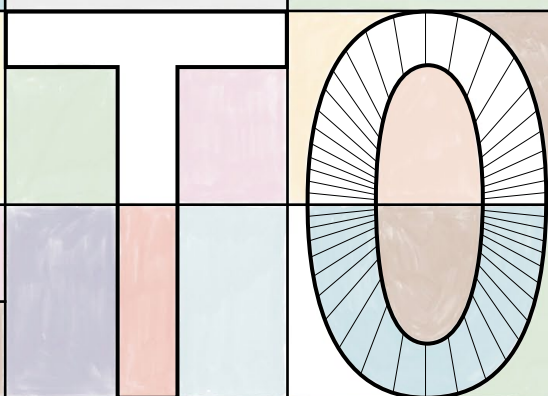
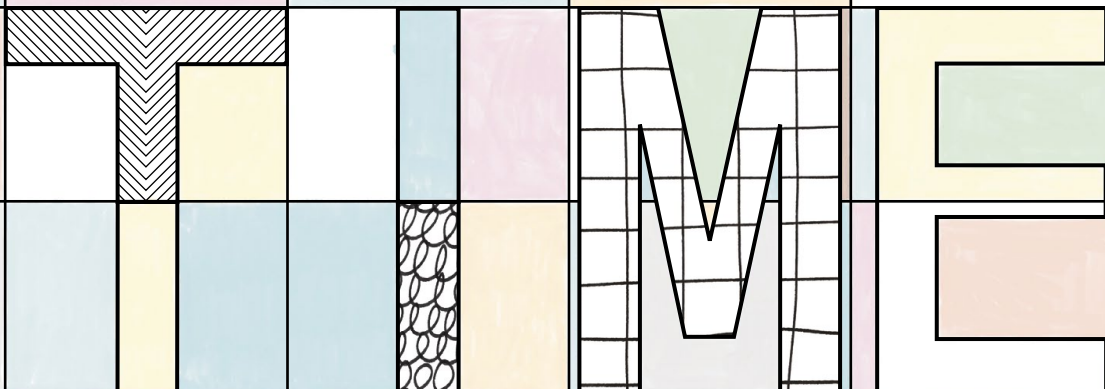


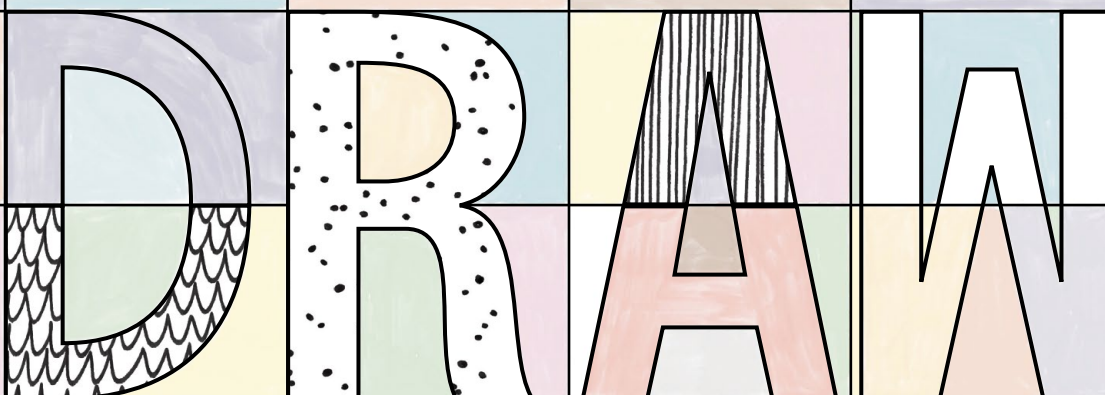
A book of
creative
activities for
you to enjoy



