

Hello 🙌,

Welcome to your 'CREATE COURSE IN A BOX'!

Although we can't be together at this time, we're really excited to share this with you!

This letter explains what the Create Course is and some ways you might want to use the box.

**BUT FIRST, LET US INTRODUCE OURSELVES...**



**Marina** (she/her)

I am a Project Manager, working on creative and social change projects, with local communities.

I think creativity is that mysterious force that let's you find solutions to problems.

**FUN FACT** I had an invisible friend till the age of 10!



**Gemma** (she/her)

I'm the Lead Facilitator at the Create Course. I work with Marina and Ben to come up with creative stuff for everyone to try out.

I think there are chances to be creative everyday.

**FUN FACT** I'm from Liverpool and I run my own version of mastermind online!



**Ben** (he/him)

I'm the Assistant Facilitator for Create. I try and make sure everyone has a good time.

I think creativity is in everything we do; we just don't always realise!

**FUN FACT** My nephew calls me 'Uncle Bens Microwave Rice'!

**WHAT IS THE CREATE COURSE?**

The Create Course is a creative project for everyone, exploring everyday creativity.

We **do** some stuff. We **share** some stuff. We **eat** some stuff. We treat people with **kindness**. There is a **relaxed** and **friendly** vibe.

We **embrace uncertainty** and **creative risk**.

We are **social**. We are **equal**.

## WHAT DO I DO WITH THIS BOX?!

The first rule of Create Course is **there are no rules**. Below are some suggestions, but you choose how to use the box.

In this box there are **six envelopes**, one for each week of the course.

Inside each envelope you will find:

- **The plan of the session**
- **The aspect of creativity explored in each session**
- **Creative activities for you to do**

You choose if you want to do 1, 3 or all of them.

We suggest opening one envelope at a time, each **Thursday at 10am**. This is so we can all do it together!

This may not be possible and that's ok.

We encourage you to work on the activities quickly. We suggest a **maximum of 60 minutes**. This is so you don't overthink what you're doing.

Just see what happens and remember...

**Change your mind. Throw things away. Start again.**  
**Do it now, judge it later. Look from a different perspective.**  
**Be playful. Put unusual things together. Start anywhere.**  
**If in doubt, follow your instinct. Do what you want.**

We would like to see what you have created! If you can, please share on Instagram and tag **@create-battersea** and **@batterseaartscentre**

We would like to connect with you over the phone, to talk about what you have created and see how you are.

If you would like this, please see instructions in the box to arrange a call.

**TAKE CARE, ENJOY AND  
GET CREATIVE!**

## SESSION 1

### GET CREATIVE WITH FEAR PORTRAITS. BOOK COVERS. TELL YOUR STORY.

#### The idea behind today's session

“Calling being creative “scary” feels melodramatic but for many, the thought of expressing themselves creatively really *is* frightening. And this isn't especially surprising, since creative work is a collision point for some big fears: ridicule, rejection, feeling you lack talent. Hang-ups about creativity can go as far back as childhood: parents and teachers can all too easily squelch a child's imagination. Some neuroscientists argue we've evolved to distrust creative ideas: there's little survival benefit to trying something new.

The real question, then, is not whether creativity provokes fear, but what to do when it does. The trick, if you can do it, isn't to ignore fear, or destroy it, and definitely not to obey it, but to make space for it. Writer Elizabeth Gilbert uses the useful analogy of a road trip. Fear always comes along for the ride, and that's fine – but that doesn't mean you need to let it anywhere near the steering wheel”

**Today's quote** “Feel the fear and do it anyway”  
(Susan Jeffers, writer)

**For inspiration take a look at the enclosed Steal Like an Artist page.**

#### 1. PORTRAIT

Give yourself 3 minutes to draw a portrait of yourself or someone in your household. Stick to the 3 minutes. Negative thoughts will go through your head, ‘I can't draw’. ‘It doesn't look right’. Keep going. When you've done it, look at it, pick out something good about it. If you've drawn someone in your household, show it to them.

If you have **more time**, do 2 or 3 quick 3 minute sketches. Pick your favourite and develop it by adding detail. Or recreate it, try using just 1 or 2 colours, use collage or even pasta to experiment with your portrait.

## **2. TELL YOUR STORY**

Fold a piece of card or paper in half. On the front, create the cover of a book that is about you. You can draw it or cut out shapes and letters using card, coloured paper, newspaper, magazines. If you don't have scissors tear out the shapes you want. If you don't have glue you can make some by mixing equal amounts of flour and water (try half a cup of each). The cover can be your name, a picture that represents something about you or an important moment in your life.

