

## Your Responses

### Welcome to Week 5 of Zest at Home!

Based on your feedback, these sheets are going to look a little different going forward.

As well as a new activity each week, we will also share what is happening within the Zest community...

Each week will include **Highlights** from current Zest Sessions, a showcase of **Your Responses** and some **Food for thought** to enjoy from home.



We love this joyful sketch made in response to Week 1 Activity: **Creative Cartographer**.

Malcolm and Annelies from Hythe made this drawing with water from a watering can carefully sprinkled on the patio.

This wonderful portrait was made in response to Week 3 activity: **Fabric Faces**.

David from Canterbury made this imaginative piece by collaging and combining a sponge, cloths, felt, bluetac and buttons.



## This weeks Zoom Session from Grant!

## Highlights

Participants in Canterbury shared a fun and energising session on Tuesday. Noeline, Helen, David and Clare read fantastic renditions of two scripts, donning their best hats!

Here is the session in action. The fabulous range of hats inspired this week's art activity.



## Food for thought



### Who is Francis Upritchard?

Francis Upritchard is a contemporary artist known for creating sculptures of strange characters and weird and wonderful hats to match.

We hope you enjoyed Week 5 of Zest at Home. If you would like to share images, email them to [zest@brightshadow.org.uk](mailto:zest@brightshadow.org.uk) and find more on [www.myzest.org.uk](http://www.myzest.org.uk)



## The Artist's Hat

**Activity:** Create your own unique artist's hat.  
**Time:** 30 mins (ish)

**You will need:** Newspaper, paper or cardboard, tape, scissors, fabric and anything else you wish to create a super creative DIY hat.

### Suggested Steps:

- 1) Take** four sheets of newspaper and place them on your head or roll a piece of paper into a cone.
- 2) Fix** it in place. If using newspaper: keep your hand on your head and carefully wrap tape around your head to sculpt the newspaper into a hat shape.
- 3) Remove** it from your head and secure further with tape to define the basic shape.
- 4) Think** about the type of hat you want to create. Add more newspaper or cardboard as necessary.
- 5) Decorate as desired** with fabric, paper or string. Be bold!

If you can, take a photo of you wearing your artist's hat or wear it to the next Zoom Workshop!