

## Virtual Me time creative activities for Telford & Wrekin registered adult carers

<b>Venue:</b> Online but contact me to discuss an alternative format	<b>Course Duration:</b> 4 WEEKS SPRING THEME	<b>Tutor:</b> Caris Jackson <b>Contact:</b> T 01952 258772 M 07515 723728 caris.jackson@yahoo.co.uk
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**Dates:** 01/04/21, 15/04/21, 29/04/21, 13/04/21

**Time:** I will send out a fortnightly PDF document and links to demonstration videos. You can work entirely at your own pace and contact me via email, WhatsApp, text or via a designated Facebook page with any questions, for advice and to share your creations.

**Facebook group:** Search for 'Virtual Me Time'. This is a private group so only others in the group can see the comments and artwork posted. If you would like to join please find the group on Facebook and put in a request then I can add you.

<u>Content</u>	<u>Some suggested materials</u>	<u>Notes</u>
<p><b><u>Week 1: 1<sup>st</sup> April</u></b></p> <p>Garden doodles with pencils, pens, water-brush pens or watercolour pencils.</p>	<p>Sketchbook, notebook, any kind of paper you can draw on inc. envelopes etc. Pencils, water-brush pen, felt pens, fine line pen, biro, coloured pencils.</p>	<p>Take a walk with a sketchbook around your home or garden and create a visual diary of what you notice related to spring. It could be a view from your window</p>
<p><b><u>Week 2: 15<sup>th</sup> April</u></b></p> <p>Painting with tea and coffee</p>	<p>Tea bags inc. herbal tea if you have it, coffee, paper – watercolour paper is best but any paper can be used – the thicker the better. Pencils, pens, ink (optional), paint brush.</p>	<p>Painting and printing techniques and taking inspiration from your doodles from the last session.</p>
<p><b><u>Week 3: 29<sup>th</sup> April</u></b></p> <p>Tea bag art</p>	<p>Dried tea bags, fine line black and coloured permanent/paint pens/sharpies, paper.</p>	<p>Recycling and reusing your dried teabags from the previous session to make mixed media art inspired by nature.</p>
<p><b><u>Week 4: 13<sup>th</sup> May</u></b></p> <p>Frottage and collage</p>	<p>Wax crayons or oil pastels, pencils/graphite/coloured pencils, white paper, scissors, pva glue or glue stick.</p>	<p>Make rubbings from textures found in your garden to cut up and create a piece of art.</p>