

suffolk**artlink**

Book of prompts

A stylized, handwritten signature in black ink, located in the bottom right corner of the page. The signature is cursive and appears to be a name, possibly 'Suffolk Artlink' or similar, written in a fluid, artistic style.

How to:

This little book of prompts is a guide for creative activities. Some of the intentions encourage 'out of the box' thinking, cathartic processing and generally a bit of fun. We hope you enjoy.

1. Write your favourite numbers on this page, use different colours, sizes and styles.

2. Close your eyes and listen to what you can hear in your surroundings, allow your self to hear a song. Draw as you listen, keeping your eyes closed.

3. Draw your favourite fictional character.

4. Draw a Self portrait, drawing fast

5. Repeat a shape (*eg many circles filling the page*)

6. Draw the smallest thing you can find as big as you can.

7. Use masking tape to create a figure.

8. Holding 2 pens in one hand, Draw a building, then another, then another...

9. What is the safest thing you know?
Make an image of it.

10. Think of a door, then let it open, draw what you can see coming through.

11. Write about your last week without taking your pen off the page.

12. How many types of weather can you draw on one page.

13. Sit and listen to your own breathing for 1 min. Write the first 20 words that come into your head.

14. With a newspaper/magazine, rip/cut out pictures and words to create your own work.

15. Find a fiction book, choose the first page and make a painting/drawing of the first scene described.

16. Choose 5 of the brightest colours that you have. Draw 3d shapes using the colours.

17. Have a pen in each hand and draw a tree, try to use them at the same time.

18. Turn on the radio, the first word/words you hear write it in as many different ways as you can.

19. Sit and listen for 2mins with your eyes closed. Try to pick out the things that you can hear. After 2 mins try to draw those things from memory.

20. Draw the heaviest thing that you can think of.

21. Set up a still life using some of your favourite objects, (if you can put a lamp above them), draw this scene in full colour.

22. Look up your favourite animal and make a watercolour/painting/drawing of it.

23. Find something very old to draw.

24. Scribble with your 'other' hand, eyes closed for 10 seconds. Open your eyes and try to create something out of it using either hand.

25. Draw Birdseye view map of where you live and the surrounding area.

26. Find an object that has your favourite colour in it. Using paints try to mix that colour and use it on this page.

Hope you had some fun and hats off if you tried them all.

There may be some prompts that you want to revisit. They could be used to make an extended piece of work too.

Well done and keep sketching.

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SUFFOLK
Community
Foundation

'This activity has been created with funding from the Suffolk Carers Fund through Suffolk Community Foundation'

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