KOESTLER ARTS + ART AID

Hello from Koestler Arts!
Koestler Arts + Art Aid sheets suggest creative tasks that can be done in-cell. For most all you need is paper and a pencil – though if you have further materials please use them.

The 2022 Koestler Awards deadline has now passed (7 April 2022) but we will continue to produce Art Aid sheets on a monthly basis in the hope that they will continue to inspire you to be creative.

For each Art Aid sheet Koestler Arts are commissioning an artist/writer who has directly engaged with Koestler to set a creative task.

New Art Aid sheets will be available from the first Monday of every month.

July 2022
This task was set by Koestler Award winner, exhibited artist and former mentee, Sarah.

My Story

I have always had very a keen interest in the arts. I have vivid early childhood memories of being in trouble for constantly doodling on scraps of paper, and my parents finding them in every nook and cranny!

As I grew into a young woman, and became a mother myself, the creativity within me sort of stifled and became almost a silent whisper. I bumped into it every now and again, drawing for a family member or friend, each time sad, almost apologetic that I had abandoned my sanctuary for so long.
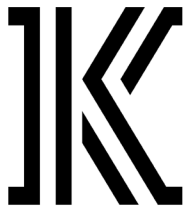
I began my Koestler journey in 2019 during my time in the criminal justice system. By the time I was accepted onto the Koestler Mentoring Programme the whisper had become a ferocious roar. I could no longer silence the cries of my soul's desire to create.

Fast forward to 2022 and, with Koestler's endless support, I have exhibited in galleries in London and Nottingham, have been awarded 2 scholarships and many Koestler Awards, and have facilitated a portraiture workshop. I could only fantasise about this life before.

I have learned so much on my journey but the most important thing is that there is no one particular way to express your inner self. The way that YOU create might be a whole new style that has never been seen in the art world before. YOU can create your own little world where EVERYTHING is within your control, the only two things you will ever need are time and the desire to create.

Image: *Ring Ring Banana Phone*
Koestler Arts Mentoring Scheme
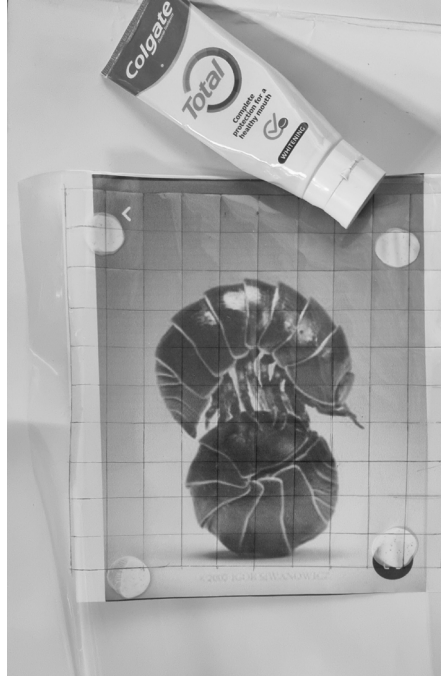Silver Award for Portrait, 2020
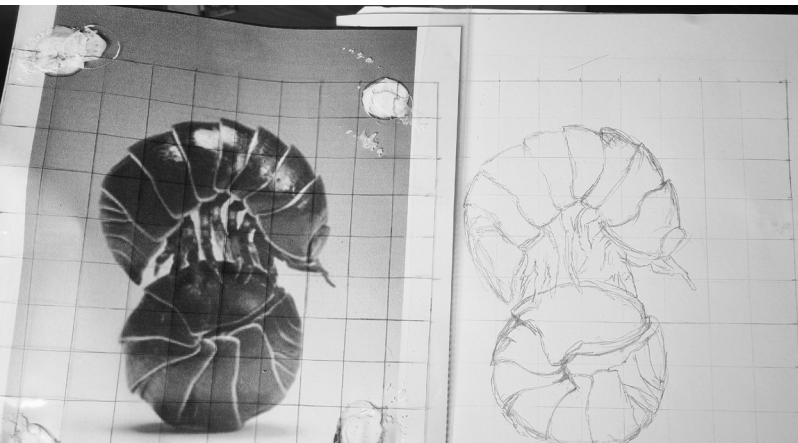
My Task - Grid Map Drawing

Tools Needed:
Ruler
Pencil
Rubber/Bread
Paper
Reference photo
Clear plastic folder (optional)
Blue Tac/Toothpaste
Pen

My task has been inspired by my love of realism. Follow the steps below to grid map drawing.

1. Choose your image. It can be anything you would like to draw (I chose a simple black and white image of some woodlice).

2. Draw your grid. Using your ruler draw a rectangle around your image and divide it into a 2cm x 2cm grid. (Try drawing your grid onto a clear plastic wallet if you are copying a photo and don't want to damage it. You can fix it over the image with blue tac or toothpaste.)

3. Lightly draw another grid with the same dimensions onto plain paper. You should be left with two identical grids, one over the image and one on the drawing paper.

4. Outline your drawing. Using the grid lines for guidance, map your image onto your paper in pencil. Look carefully at how the outline of your image is broken up by the grid and copy it as accurately as you can.

5. Begin shading. Try to look at each square as its own individual piece to copy all its intricate detail.

6. Carefully rub out the grid on your drawing.

Tips and Tricks:
• You can get darker shades with a HB pencil by crosshatching. Hold your pencil at a slight angle and rub it in one direction then in the opposite direction over the top to build layers.

• If you do not have a rubber you can squash soft bread between your fingers and use it as an alternative.

• Don't worry about getting all the detail straight away. Drawing a rough guide for size and scale is the most important step in the beginning. Be patient - this task took me under 3 hours to complete, but may take you less or more depending on your skill level. Remember to have fun!