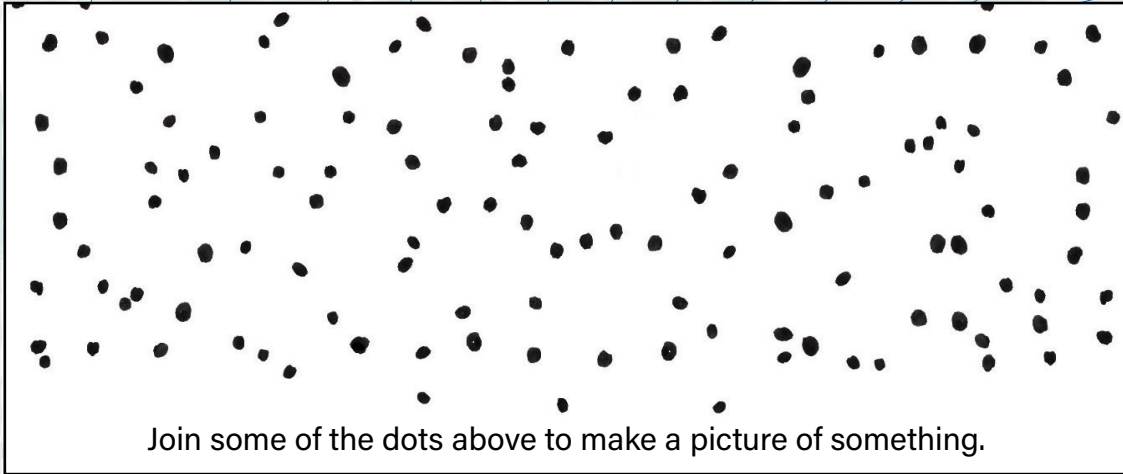
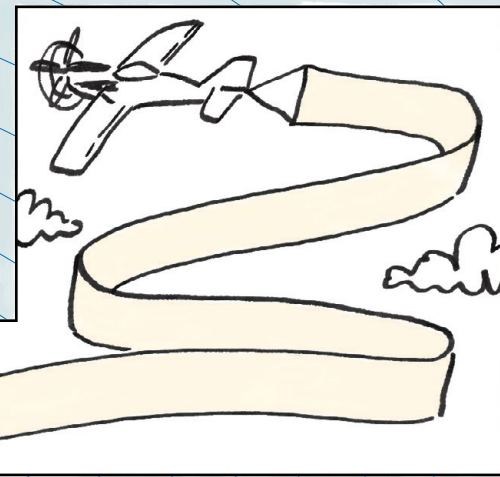
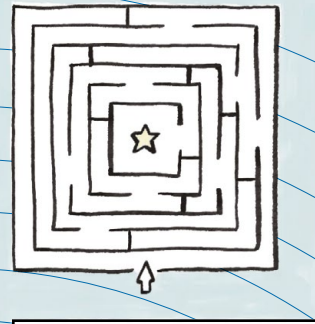
A project by
Foundation Press
and the Newcastle
Hospitals Charity
Arts programme



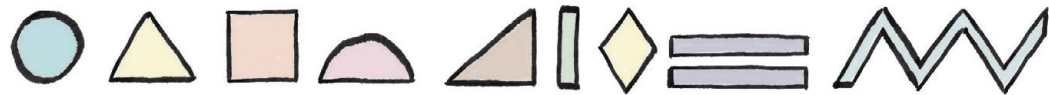
You just
need a pen
or pencil to
get started...



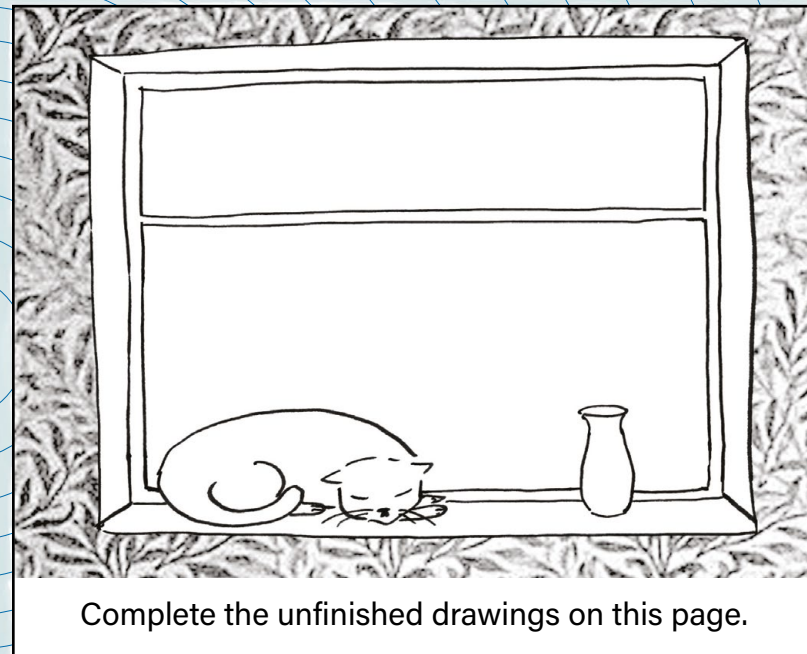
This book invites you to draw. For pleasure, to pass the time, to play, to bring calm – whatever you need right now. Drawing can help to bring all these things and all that is needed is a pen or a pencil. Try to remember to ignore any feelings telling you that you can't do it. Drawing is for everyone. Draw all over this book, keep it to yourself or show it to others. Whatever you like.



