paper.
- Optional materials:** paint, coloured pens or pencils, glue, scissors or sellotape.

End of project reflection

Once you have completed your project, you may want to spend some time exploring with your child how it went. Here are some possible points you can think about:

- What was it like to make your seasons tree?
- Was anything challenging to make? How did you find your way through?
- Do you have some favourite parts of your tree?

Share your creations

We'd love to see your artwork! Share photos of your creations with us on social media:

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Day 1: Background



Session Aims

1. Introduce the seasons theme and begin to generate ideas through stories, going outside and making art.
2. Create the background for your 'Seasons Tree' and divide it into four sections for each season.
3. Collect materials outside for the next stages of your project.



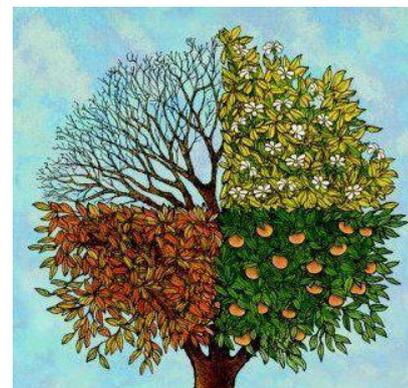
1) Imagine

Read the book 'Tree' by Britta Teckentrup. The book is available to view on YouTube. You could read the words out loud yourself or listen to the reader in the video: https://youtu.be/zLESI99U_C4



Think and chat about 'Tree'

1. What do you think it was like for the owl to see the different seasons coming and going?
2. What changed throughout the year and what stayed the same?
3. What do you think it is like to be an owl?



A Tree with Four Seasons



2) Create



You will need:

- Cereal box/paper plate/flat cardboard packaging/paper/card
- Paints/coloured pencils/coloured pens/crayons
- Coloured paper/magazines/food packaging (optional)



Van Gogh's 'Wheat Field with Cypresses'

Creative Activity:

1. Find your background material to function as a blank canvas on which you will create your 'seasons tree' (preferably something clean and flat).
2. Divide your background into four equal parts, one for each season.
3. Think about which colours you use for each season; spring, summer, autumn and winter.
4. Create your background using paints, coloured pencils, pens or crayons. Alternatively, you could tear up paper and use it to collage a background.
5. Go outside to collect sticks and dried leaves ready for the next stage of your project.



3) Explore

Think and chat about seasons

- What is your favourite season?
- What are your thoughts about spring/summer/autumn/winter?
- What can you see/smell/hear/taste/feel in the spring/summer/autumn/winter?
- What do you notice in the background of your tree? What colours or textures have you used?



Day 2: Winter



Session Aims

1. Explore the theme of 'winter'.
2. Create the trunk and branches of your tree.
3. Create the winter section of your tree.



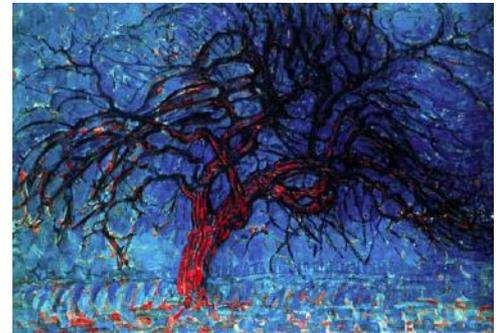
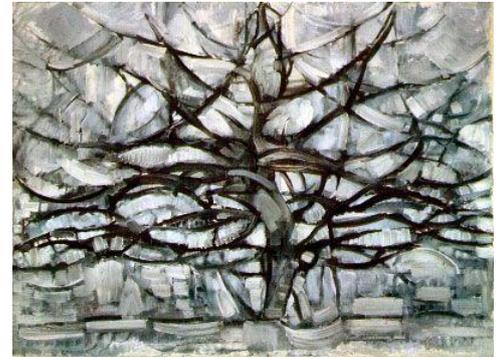
1) Imagine

Read the book 'Stick Man' by Julia Donaldson. The book is available to view on YouTube. You could read the words out loud yourself or listen to the reader in the video: <https://youtu.be/P8pKjYgjPLI>



Think and chat about 'Stick Man'

1. People believed Stick Man to be so many different things. During Stick Man's adventures, how did he remember who he was?
2. What was it like for Stick Man on his adventure away from the family tree? What was it like for him to come home?
3. Would you like to be Stick Man? Why?
4. What does Stick Man learn from his adventures?



'Gray tree', 'Red Tree' paintings by Piet Mondrian



2) Create



You will need:

- Sticks
- Dried leaves
- Glue
- Ink and food colouring, or paint and water

Creative Activity:

1. Create the trunk and branches of your tree out of sticks you collected. Glue the sticks onto your background. Try and use thicker sticks for the trunk and adjoining branches. Use thinner sticks for finer twigs growing out the end of the branches.
2. Create an image of a wintery tree without any leaves or with just a few dried leaves if you have collected some.
3. You can add other winter drawings in the winter section of your background if you like.



3) Explore

Think and chat about winter

- What do you like or dislike about winter?
- What do you associate winter with?
- What can you do in the winter that you can't do in other seasons?