### **2B.**

On the next page, tell your story: your story can be about this moment you are in right now, what you've been doing in the last few weeks, a description of you, a list of everything you love or a summary of your bigger life story.

**Share:** We'd love to get to know you. Post your work to us! Our address is **Battersea Arts Centre, SW11 5TN**. It might be scary but do it anyway! You can also share your work with us by taking a picture of it and sharing on Instagram **@create\_battersea** or emailing it to Marina **marinas@bac.org.uk**

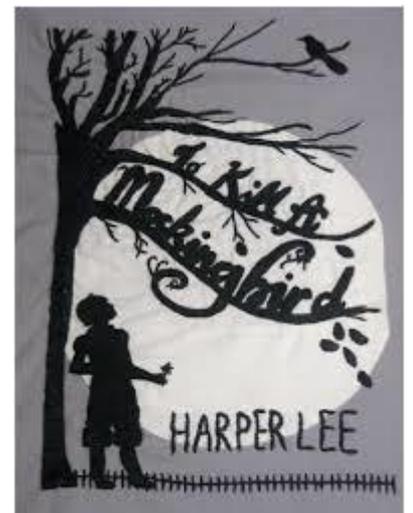
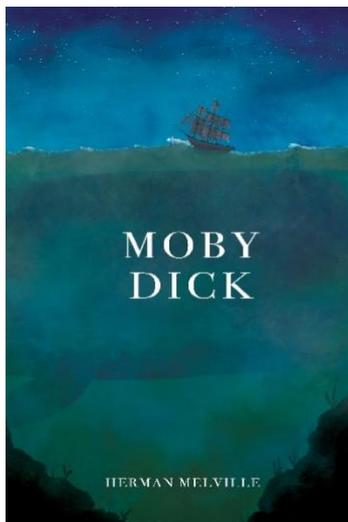
# SESSION 1

GET CREATIVE WITH FEAR  
PORTRAITS. BOOK COVERS. TELL YOUR STORY.

(Some ideas from Grayson Perry & Sketch Appeal)

# STEAL LIKE AN ARTIST

(AUTHOR: AUSTIN KLEON)



## SESSION 2

### GET CREATIVE WITH UNCERTAINTY GROWING. PATTERNS. PRINTING.

#### The idea behind today's session

Often, creative ideas won't turn out the way you see it in your head. You might have an idea of how you want something to go: a recipe, a drawing, rearranging your furniture... but it doesn't quite look how you imagined. Let yourself be surprised. Take a leap, have a go and see what happens.

#### Today's quote "Go with the flow"

For inspiration take a look at the enclosed **Steal Like an Artist** page.

#### 1. GET GROWING

Growing and gardening often involves uncertainty: you plant the seeds, water them and see what happens:

- Grab a container, the plastic trays vegetables come in from the supermarket are perfect, you can also use a yogurt pot or any plastic container. If there aren't any, cut a few small holes in the sides or the bottom of the container for excess water to escape. Cover the bottom of the tray with soil (you'll find this in your box), 1 to 2 inches deep, making sure you don't over-compress it, and water lightly.
- Sprinkle the seeds (choose your favourite ones - you can buy them from local markets/shops or order them online, e.g. [here](#)) on top of the soil as evenly as possible. Don't worry about packing them in, they don't need much space to grow.
- Lightly spray your seeds with water and cover your container with some foil or a lid of some sort.
- Check on your tray daily and spray water as needed to keep the seeds moist.
- A couple of days after the seeds have germinated (started to show leaves), you can remove the plastic lid to expose them to light. Try keeping them on the windowsill.
- Water once a day while your microgreens grow and gain colour.
- After 7–14 days, your microgreens should be ready to harvest and eat
- 
- Cut with scissors and add to salads, sandwiches, soups, jacket potatoes and so on.

**What are microgreens?** Microgreens are young vegetable greens. You can eat them, they're super tasty and very high in nutrients. They come in a wide range of colours and textures.

## **2. RELIEF PRINTING**

You're probably familiar with relief printmaking. You've likely had a go at using stamps. However, carving your own blocks to make original relief prints is a brilliant way of decorating bags, stationary and tea towels to create your own unique designs.

Repeating a mark, line, shape or colour, makes patterns. Even the simplest shape can create infinite pattern variations.