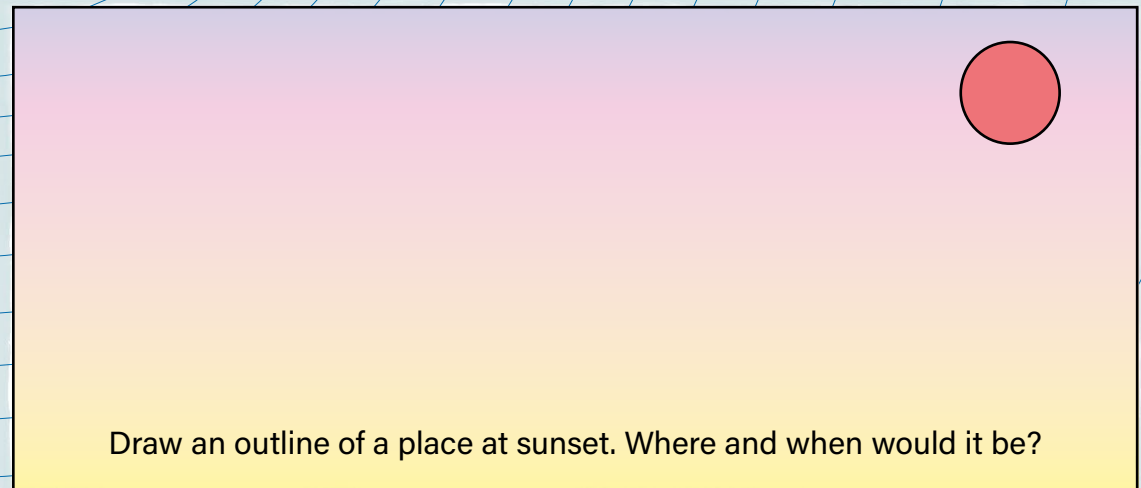
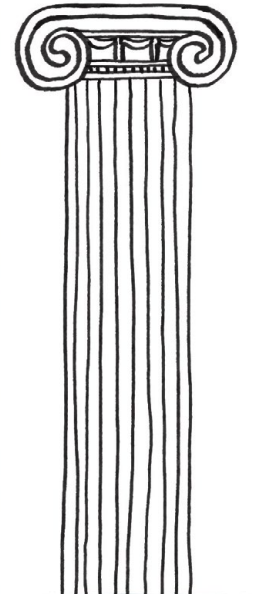
Join some of the dots above to make a picture of something.



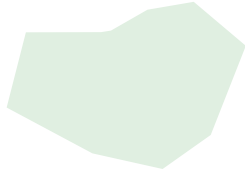
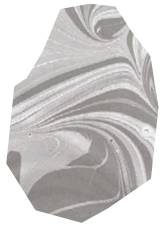
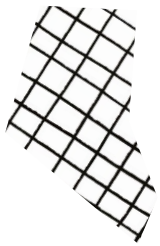
Make a pattern using some of the shapes above, add shading if you want.



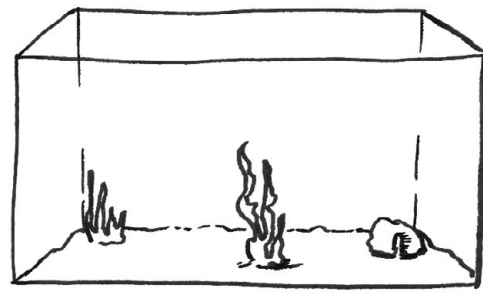
Complete the unfinished drawings on this page.



Draw an outline of a place at sunset. Where and when would it be?



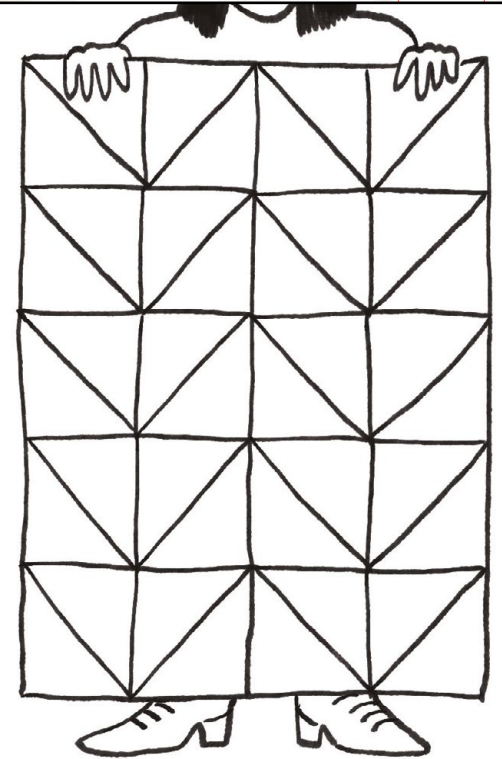
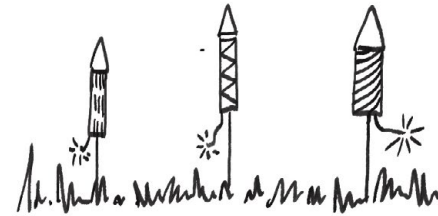
Use drawing to make something from the collaged pieces above.



