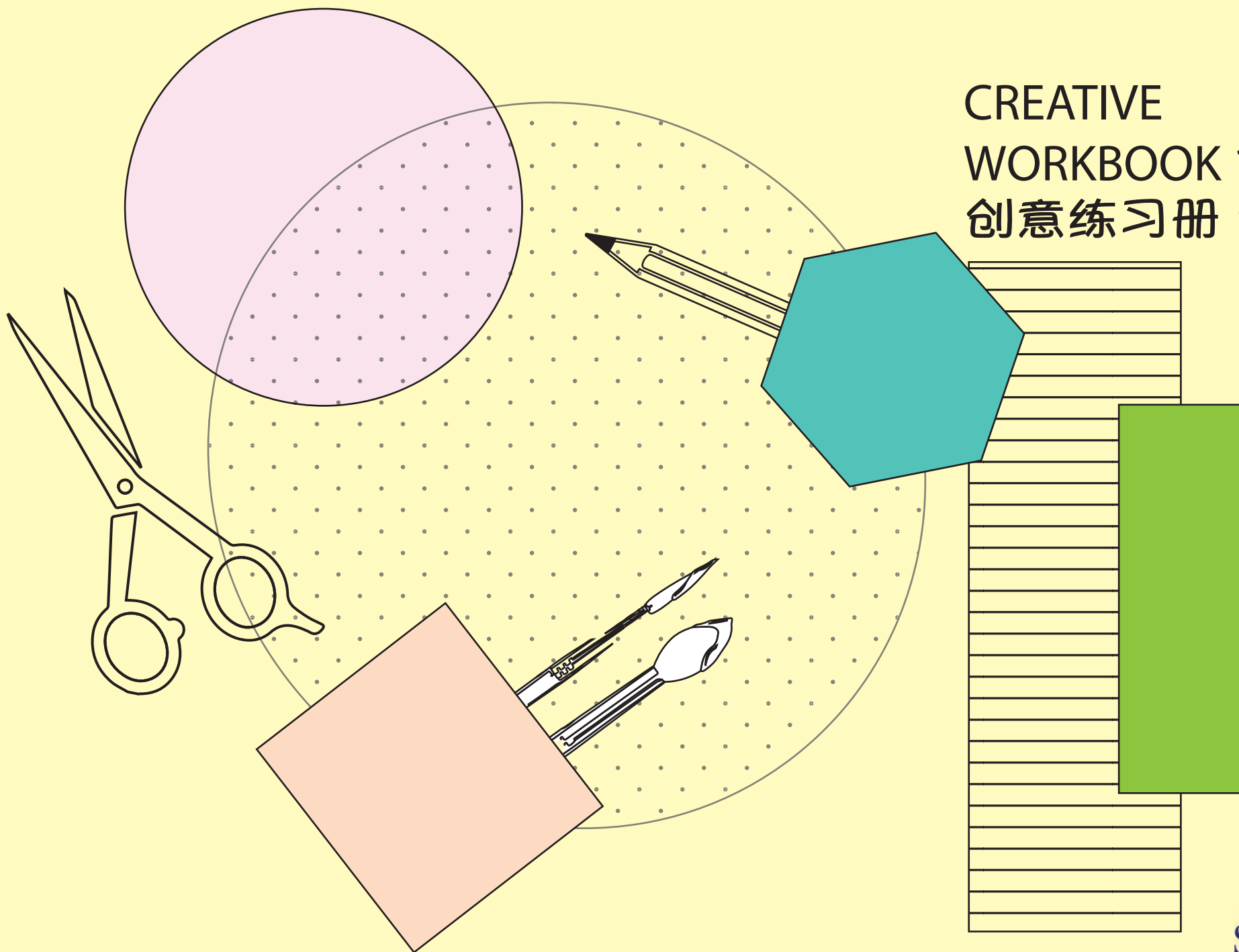


CREATIVE  
WORKBOOK 1A  
创意练习册 1A



Written by Michelle Aung, MA Art Therapist  
Visuals and Designs by Michelle Aung & Lee Cai Jun

**Copyright ©2020 St Luke's Eldercare Ltd. All Rights Reserved.**  
This Creative Workbook Is Solely Provided For Personal, Educational,  
Non-commercial Purpose And May Not Be Used For Any Outside  
Monetary Incentive Or Commercial Use.