Day 3: Spring



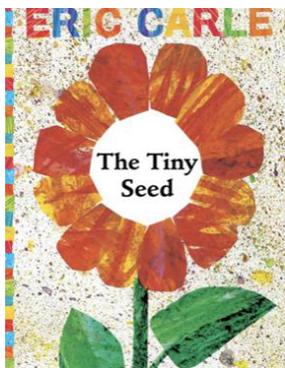
Session Aims

1. Explore the theme of 'spring'.
2. Collect flowers, leaves and blossom.
3. Create the spring section of your tree using leaves and flowers.



1) Imagine

Read the book 'The Tiny Seed' by Eric Carle. The book is available to view on YouTube. You could read the words out loud yourself or listen to the reader in the video: https://youtu.be/oNxsuE_wu04



Think and chat about 'The Tiny Seed'

1. The tiny seed experienced many different types of weather conditions. What do you think this was like for the seed?
2. What do you think it would be like to go from being a tiny seed to a gigantic plant?
3. The seed experienced a lot of ups and downs in the story. What are some of the ups and downs that you saw the seed go through? How would you help the seed with these changes?



Dried and pressed flowers



'Almond blossoms' painting by Vincent Van Gogh



2) Create



You will need:

- Collected flowers, leaves, blossom, petals
- Paper
- Pencils
- Glue
- Sticky back plastic (optional)

Creative Activity:

1. Collect flowers/petals/blossom from outside. Try and make your collection as colourful as possible!
2. Dry flowers under a book then stick dried flowers in spring section. Alternatively, you can arrange flowers on sticky back plastic or in a poly-pocket and create a frame.
3. Draw flowers on separate paper, cut out and stick onto your spring section of your creation, or make paper flowers, see how to do this here: <https://youtu.be/TtR-PbKiV4Y>



3) Explore

Think and chat about spring

- What is it like for you during spring?
- In spring, new flowers start to blossom and green shoots sprout from the ground. What are your thoughts about growing?
- What do you think about new beginnings?



Session Aims

1. Explore the theme of 'summer'.
2. Create the summer section of your tree. You can add fruit, animals, or insects who might live around your tree in the summer. You can make them out of recycled materials or draw them.



1) Imagine

Read the book 'The Very Hungry Caterpillar' by Eric Carle. The book is available to view on YouTube. You could read the words out loud yourself or listen to the reader in the video: <https://youtu.be/75NQK-Sm1YY>



Think and chat about 'The Very Hungry Caterpillar'

1. Would you like to be a caterpillar?
2. What are your most favourite and least favourite foods from the story?
3. What do you think it was like for the caterpillar to change into a butterfly?



'Apple tree' painting by Gustav Klimt



2) Create



You will need:

- Recycled materials (such as food wrappers)
- Sellotape, PVA glue or glue-stick
- Pencil or pens for drawing
- Scissors



Fruit made out of pacakaging

Creative Activity:

1. Draw the rough outline of fruit/insect/animal on A5 paper. Cut up recycled materials (e.g. food wrappers) into medium pieces. Begin arranging the cut-up materials in your rough outline. You can also choose to draw your animal, insect and/or fruit.
2. If using recycled materials, use Sellotape or glue to stick down the arranged wrappers onto the paper.
3. Cut out your desired animal/insect/fruit shape with scissors then stick onto the summer section of your tree.



3) Explore

Think and chat about summer

- What do you like and dislike about summer?
- What animals / insects / fruit do you see the most during summertime?
- What do you see hear, smell, see or taste during summertime?



Day 5: Autumn



Session Aims

1. Explore the theme of 'autumn'.
2. Create the autumn section of your tree.
3. Create a bird or owl to live in your tree.



1) Imagine

Read the book 'Goodbye Summer, Hello Autumn' by Kenard Pak. The book is available to view on YouTube. You could read the words out loud yourself or listen to the reader in the video: <https://youtu.be/SEuyPEgUNdk>



Think and chat about 'Goodbye Summer, Hello Autumn'

1. The little girl said hello and goodbye to many things. If you could say hello or goodbye to one part of the autumn what would it be?
2. What would your perfect season look like? E.g. Being able to play with the winter snow with the warm summer rays touching your skin.



Artist Andy Goldsworthy makes art out of leaves



2) Create



You will need:

- Paper
- Leaves
- Toilet roll tube
- Glue or sellotape
- Felt tip pens
- Kitchen foil



An owl made from leaves

Creative Activity:

1. Collect different coloured leaves that vary in shape and size. Find a toilet roll tube.
2. Arrange your materials and leaves to form an owl or bird. Use glue or Sellotape to stick everything down and a felt-tip pen to add details such as eyes and feet. Use foil to add further details.
3. Find a place for your bird/owl in your artwork.
4. Use any remaining leaves to form patterns on the autumn section of your tree.



3) Explore

Think and chat about autumn

- Describe the leaves you have collected, what makes autumn leaves different?
- What other things do you enjoy collecting?
- What comes to mind when you think about autumn?

Once you have finished your Autumn art session, you will have finished your Seasons Tree! You may want to take some time to admire the whole project together with your child. Feel free to refer to the 'End of project reflection' section on the first page of the pack. Don't forget to share photos of your creations with us on social media.