Warm up by adding a hat.

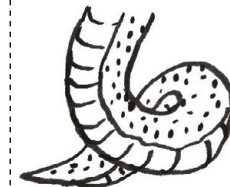
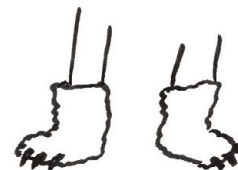
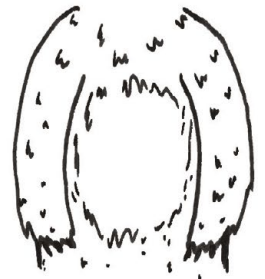


Draw these fireworks exploding in the sky - do they have particular names?

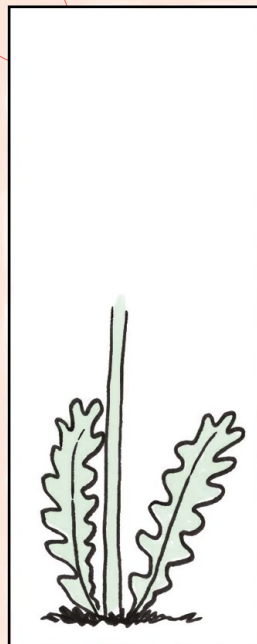
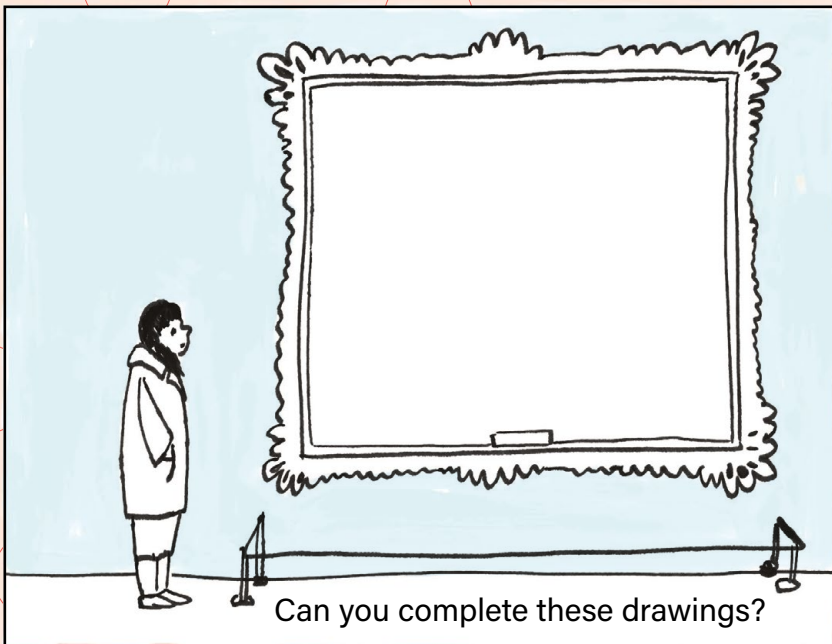


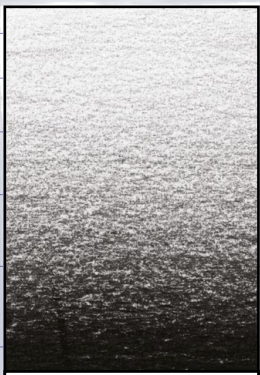
Can you use shading to make a pattern on the quilt drawn above?

Finish the 'Heads, Bodies and Legs' games started underneath.

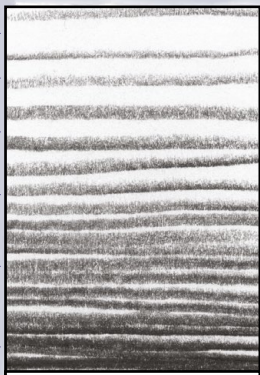


Can you complete these drawings?





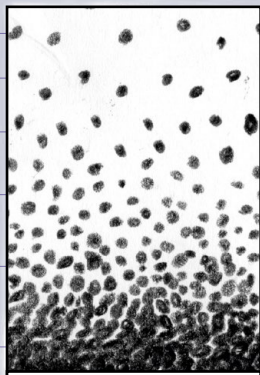
Use your pen or pencil to draw dark to light below.