Potatoes make for excellent stamps for simple designs:

- On a chopping board, use a kitchen knife (stay safe!), halve a potato (any potato is fine including sweet potatoes) lengthways. Make sure the potato surface is flat.
- Dab on a dry towel, newspaper or sponge to remove excess moisture.
- Hold a potato half lengthways, steady, carve out your chosen shape. Repeat this process so you have between 2 and 4 stamps.
- Coat the surface of your potato stamps with a thin layer of paint or ink (use fabric paint for textiles), use a brush, a small piece of sponge, a cotton pad or your fingers.
- Go with the flow and try out making several designs on some scrap paper. Once you have a sense of the pattern you'd like to create, print your design onto envelopes, writing paper, labels and cards to make original stationary designs.
- You can repurpose a clean tote bag with a repeated pattern or make a simple table cloth design. Allow time for fabric to dry and then heat set the design by covering with a cloth or some newspaper and then ironing it.

You can keep your potato blocks in a plastic bag in the fridge for 2 to 3 days.

## **3. WHAT CAN YOU HEAR**

If you want to do more, listen to some music you like, put on the radio or listen to the sounds from outside. Using paint or pens draw what you hear, go with the flow and make a new pattern inspired by what you can hear.

# **BATTERSEA ARTS CENTRE**

**Share:** We'd love to see your creations.

You can share your work with us on Instagram [\*\*@create\\_battersea\*\*](#), email us [\*\*marinas@bac.org.uk\*\*](mailto:marinas@bac.org.uk) or send us something in the post

**Battersea Arts Centre, Lavender Hill, SW11 5TN**

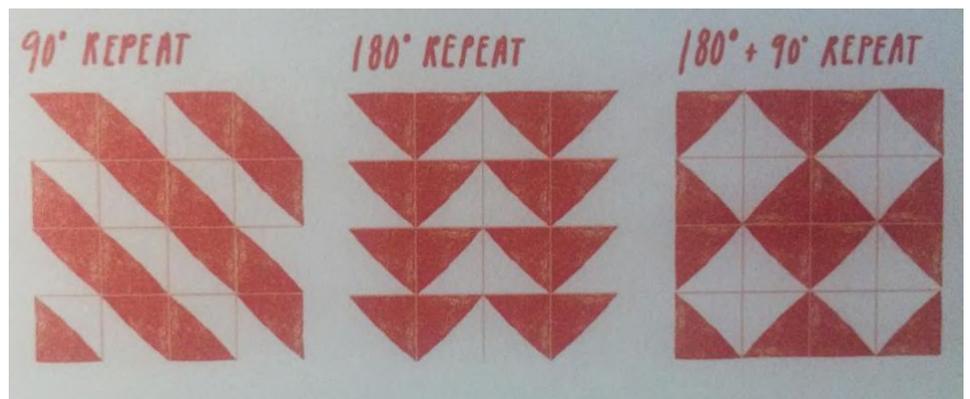
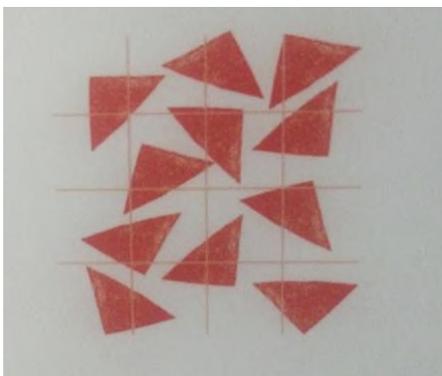
# SESSION 2

GET CREATIVE WITH UNCERTAINTY  
GROWING. PATTERNS. PRINTING.

(Some ideas from Print Workshop by Christine Schmidt & Kandinsky)

# STEAL LIKE AN ARTIST

(AUTHOR: AUSTIN KLEON)



## SESSION 3

### GET CREATIVE WITH MISTAKES DRAWING. SKETCHBOOK. STILL LIFE.

#### The idea behind today's session

Incorporate your mistakes and change your perspective to come up with unexpected results. As you're drawing try not to use a rubber. Instead let your mistakes lead you.

**Today's quote** "We don't make mistakes just happy little accidents"  
(Bob Ross, painter)

For inspiration take a look at the enclosed **Steal Like an Artist** page.

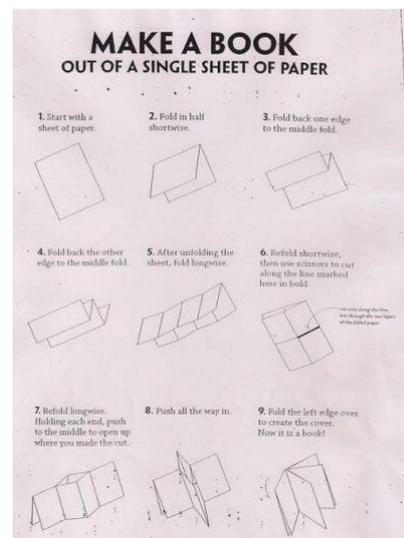
#### 1. INCORPORATE YOUR MISTAKES

Make yourself a cuppa - and while you enjoy it, use the tea bag to spill some tea on a piece of plain paper, you can make marks with the bottom of the mug too. Make sure it's a strong brew. Wait for the stains to dry. Look closely and transform/incorporate the stains into drawings.

