



Behind The Frame

A Creativity and Wellbeing
Activity Book



Becky Davies

[for]

Mess Up
The Mess

m

Welcome / Croeso 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
@gmail.com



Post on Instagram using
the handle above.*

Scan me:



Content

Activity 1

Putting Walks on Paper

Activity 2

Sheds & Garages,
Art & Poetry

Activity 3


Object Collecting

Activity 4

Living Room Illuminations

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.



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



Activity 1: Putting Walks on Paper

What you will need:

- Water-resistant drawing utensil
e.g. fine liner, biro, pencil, 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.

A Turn your sound recorder on!
and either pop it in your pocket to go on a walk, or on the windowsill with the window open if staying at home.

B

Trace your journey

Go on a walk and use your drawing utensil 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 window, follow your paths and roads in front of you, follow the people you can see with your eyes or hear with your ears. Using your drawing utensil, trace what you can see or hear on your paper without looking down.

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 make on top of your journey drawing in response to the sounds (search "graphic scores" for inspiration).

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.

(See example overleaf)

Recky's Walk





Scan Me For Sound ④



Activity 2:

Sheds & Garages

Art & Poetry

Scan Me

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?

5

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, 'Tetney Blow Wells' by Harriet Taro and Judith Tucker.

Scan to see this artwork with audio - description + poem read aloud.



Becky's
Garage
Drawing
/Painting
with
Poem



Such grand gates, a gateway?
Silvery, Spindly, & grand.
Slats upwards, scrolls sideways
Such a grand gate.



Padlocked and paint peeling
Pitched roof protection
Protecting what?
A boat atop a mountain?
A hidden boat.
A hidden raft?
Echoes of silly races,
A time when we and the Yaff
were one.



Scan Me

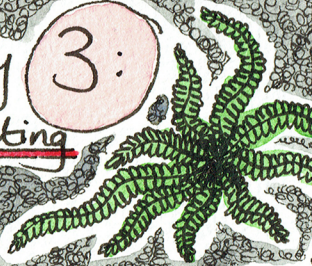




Scan Me

Activity 3:

Object Collecting



What you will need:


- Gloves (garden or food preparation are fine)
- Bag / means of carrying objects
- Mobile phone with camera




A Wash your hands and put on a pair of gloves as a protective layer.

B Take your bag / means of carrying objects with you on a walk. If you are unable to leave your home to go on a walk, consider object collecting from the garden or as you go about your daily routine in the house.

C Collect objects on a theme e.g. rubbish, pebbles and rocks, weeds, items that you've used along your journey. They can be any size as long as you're careful not to collect anything too heavy to carry. The objects should form a record of your walk, time in the garden or daily routine, so collect them instinctively yet thoughtfully.





D Review your collection of objects and play with different compositions that reflect your journey, time in the garden or routine. You could arrange your objects sculpturally, as an assemblage (three-dimensional collage), or, you could do what Becky did and use them as props in a stop-motion video (how to make a stop-motion video overleaf).



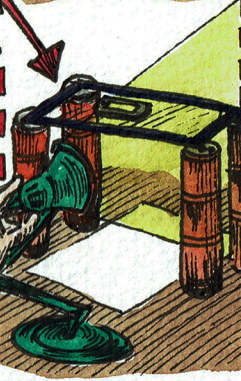
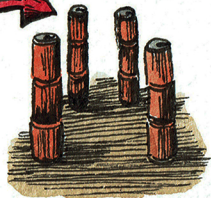
E If working with your gloves off or bringing objects into your home, wash the objects in soapy water, Jeyes fluid, or for paper or fabric objects, a spray bottle of diluted vodka with a few drops of tea tree oil. Wash your hands and let the objects fully dry.

F Document your compositions photographically while considering appropriate backgrounds and lighting (you can use desk lamps as well as natural light to experiment).



If making a Stop-Motion Video

- (A) Download a free stop-motion app to your phone such as 'Stop Motion Studio'.
- (B) Find an old picture frame (preferably glass rather than plastic).
- (C) Take out the back, mount and artwork from the frame.
- (D) Create a raised platform using, for example, towers of bean tins.
- (E) Rest your frame face down on top and place your camera phone face down on the glass.
- (F) Play with lighting using desk lamps from both sides.
- (G) Consider backgrounds. You can use a big sheet of paper to make a neutral background, or you can strategically set yourself up where there is an interesting background texture already.
- (H) Once you've opened your 'Stop Motion Studio' app, click on 'New Movie'.

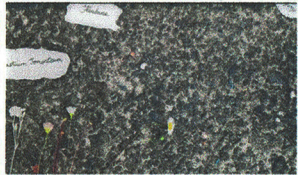


I Check that you are happy with the set-up, how the camera is positioned and focused.

J Start taking photos! With each photo, move your objects slightly.

K Press the play button to watch your images played back to you in order, revealing your stop-motion video - voila!

Stills from Becky's video:



↑ Scan Me For Video



Scan Me For These

Pages Read

↓ Aloud ↓





Activity 4:

Living Room Illuminations

Scan Me

What you will need:

• Camera / camera phone



This activity is inspired by 'Night Window', 1928 by Edward Hopper:



Scan Me
↓ for ↓
Audio ~
Description



A This activity involves photographing from the outside looking in, therefore it is important to complete this activity once night has descended. If you are unable to go outside to photograph, you can put the light on in one room, and photograph it from outside of it, using the door frame as your 'window frame'!

B Agree with someone you are living with to act as your model. Alternatively, you can photograph a pet, or visit a friend, relative or neighbour, photographing them in their home if they live nearby (and have agreed beforehand to be your model!). You can also arrange objects and furniture in an interesting way, especially if you don't have a model.

C Make sure that the room is lit in a way which is pleasing to you, the more dramatic the shadows and silhouettes, the better! Tip - Standing lamps are great for adding atmospheric light.

D Get snapping!

Becky's Illuminated Window:



Scan Me
↓ for ↓
Audio-
Description



Be part of our
Behind The
Frame
Exhibition!



Scan Me

Share your work to be part of our online
@behindtheframe2020 Instagram gallery:



E-mail your work to:
behindtheframe2020@gmail.com



Post on Instagram using the
@behindtheframe2020 handle
and we'll re-post you!



Follow Us:



@messupthemess



@becky_davies_creative



Mess Up The Mess
Theatre Company



Becky.Davies.75098



@MessUpTheMess



@BeckyKempDavies