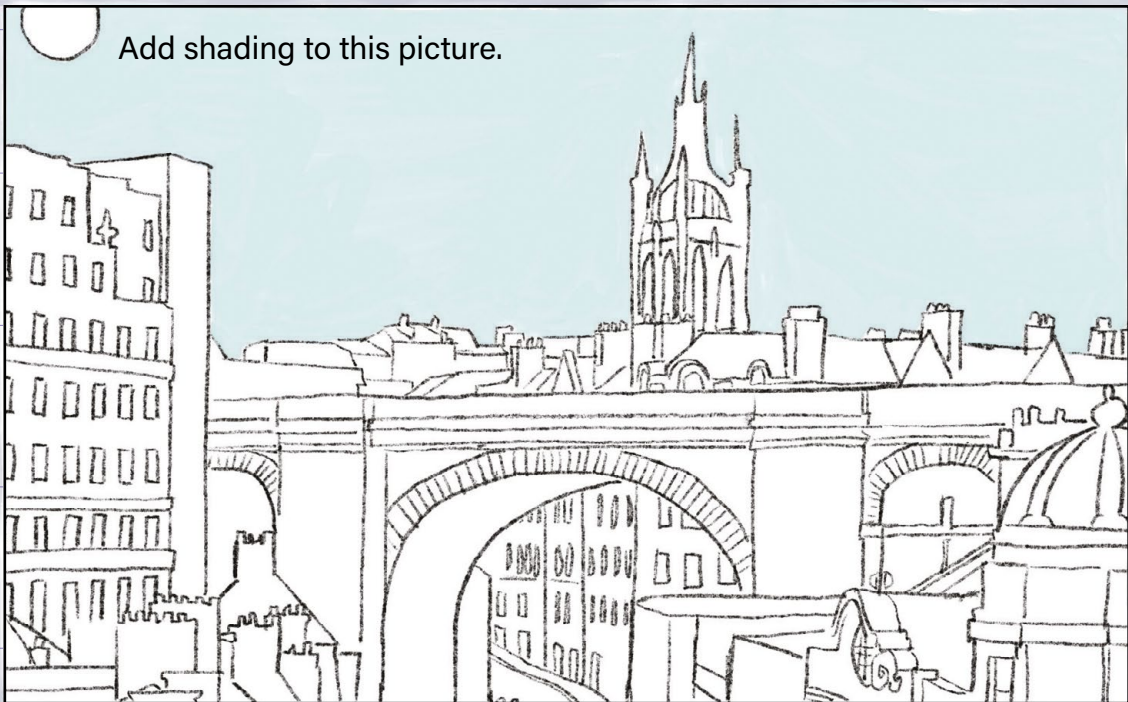
Use lines to draw dark to light in the box below.