#### 2. SKETCHBOOK

Take an A4 or A3 sheet of paper and follow the instructions\* in this pack to make your own 8 paged sketchbook.

#### \*LOOKS LIKE THIS



### **3. FROM YOUR WINDOW**

Window views are ever changing. In your sketchbook, draw scenes of what you can see outside your window. You can draw the view, you can also

make the window the focus of an interior scene or pick a subject out of the scene that interests you and make a study of that one particular tree or building. If you have **more time**, fill your sketchbook with a variety of drawings based on the view from your window.

#### **A few tips**

- If you are drawing a larger scene, it is a good idea to first identify your biggest object, and place it in your drawing. This helps scale everything else against that.
- Rough out the contents of the scene early on – even if it is just loose boxes for buildings, and blobs for trees, you can arrange subjects in a busy scene quickly. Don't be afraid to adjust these as the drawing progresses.
- When laying out your drawing, aside from working big to small, it can also help to work near to far – 'drawing into the page'. This helps because subjects closest to you are overlapping distant ones. These overlaps add a greater sense of depth to your drawing.
- Save the details until last.

### **4. CHANGE IT UP**

Create your own still life arrangement by placing a few objects together, you might include things like: plants, fruit, cutlery. If you usually use your right hand, try drawing the scene in your sketchbook with your left hand.

**Share:** We'd love to see your creations.

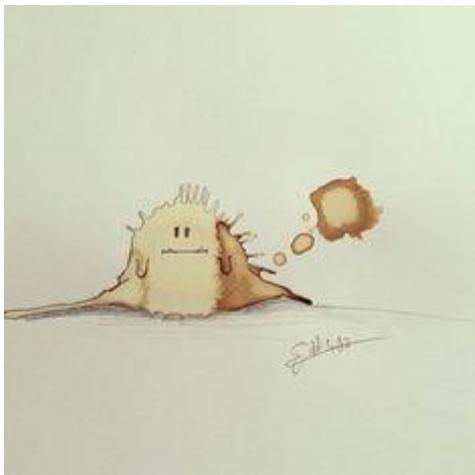
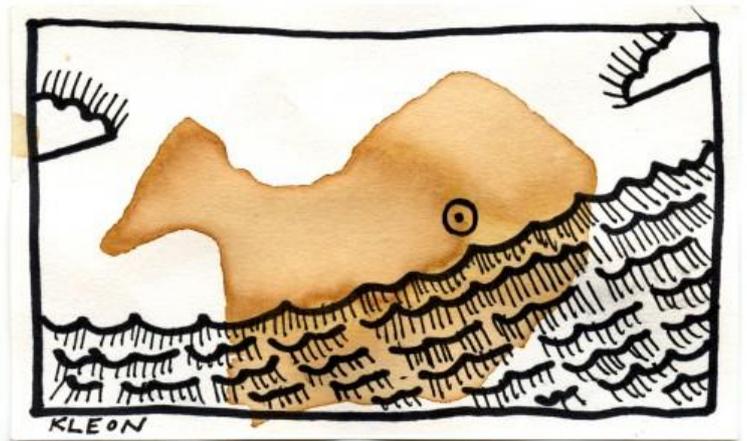
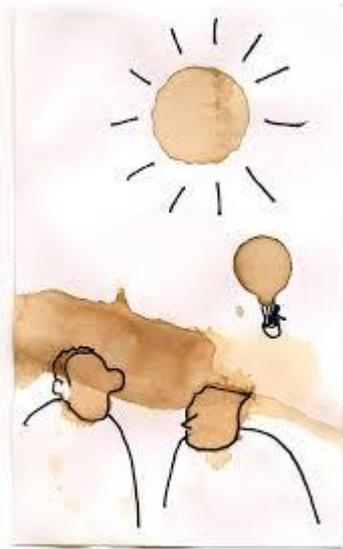
You can share your work with us on Instagram [@create\\_battersea](https://www.instagram.com/create_battersea), email us [marinas@bac.org.uk](mailto:marinas@bac.org.uk) or send us something in the post **Battersea Arts Centre, Lavender Hill, SW11 5TN**

# SESSION 3

GET CREATIVE WITH MISTAKES  
DRAWING. SKETCHBOOK. STILL LIFE.

