

ARTS HEALTH ACTIVITY

Create an abstract still life artwork inspired by Peter Pinson's *Still Life Approaching Cloud*.



**MAITLAND
REGIONAL
ART GALLERY**

Peter Pinson *Still Life Approaching Cloud*, 2011.
Gouache on paper 76 x 56cm
Maitland Regional Art Gallery Collection.

This artmaking activity promotes observation and mindfulness whilst having fun and engaging with your environment.

Have a good look

Take your time to look at the artwork by Peter Pinson, it includes a range of colours and shapes:

- How would you describe the mood of this painting?
- What kind of liquid do you think is in the cup and the bottle?
- Can you see similar shapes in the room that you are in now?
- Do the edges of the shapes look hard or soft?
- What colour stands out to you the most?
- What shape stands out the most?
- Do you like the work? Why? Why not?

Let's Get Creative

What you will need for this art making activity:

- A clean, clear table and chair
- Objects, paper, pastels, pencils

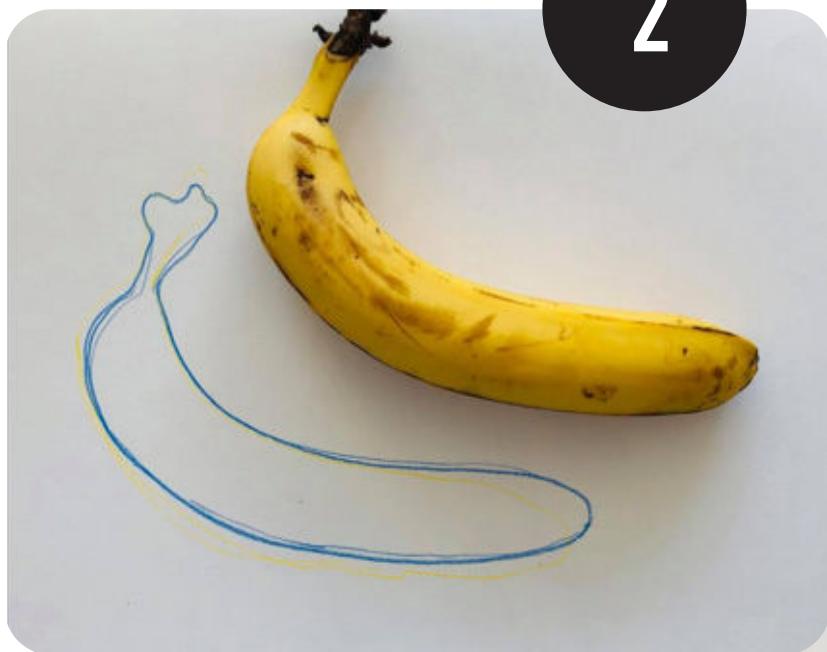
1



Step 1.

- Gather some objects whose shape you like from around your room, house or garden. These could be things such as cutlery, crockery, leaves, sunglasses and keys.

2



Step 2.

Place one object at a time on your piece of paper and trace around it with a coloured pencil. As you add more shapes, play around with composition, making each outline overlap with another object.

You might like to trace your finger around the lines on your page, noticing where one line meets the next and changes direction.

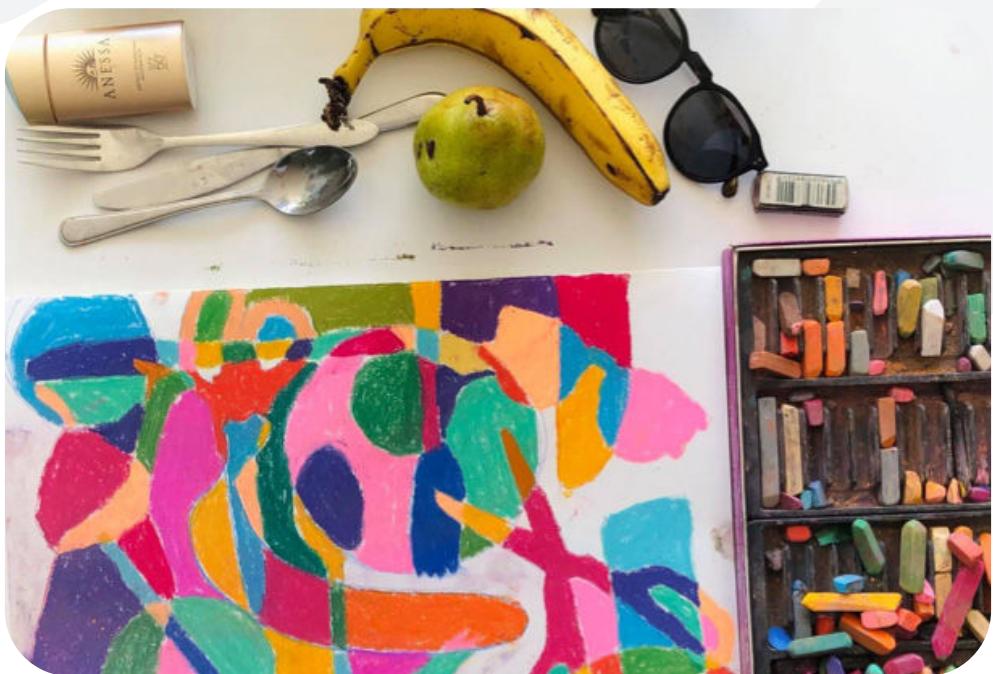
Step 3.

When you are happy with your composition, start adding colour with either your pastels, coloured pencils or textas. Colour in the new spaces and shapes that have been created by the overlapping lines.

3



You might like to colour in the negative spaces between the objects as well, you can add as much or as little colour as you like.



Reflection

Take some time to have a good look at your artwork once you feel that it is complete. You might like to reflect on some of the following questions:

- What interesting new shapes did you create?
- Can you still see the original objects in your artwork now that they are split up with colour?
- What colours look best side by side?
- What title will you give your artwork?