

The Shape of Spaces

For this first week we will explore the ways in which the house/home can fuel creativity and imagination!

1 Creative Cartographer

Activity: Draw a map of a space at home using something you wouldn't normally draw with.

Time: 15 minutes (ish)

You will need:

Something to draw with - for example: a tea bag, a slice of beetroot, nail varnish, tomato puree, a piece of string, sugar, tape, leaves, grass from the garden & something to draw on - for example this could be white paper, your lawn or kitchen counter!

Suggested steps:

1. **Choose** what you will draw with and what you will draw on. Think outside the box!
2. **Observe** the room around you - What pulls your attention and what do you gloss over?
3. **Reflect** on what happened. Document your chaos/creation and send a photo if you can!



Kay's wonderful blockprint from a Hythe Zest session in February.

A Note to say...

At Zest, we come together to be creative, share ideas and have fun!

We hope that you can carry on doing this whilst we have to stay at home, using these weekly activities suggested by Coral as inspiration.

'Out of the house spins worlds within worlds'

Gaston Bachelard,
The Poetics of Space



2) Cocoon!

Activity: Create a 'fibre sculpture' by transforming household objects and scrap materials.

Time: 30 minutes (ish)

You will need:

Wool, thread, string, shoelaces or twine, tape, objects or scrap materials such as cardboard/ empty bottles/ containers, orange net bags or anything else you wish to use to make your cocoon creation!

Suggested steps:

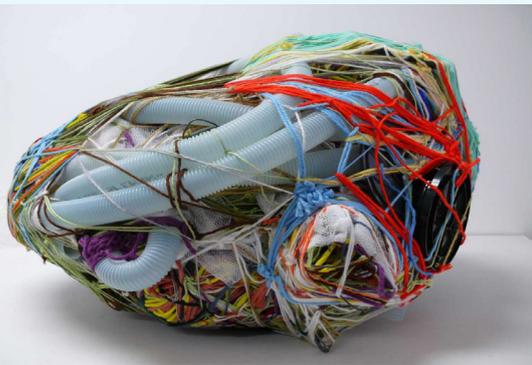
- 1. Attach** your chosen objects/materials with tape, or tie them together with string. How will you decide on the form/shape you create?
- 2. Wrap** your assembled form with string/wool/twine.
- 3. Build up** in layers.
- 4. Weave** different materials through to create a dense surface. When will you stop? How will you decide when it is finished? When you have decided that your cocoon is complete, take a photo if you can!

Food for thought

Who was Judith Scott?

Judith Scott was an artist who due to her disabilities, spent much of her life in isolation.

Later though, Judith Scott began making striking sculptures by wrapping everyday objects/materials in wools, threads and fibres.



We really hope that you enjoyed taking part in these activities. Please share images of your creations by emailing them to zest@brightshadow.org.uk if you are able to.

We will share them on www.myzest.org.uk along with images from previous zest sessions and more activities over the coming weeks!