# STEAL LIKE AN ARTIST

(AUTHOR: AUSTIN KLEON)



## **SESSION 4**

### **GET CREATIVE WITH WHAT'S AROUND YOU TRANSFORM. COLLAGE. REPURPOSE. DIY.**

#### **The idea behind today's session**

Objects do not have only one purpose, they can be used in many ways, depending on the user's imagination. There is abundance in knowing how to use things in different ways.

**Today's quote** "Every so often, experience the flipside of convenience" (Shunmyo Masuno, Zen Bhuddist)

**For inspiration take a look at the enclosed Steal Like an Artist page.**

#### **1. TRANSFORMATION**

During World War II the artist Pablo Picasso didn't have access to regular art materials. Picasso was endlessly resourceful, making a whole world of masks and animals using torn paper napkins he would pick up in restaurants and cafes. He even made sculptures out of old pieces or cardboard.

Give yourself 5 minutes to transform a napkin or a cereal box or something similar into something new.

#### **2. FREE WRITING**

Sit comfortably. Close your eyes and think of a place you would like to visit. It can be a favourite holiday spot or a fantasy landscape. What are the colours, sounds and smells? On a page of A4 paper write freely, without worrying about spelling or grammar, about the place or places you imagined. Start anywhere and write until you get to the end of the page.

#### **3. WISH YOU WERE HERE**

With your writing in mind, design a postcard (you need some plain card cut to A6, the size of a postcard) that captures a place you'd like to visit right now. Use some coloured paper to make a collage. You can add images and words from newspapers and magazines, old cards and wrapping paper. Make two or three different versions of your design. Post them to people you know or you can send them to us at BAC. We'd love to

see where you've been!

#### **4. REPURPOSE**

Clean out an old jar. Give it a new life. What could it become? A measuring cup, a vase, a pencil holder, decorate it and make it into a tea light holder...

#### **More ideas for being creative with what's around you**

Lemon, vinegar and bicarbonate of soda are all excellent cleaning products and they are natural.

Olive oil makes a great cleanser for your face. Massage a few drops onto your face, then clean it off with a warm flannel.

Mix half a cup of brown sugar and half a cup of coconut oil to make a simple body scrub.

**Share:** We'd love to see your creations.

You can share your work with us on Instagram [\*\*@create\\_battersea\*\*](#), email us [\*\*marinas@bac.org.uk\*\*](mailto:marinas@bac.org.uk) or send us something in the post

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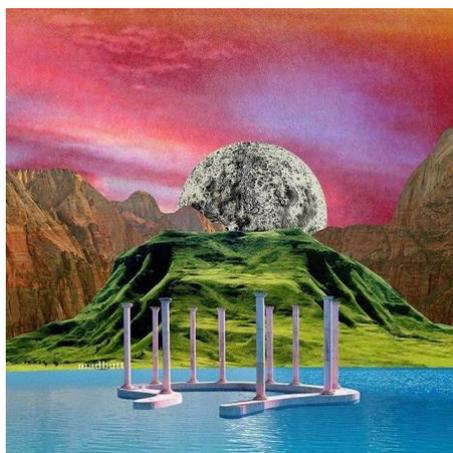
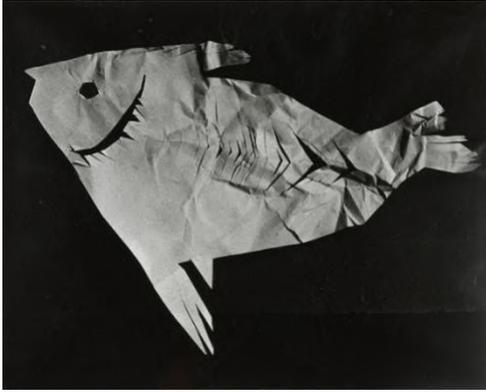
# SESSION 4

GET CREATIVE WITH WHAT'S AROUND YOU  
TRANSFORM. COLLAGE. REPURPOSE. DIY.

(Some ideas from Pablo Picasso)

# STEAL LIKE AN ARTIST

(AUTHOR: AUSTIN KLEON)



## **SESSION 5**

### **GET CREATIVE WITH BEING BOLD DESIGN. MOSAICS. LOCKDOWN POTS.**

#### **The idea behind today's session**

Try something new, combine unusual things to find new creative ideas and solutions.

**Today's quote** "Put a grain of boldness in everything you do"  
(Baltasar Gracian, writer)

**For inspiration take a look at the enclosed Steal Like an Artist page.**

#### **1. WHO YOU GONNA CALL**

Design a business card for a ghost.

#### **2. A MOSAIC TASK FROM GUEST ARTIST LINDA WILD**

Hello,

The art of mosaic is to create an image using fragments of ceramic or glass, called 'tesserae'. Each piece is carefully cut and trimmed to fit exactly in the space allocated, building up the image and the background.

