

CREATIVE

ISOLATION SURVIVAL PACK

SECOND EDITION

Some ideas, prompts and suggestions for
staying creative in isolation

WHAT IS THIS?

This is the second edition of the Creative Isolation Survival Pack - A collection of artwork, prompts and suggestions of things for you to try.

It is by no means an exhaustive list, it's simply a collection of suggestions on how you could be creative in isolation.

This is our way of sharing art and creativity at a time when theatres are dark and galleries are closed.

HOW TO USE IT

If a prompt interests you, go for it.

If it doesn't, ignore it - You can always come back to it!

We'd suggest giving things a go, even if you don't think you'll be any good at it. It's about making art, not about making a masterpiece - Most of us have plenty of time on our hands for the first time in our lives, and this sure beats aimlessly scrolling through Netflix.

WHO ARE WE?

POST PIECES

We explore mental health through art, collaborating with artists across a range of disciplines, and run workshops encouraging art as a healthy coping mechanism.

Our ambition is to prevent people from reaching crisis point, signpost support and challenge the stigma around mental health and illness.

Born from lived experience, we work to prevent others from struggling with their mental health.

UNHEARD POETRY

We want to bring poetry back to people. We believe that anyone can be a poet and poetry can be used to help, heal and hear each other.

Our goal is to work within communities who are not heard and use poetry as a way to give them a voice. We bring people and poetry together, because everyone can write and no one should be unheard.

POETRY EXERCISE

MY ENVIRONMENT

If like us, you are spending a lot of time noticing your surroundings, why not turn your observations into a poem?

Step 1: What you see and write your observations out as phrases as you think them.

Step 2: Take the individual descriptions and hone them down, select specific descriptive and be specific about which bits you keep.

For Example...

"Awwh, two cats have just joined me...
Dark coats, can't see them in my pictures...
So they're just for me to see."

And clip and cut it down a bit like this:

"Two cats have joined me
Their coats are dark
Invisible to my photos
A personal gift to me alone"

Here's Our Finished Poem...

Two cats have joined me
Their coats are dark
Invisible to my photos
A personal gift to me alone

Prowling in the night
They circle each other from afar
Perhaps taking cues
From their socially distant owners

Patchwork of lights
A story to each one
All these lives on top of each other

I don't know, you see,
It's nice to sit and watch
A kitchen light just flickered on and off

I break the scene every time I open my phone
It's raw blunt light cuts
Changing the perspective
But I can't help myself

The album has finished
The artisan beer is hollow
So I guess it's time
To head inside

FEATURED ARTIST

DORA FURNIVAL

Dora is an Illustrator and Scenic Artist based in Stroud.

She has produced artwork for both Post Pieces and UnHeard Poetry, as well as having read and written poems for UnHeard.



I have a very arty family so drawing, painting and making is something I have always done, but I began exploring Illustration towards the end of my degree.

I wanted to go back to drawing for myself, outside of my creative degree. I started with just drawing how I felt when I couldn't put it into words. After graduation, I decided to take my illustration work more seriously and set up my Instagram: @bydorafurn



The part of making art I enjoy the most is absolutely the freedom and expression; if your brain can imagine it, you can draw, paint, sculpt it! There are no limits which is so exciting! It also feels like an act of selfcare for me; sitting at my desk with my thoughts, drawing them, getting my desk ready for painting, the process of painting and then seeing the finished thing you created is very meditative; a kind of release.

The part of making art I dislike the most, and try to avoid doing as much as possible, is comparing my work to others. At times, I struggle a bit with imposter syndrome and, especially on a platform like Instagram which is saturated with amazing artists, it is hard not to compare my work to theirs! I am trying to teach myself to not compare, but admire, and remember that my work is unique, because I am.

From day to day, I am inspired by nature, animals, the moon, the seasons. I am a feminist, and I am always inspired by the strong and empowered, women in my life, as well as family, friends and people close to me. I like to write and read poetry which can often spark a visual idea, which is exciting!



My style is always evolving, to the point that I wonder if I even have one! I joke that my style is 'soft-core feminist in nature'.

I am inspired a lot by Alphonse Mucha's Art Nouveau illustrations of female figures in nature; they look so empowered and free.

I want my work to convey kindness but also strength. I enjoy using watercolour and gouache; I feel the softness lends itself well to my style. I suppose, I want people to see themselves in my work, connect with it and make them feel appreciated and empowered, that is the goal!



DRAWING TUTORIAL

DRAWING A FACE

We are very lucky to have Dora teaching us how to draw a face!

Please follow the link bellow to access the tutorial:

<https://youtu.be/u7F94O9SVzE>



Let us know what you think and if you would like tutorials about anything else!

WATERCOLOURS

This week Odhrán McNulty is taking you through some basic watercolour painting techniques.

Click the link below to access the Watercolour Painting tutorial video:

<https://youtu.be/kjc1OH0GoQY>

GET INVOLVED

YOGA

Post Pieces runs a weekly Yoga class over Zoom every Wednesday at 6pm - 45 minunte session
Email **postpieces@gmail.com** to Sign Up!

POETRY

UnHeard run relaxed poetry workshops over Zoom every Wednesday (11am) and Friday (3pm)
Email **poetryunheard@gmail.com** to Sign Up!

DRAWING CHALLENGE

Draw Something You Like

It's easy to take things for granted, so let's take a bit of time to draw something we like - something that brings us joy.

It could be a person, a small part of your everyday life or something special from a significant time in your life.

Some examples of what people have drawn...



Set yourself the challenge to draw something every day with a friend!

Alternate themes and see what you each come up with!



SEND US YOUR WORK



**We would love to see
what you've created!**

Tag us on social media
or drop us a message

Instagram PostPieces or Unheard__Poetry

Facebook Post Pieces or UnHeard

Twitter PostPieces or UnheardPoetry

TO DO LISTS

It's difficult to stay productive, especially when working from home.

Here are some tips to create the *ultimate* To Do List:

- Make a To Do List before your day starts.
- Write your To Do List in order of priority.
- Your To Do List doesn't have to just be for work - Try adding things like 'go for a walk' to make sure you take time for yourself.
- Transfer anything you didn't finish the previous day onto your new list, but don't beat yourself for not finishing everything you set you set out to do that day.

Online To Do List

<https://trello.com/>

This is great because you can share it with your friends and create a 'To Done' List of everything you've achieved!

THANK YOU

We hope you found this useful!

This is a difficult time - We hope this has been a good excuse to get creative, a nice distraction or even just a fun way to kill some time.

Please get in touch to let us know what you would like more or less of in the future.

We're hoping to release each edition bi-weekly.
Please spread the word, and have anyone you think would be interested to drop us a message!

STAY IN TOUCH!

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