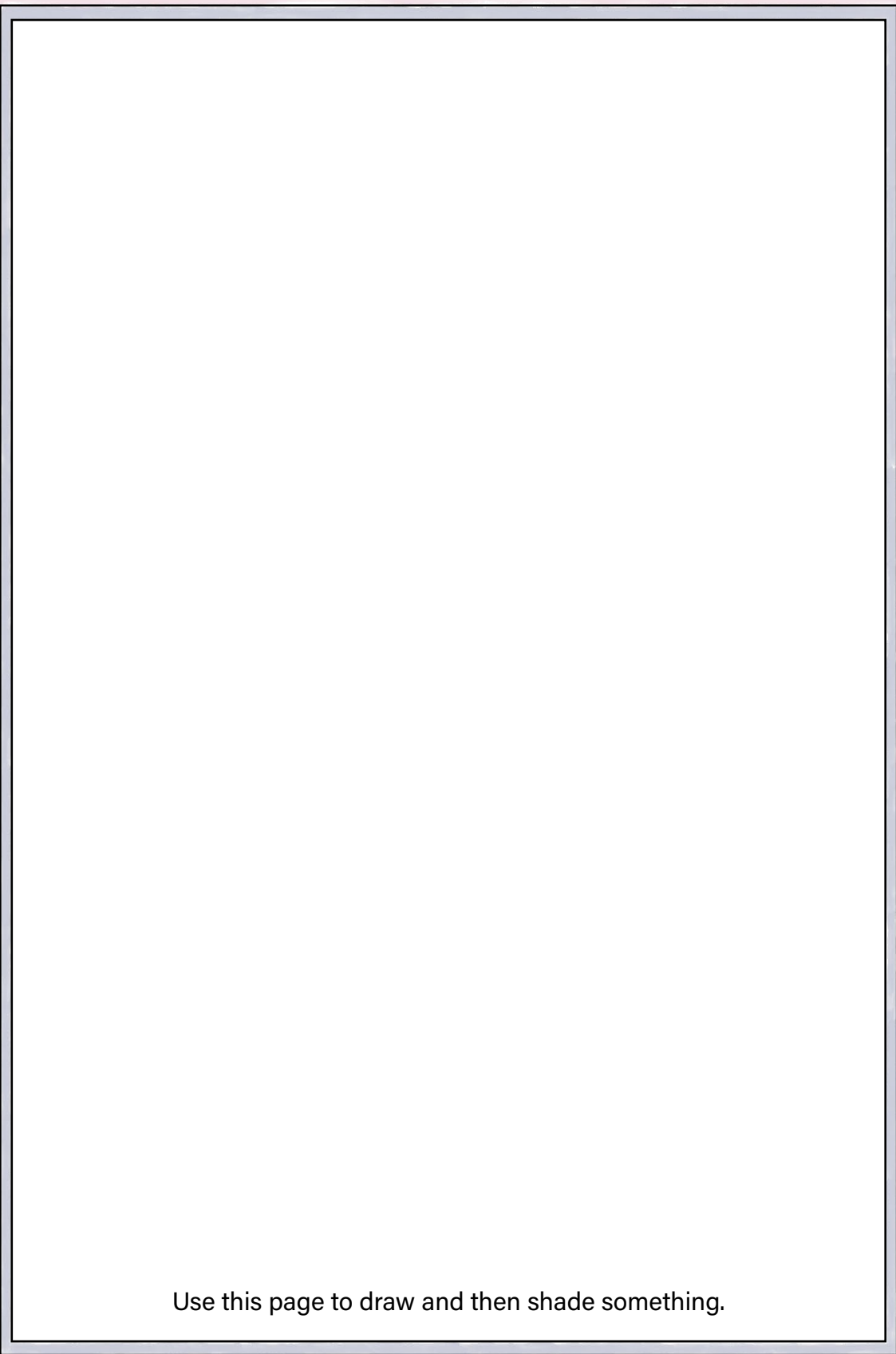
Use crossed lines to draw light to dark in the box.



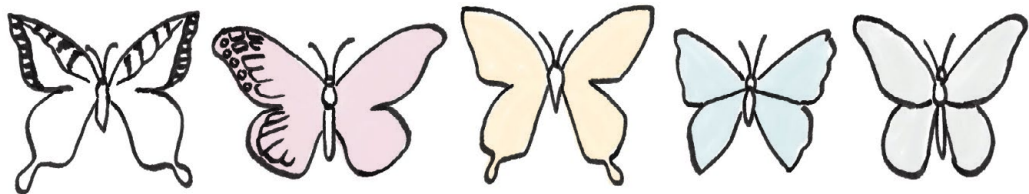
Use dots to draw light to dark underneath.



Add shading to this picture.

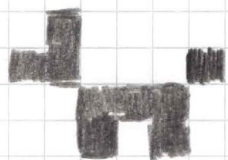


Use this page to draw and then shade something.

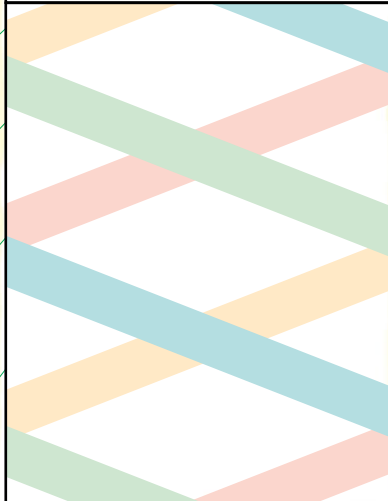


Some of these butterflies have lost their patterns - can you draw some?