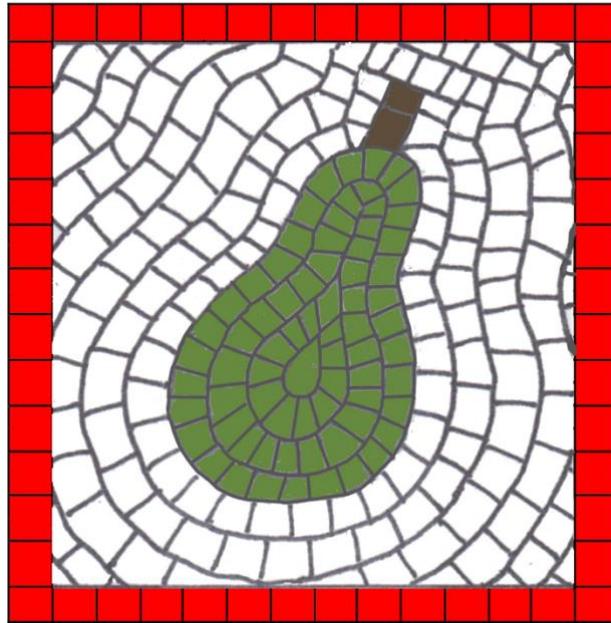
I'm sending you a project using Opus Vermiculatum for you to do at home.

Of course, you will probably not have the tools to cut and shape the ceramic or glass pieces. Therefore, I am suggesting you get some coloured paper, or colour the paper in the colours you want, some scissors, some glue and a piece of card on which you will make your mosaic. You can draw the image or 'emblema' in the centre of your piece of card to begin with. Try not to make the work too small as it will be much more difficult. It is easier to work bigger.

Next you need to cut your pieces of colored paper to fill in the 'emblema'. I would suggest you cut one piece at a time and glue it down before cutting the next piece. Try to be precise with the gaps, avoiding triangular gaps and keeping them all 2 or 3 mm in every direction.

Happy paper mosaicking! Hope you are keeping well and look forward to maybe seeing you in the future, when we can use the proper tools to create our mosaics!

The example here is a simple shape of a pear, for working with glass or ceramic tesserae. However, as you are using cut out paper, you could experiment with a slightly more detailed shape/image if you prefer.



### **3. OLD & NEW**

Ancient Greek pottery tells stories through pictures. Contemporary artists like Grayson Perry also use pots to tell stories about modern day life and experiences. On a big piece of paper, draw the outline of a large pot or vase. Tell the story of your experience in lockdown on your pot through pictures.

#### **During the week try something new**

- Draw your dream
- Wear 1 colour
- Invent a character and write their story
- Create a map of an imaginary country
- Record a conversation between people at the shops, in the house or on the TV. Turn it into a short play. Write the scene before and after.
- Make your own fashion show.
- Invent a board game.

**Share:** We'd love to see your creations! You can share your work with us on Instagram [@create\\_battersea](https://www.instagram.com/create_battersea), email [marinas@bac.org.uk](mailto:marinas@bac.org.uk) or send us something in the post: **Battersea Arts Centre, Lavender Hill, SW11 5TN**

