

Hello,

My name is Luciana Rosado and I am this year's Newham's Artist - Researcher Collaborator. I will be working with members of the Margaret Anstee - Centre for Global Studies on the theme of forced migration. My abstract paintings are build with layers upon layers of writing and fields of colour, and I work on concepts related with our concepts of Home, belonging, memory and vulnerabilities.

I believe in the power of the arts to improve our well-being and help us re-discover our sense-of-self. So, I am very pleased to have prepared for you easy, Fun, creative activities for you to make at the College!

I hope you can have a go at making, and please share the results with me : luciana.rosado@gmail.com

1. A room with a view
2. Garden of feelings
3. A letter home
4. Touched the Love
5. Note to self

YOU WILL NEED:

A smile on your face 😊
To be kind with yourself
To breathe

- Paper
- Pencils / pens
- Scissors
- Old magazines
- mirror
- ~~the~~ clothes hanger / string

1. A room with a view

Step 1.

Find a piece of paper and draw a rectangle frame.

Grab some pens and/or pencils. Now, spend some time looking outside your bedroom window, or perhaps choose a favourite view in the College.

Step 2

Have a go at drawing and/or writing about your view.

What do you see from your window?

Take a careful look at all the details.

What is the weather like? It is morning?
Is it late evening?

Can you see the present, the past...
or the future?

How does this view makes you feel?

2. A garden of feelings

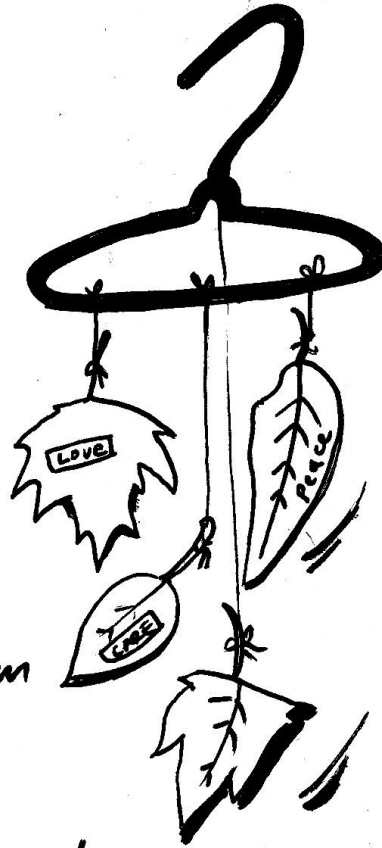
Step 1. Go for a walk outside and pick up some leaves that you find particularly beautiful from the College garden. Enjoy!

Step 2 Back inside, find some paper, a pencil and scissors. Arrange the leaves on the piece of paper and draw around them. Cut each shape.

Step 3 find some old magazines you don't mind cutting. Choose some words and images that you really like, that make you feel good and empowered! Cut these words and images and glue them to the paper leaves.

Step 4 find a clothes hanger and some string. Cut the string into different sizes and attach one end to the leaves and the other to the hanger.

Step 5 choose a spot in your bedroom to hang your mobile!



3. A letter home

Step 1 Find a piece of paper and a pen.
Choose a comfortable place to sit and write.

Step 2 Think of a special person.

Or think of a special place.

You are now ready to write a letter that it is not meant to be sent, and it is not meant to be read by anyone but yourself.

Think about these questions to get you started:

- Where did you meet this person?
 - What is her name?
- What makes her laugh? What is she afraid of?
 - What would you thank this person for?
- How long ago were you at this place?
 - Do you miss it?
- What are your first memories of this place?
 - Can you go back there now?
 - Who would you take there?



4. Touched the Core

Step 1 Look around your bedroom.

Can you select some objects that have a special meaning to you?

Can you hold them? Touch them and smell them?

Objects are very special. They bring back memories because of the way they feel, look and smell and they are normally attached to people, places and important moments in life.

Step 2 Select just one object.

Pick up some paper and pens or pencils.

Step 3 Can you draw your object?
Can you write about it?

Have a go!

Why is it important to you?

Do you travel with it?

Why did you bring it to the College?

What or who does it remind you of?

When did you get it?



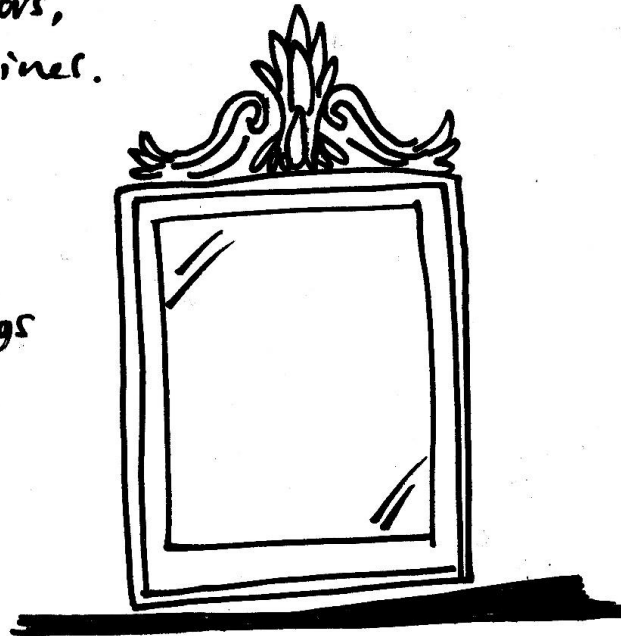
5. Note to Self

Step 1 Find some paper, pens, scissors, glue and some old magazines.

Step 2 Find a mirror.

You must now get ready to take some time looking at yourself and examine your feelings and emotions by drawing your self-portrait.

Be gentle with yourself and take time.



Step 3 Go through the magazines and find inspiring words and images that you identify with.

Think of positive statements, beautiful images that can represent who you are. Glue them to the picture. Who are you now? Who will you be in the future?

HAVE FUN!

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