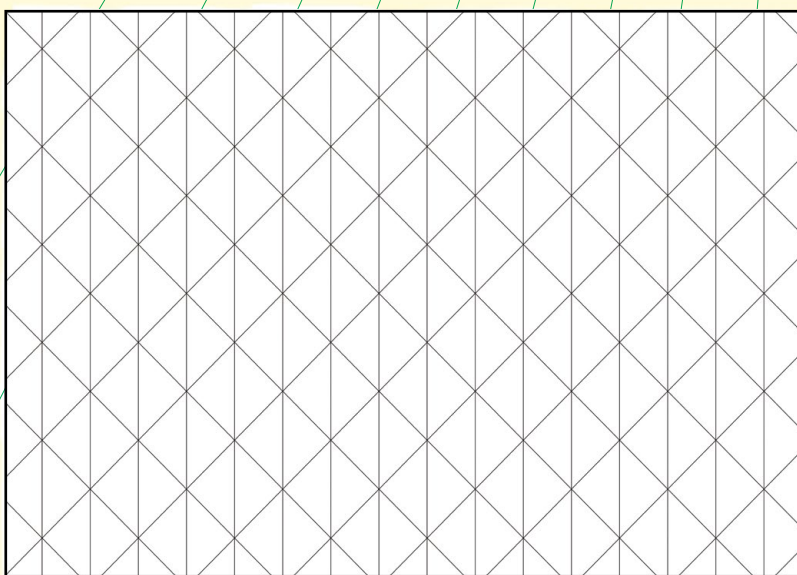
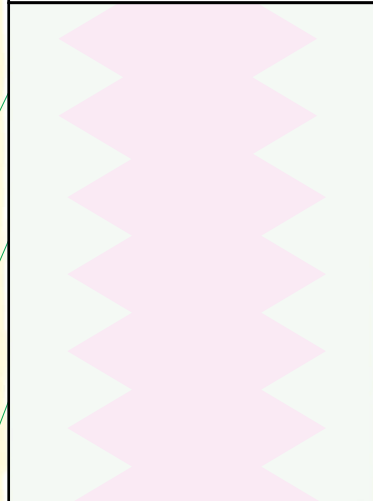
Make mosaics by shading the squares below.



Finish the pattern started below...

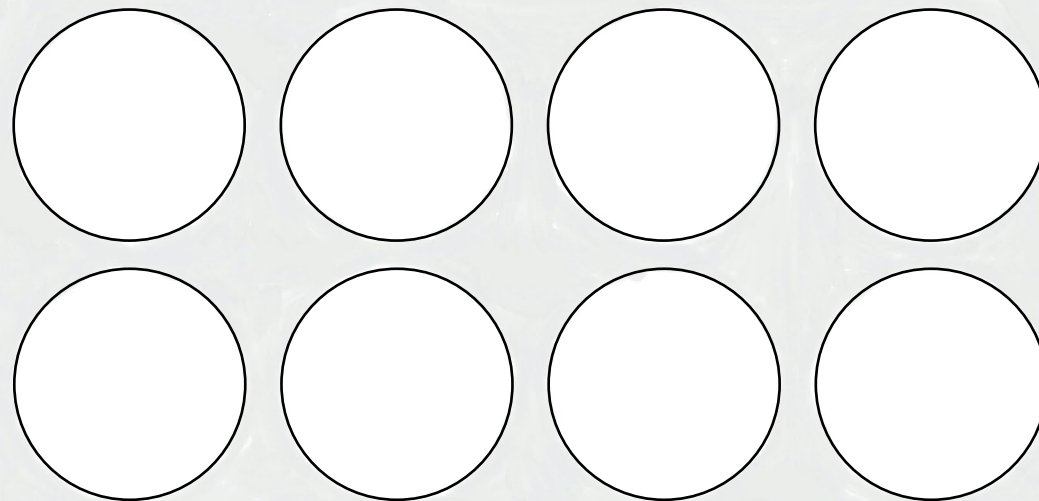


Finish the pattern started below...



Shade the triangles above to make a pattern.

Look around you. Fill the boxes with things that could be in a pattern.



Using your ideas from this page can you draw a pattern for this blank wall?



Draw an item of clothing you loved but no longer own.

Can you draw the following things without taking your pen/pencil off the paper?

1. A cat



2. A forest

3. A building

4. An animal

Draw something tall or things stacked up high.

Design this stamp.

Draw whilst listening to a song or a piece of music you like.

Design a poster in the blank space above.