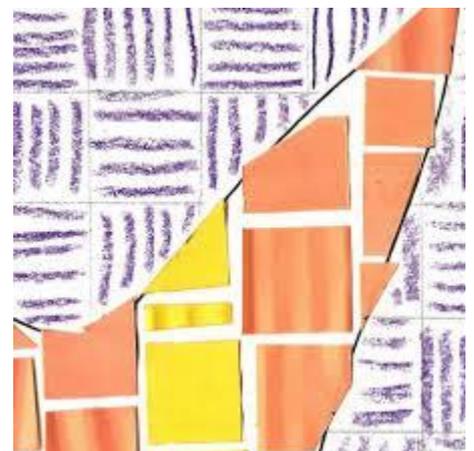
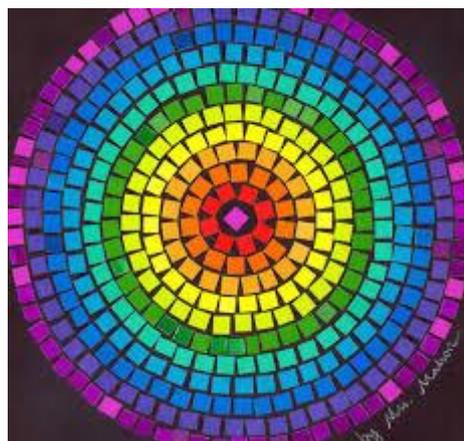
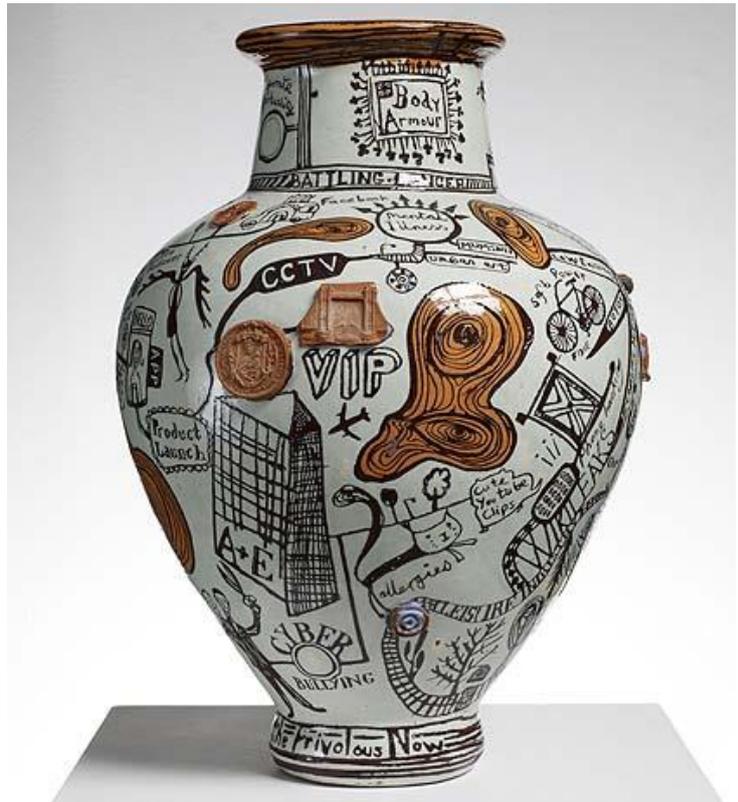
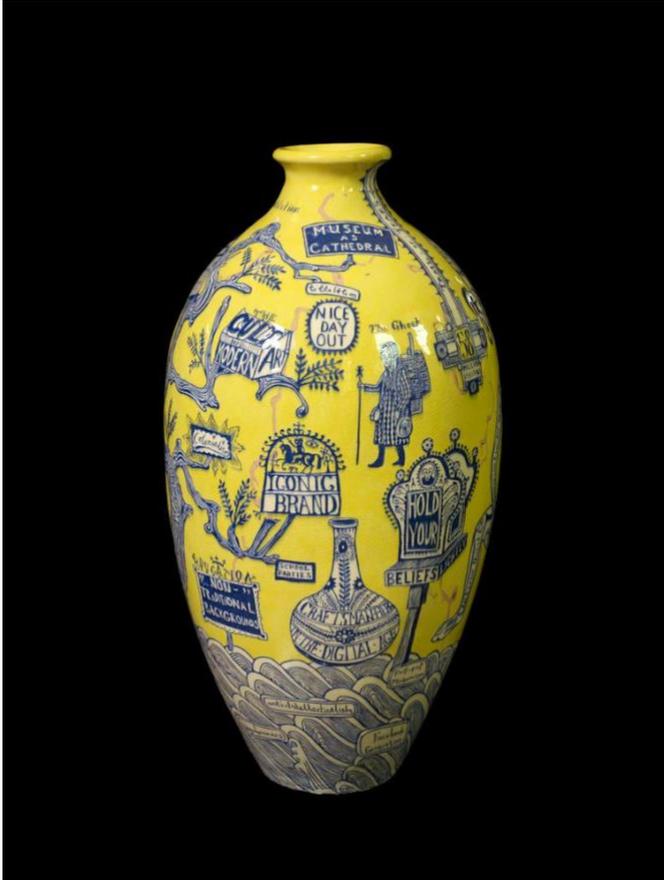
# SESSION 5

GET CREATIVE WITH BEING BOLD  
DESIGN. MOSAICS. LOCKDOWN POTS.

(Some ideas from Grayson Perry)

# STEAL LIKE AN ARTIST

(AUTHOR: AUSTIN KLEON)



## **SESSION 6**

### **GET CREATIVE WITH SHOWING YOUR WORK POSTERS. BANNERS. MAIL ART.**

#### **The idea behind today's session**

Creativity is powerful and infectious, pass it on.

