



A

**Turn your Sound Recorder on!**  
and either pop it in your pocket to go on a walk, or on the windowsill with the windows open if staying at home.

- **Water-resistant drawing utensils:**  
e.g. fine lineo, biro, penoil, graphite stick.
- **Thick piece of paper**  
e.g. watercolour paper, card, cut out piece of cereal box, cardboard.
- **Paint and brushes (or sticks)**  
e.g. watercolour, inks, or even instant coffee granules mixed with hot water in a range of consistencies to play with.
- **Something to lean on**  
e.g. clipboard, book, notebook, sketchbook.
- **Something to record sound**  
e.g. mobile phone, dictaphone.

Note:

If hearing impaired, make sure to have taken time on your walk or at your window to make marks on your drawing that represent the wind and weather, the textures beneath your feet, the proximity of objects and others.

**C Respond to the Sound of your walk**

Once you have finished your walk or observation, listen back to your recording. Using watercolours, inks or even coffee, use the paint, brushes or sticks to mark marks on top of your journey drawing in response to the sounds (search in graphic scores for inspiration).

(See example overleaf)

**Activity 1: Putting Walks on Paper**

What you will need:

**B Trace your journey**  
Go on a walk and use your drawing utensils to create lines and marks representative of your journey. The aim is not to make a geographic map, but a representation of your body in space. If working from home at your windows, follow your paths and reads in front of you, follow the people you can see with your eyes or hear with your ears. Using your drawing utensils, trace what you can see or hear on your paper without looking down.

**Content**

**Activity 1**

**Activity 2**

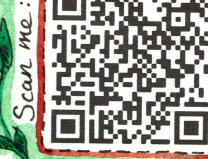
**Activity 3**

**Activity 4**

**Welcome / Goes to the Behind The Frame project**

This activity book, made in the form of a zine, provides you with 4 art-based, creative activities, designed to support your wellbeing during lockdown and to help you feel more connected to your surroundings. You don't have to complete all 4 activities, it's up to you which ones and how many of them you want to complete. Once you have completed an activity, please share your work with us to be part of our online @behindtheframe2020 \* gallery on Instagram. E-mail your work to: @behindtheframe2020 @gmai:com Post on Instagram using the handle above. \*

Scan me: Once you have completed an activity, please share your work with us to be part of our online @behindtheframe2020 \* gallery on Instagram. E-mail your work to: @behindtheframe2020 @gmai:com Post on Instagram using the handle above. \*



Scan Me For: Activity 1 Audio (the next 2 pages)

Before we get started, and so that you can easily access the sound and videos that accompany this activity book, download a free QR code scanner onto your phone, such as 'QR CODE READER - FREE', and have a go at scanning the QR code (right) with your phone.



3



Reddy's Walk

**LET YOUR IMAGINATION RUN WILD!**

**G** Review what you have written and arrange the words and phrases in a way which is pleasing to you. This will become your 'open form' poem. It may be that one word has a line of its own in your poem to give it focus + impact. You may notice that several words start with the same letter, and when put together, form a rather pleasing alliteration! It's completely up to you!

**H** Work in to your sketch or photograph, or re-create it as a collage, highlighting a defining feature.

**I** Position your image on a piece of paper with an ample border around it. This will be the space for writing your poem.

**J** Write, collage or print your poem out and arrange it around the image spatially, thoughtfully, and in a way that reflects your impression of the shed, garage, garden door or gate.

Note

For this activity, I drew inspiration from the artwork + poem, 'Tabney Blow Wells' by Harriet Tard and Judith Tucker. Scan to see this artwork with audio - description + poem read aloud



**Activity 2**

Sheds & Garages Art & Poetry

What you will need:

- Sketchbook and/or notebook
- Camera and/or camera phone
- Sketching and writing equipment

**A** Explore on your walk, or from your window, your local area.

**B** Sketch/photograph sheds, garages, garden doors, gates etc. that interest you (and where you can't see what's inside them or where they lead to).

**C** Pick your favourite one to spend time with.

**D** Make a note of any defining features, such as a brightly coloured door, overgrown ivy, signs etc.

**E** Write down a series of words or phrases that, for you, describe the shape, form, texture and age of it.

**F** Respond to the following questions:  
• What does it remind you of?  
• What do you think is behind the door?  
• What could it lead to?



6