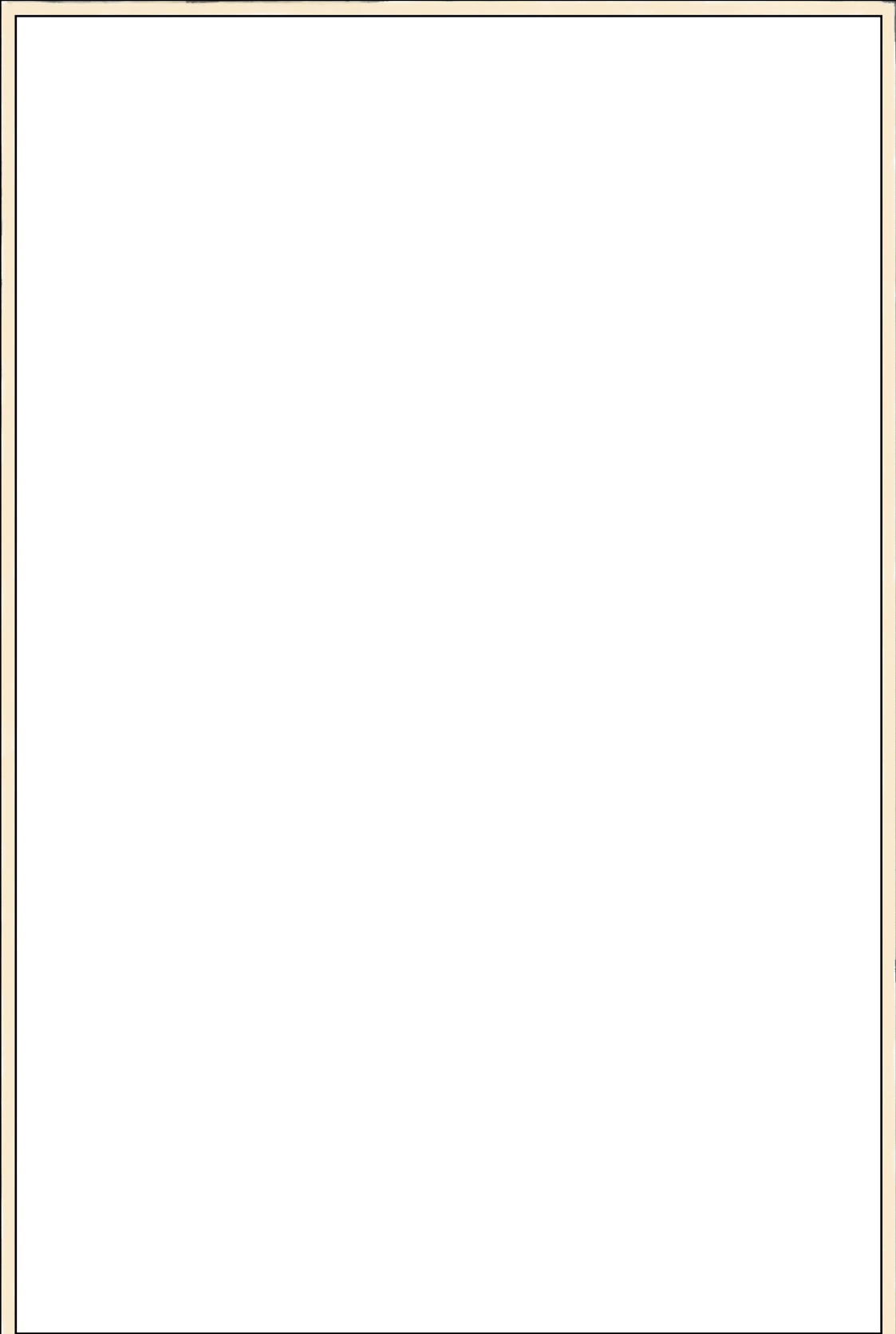
Draw an imagined plant that this seed will grow into.



Draw a dream.

Draw a pet portrait.

That's about it for now. Use these final pages to make the drawings you'd like to make. Could any of the ideas from previous pages be added to? Or maybe you have some new ideas you'd like to try?



Time To Draw is a booklet of creative activities which anyone can try, you simply need a pen or pencil to doodle and imagine your way through its pages.

Time To Draw is a project by Foundation Press and the Newcastle Hospitals Charity Arts Programme

Designed by Foundation Press
Printed by Field Print
Commissioned by
Newcastle Hospitals Charity Arts Programme

About the Newcastle Hospitals Charity Arts Programme:

The Newcastle Hospitals Charity Arts Programme works regularly with creative freelancers to deliver programmes across Newcastle Hospitals sites and in the wider hospital community. Our programme includes, shared reading and hospital sessions – where our musicians spend time performing on wards across the trust. As well as providing regular creative opportunities to support the health and wellbeing of staff we work with teams across the trust to improve the hospital environment. We are also an active member of the National Arts in Hospitals Network, showcasing the huge benefits of arts & health programmes across NHS trusts. **To get in touch please email: nuth.artsprogramme@nhs.net**

About Newcastle Hospitals Charity:

We are proud to be the official charity for Newcastle Hospitals – our mission is to go further for our hospitals. Each year thanks to our generous supporters, fundraisers and donors we are able to work with teams across the trust to fund innovative projects supporting patients, staff and the wider communities. **To find out more, or donate please visit: charity.newcastle-hospitals.nhs.uk or use the QR code on this page.**

About Foundation Press:

Foundation Press are artists, designers and educators Adam Phillips and Deborah Bower. They devise initiatives and resources that support people to explore creativity and storytelling – producing publications, posters, workshops and educational projects. **foundationpress.org**