**Today's quote** "Art makes people powerful"

(Bob & Roberta Smith, artist)

**For inspiration take a look at the enclosed Steal Like an Artist page.**

#### **1. MESSAGE TO THE WORLD**

There is so much brilliant creativity appearing in people's windows up and down the country. Drawing on everything you've done over the past 5 sessions, create a message for the world, this can include words or it can be an image only. Use any materials you have available: recycled fabric, magazines, coloured paper, newspaper, paint, ink, it's up to you.

Create your own unique banner, poster, art work and share it. You can share it by sticking it up in your window, in a bus stop or on a lamppost and/or send a copy to us at BAC or to a friend.

#### **1. CREATE MANIFESTO**

Print out your Create Manifesto or write it out on a piece of paper, fill in the missing words. You can also write your own manifesto about creativity. Turn your manifesto into a work of art by decorating it, use doodles, patterns, colour and so on, make it your own. Transform an envelope into a piece of original mail art, doodle, draw, collage and use words. Post your manifesto to us at BAC. We would love to add these to a big art work.

Mail art is a creative movement based on the principle of sending small scale art works through the post.

**Share:** We'd love to see your creations.

You can share your work with us on Instagram [@create\\_battersea](https://www.instagram.com/create_battersea), email us [marinas@bac.org.uk](mailto:marinas@bac.org.uk) or send us something in the post

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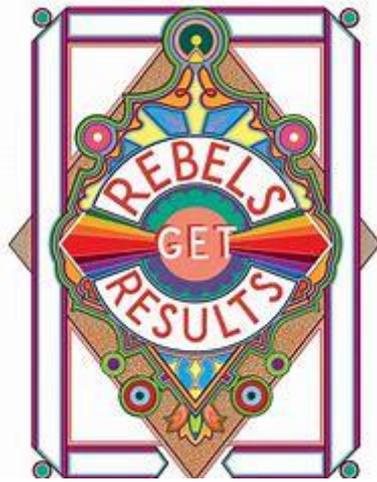
# SESSION 6

GET CREATIVE WITH SHOWING YOUR WORK  
POSTERS. BANNERS. MAIL ART.

(Some ideas from Mark Tichner, Rebecca Strickland & Ray Johnson)

# STEAL LIKE AN ARTIST

(AUTHOR: AUSTIN KLEON)



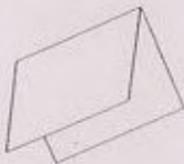
# MAKE A BOOK

## OUT OF A SINGLE SHEET OF PAPER

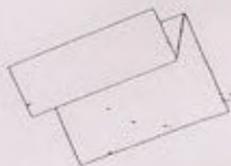
1. Start with a sheet of paper.



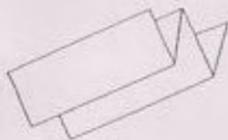
2. Fold in half shortwise.



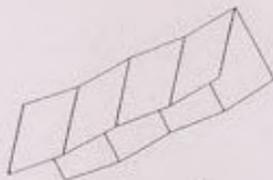
3. Fold back one edge to the middle fold.



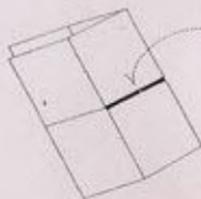
4. Fold back the other edge to the middle fold.



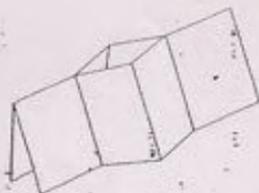
5. After unfolding the sheet, fold longwise.



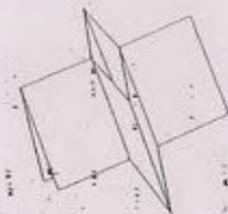
6. Refold shortwise, then use scissors to cut along the line marked here in bold.



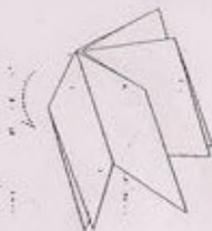
7. Refold longwise. Holding each end, push to the middle to open up where you made the cut.



8. Push all the way in.



9. Fold the left edge over to create the cover. Now it is a book!



# CREATE MANIFESTO

CREATIVITY IS FOR \_\_\_\_\_.

WE ARE \_\_\_\_\_

WHEN WE ARE CREATIVE.

\_\_\_\_\_ HAVE IDEAS.

WE \_\_\_\_\_ THE WORLD

WHEN WE \_\_\_\_\_.

DON'T FOLLOW \_\_\_\_\_.

DON'T \_\_\_\_\_ DO \_\_\_\_\_.

PUT A BIT OF \_\_\_\_\_

IN EVERYTHING YOU DO.

\_\_\_\_\_ LESS. \_\_\_\_\_ MORE.

FIND \_\_\_\_\_ AND EVERYDAY.

WE ARE \_\_\_\_\_.