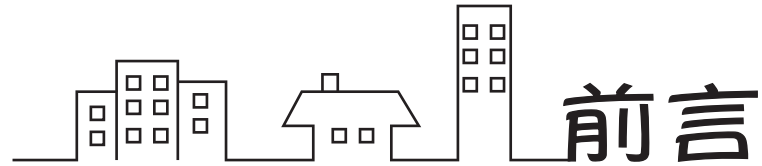
A stylized line art illustration of a city skyline. It features several buildings of varying heights and widths, some with small square windows. The style is minimalist and geometric.

# FOREWORD

Art doesn't have to be expensive. It can be affordable and accessible! Participate in this imaginative creative journey where we will use found objects at home and accessible art materials to create art pieces.

This booklet will touch on the very basic fundamentals of art: **shapes, patterns and colours** that play a major part in the creation of most artworks. Four different art techniques: **Coloring, Pattern, Pointalism** and **Collage** will be taught to explore these three basic fundamentals of art.

The art activities are designed for age 3 and above, where social bonding can be promoted through group art making during this stay-home period. It can be both either an individual or group activity depending on the participant's choice.



艺术创作不一定是昂贵的。任何人都可以容易获取材料且负担得起！  
参与这个富有想象力的创意之旅，让我们用家中的一些物品  
和简单的美术材料以创作出艺术品。

这本手册将涉及大多数艺术创作中最重要的基本原理：  
形状，图案和颜色。将教授四种不同的艺术技巧：  
彩色，花纹，点彩和拼贴，以探索艺术的这三个基本原理。

这些艺术活动专为3岁及以上年龄段设计。在这呆在家中期间，  
可以通过集体艺术创作来促进社交关系。根据参与者的选择，  
它既可以是个人的活动，也可以是小组活动。



## **Attitude**

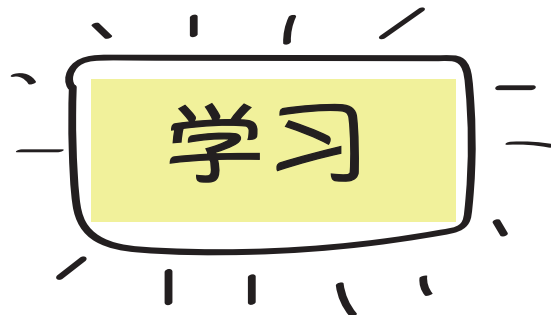
To reap the health benefits of art making, one needs to cultivate and adopt a healthy art making attitude. The focus is more on the art making process than on the final product. Adopt and cultivate the healthy art making attitude.

## **Relate**

Every artwork is an extension of oneself. Use art to relate with oneself and others.

## **Techniques**

Aside from learning new art techniques, experiment and explore to build up your creativity and art skills.



## 态度

为了从艺术创作中获取健康益处，需培养和采用健康的创作态度。重点关注与艺术制作的过程上，而不是完成品。让我们采用与培养出健康的艺术创作态度。

## 联系

每一件艺术品都是自我的延伸。应用艺术与自己 and 他人建立联系。

## 技巧

除了学习新的艺术技巧外，还可以尝试与探索增强自己的创造力和艺术技能。

# Healthy Art Making Attitudes

1

Before beginning, settle yourself down. Make yourself comfortable, breathe and try to quiet your mind. If you find yourself struggling with negative thoughts or emotions, don't fight it. It is ok and normal to have negative thoughts and emotions, everyone has it. Be mindful and acknowledge your emotions. Slowly shift your focus and attention to the art making.

2

Do not rush the art making process for the sake of completing an artwork. Go at your own pace.

3

It is ok to stop work when you no longer feel like doing it. Take a break and continue later.

Enjoy the process and have fun!

6

Do not compare or compete with others. If must compete, compete with yourself.

5

Do not be afraid of making mistakes or ugly artworks. Be kind to yourself and be patient. Don't stop after one try, keep practicing. Practice makes perfect and will also enhance your skills.

4

Be open minded to try different art techniques and experiments till you find one that you like. Be creative and invent your own art techniques or try combining different techniques.

# 培养健康的 艺术 创作态度

1

在开始之前，让自己安顿下来。可尝试深呼吸安顿心神，让自己舒适。如果您发现自己在与负面思想或情绪中挣扎，请不要与之抗争。拥有消极的思想和情绪是正常的，每个人都有。请关注并认同自己的情绪。慢慢将注意力和焦点转移到艺术创作上。

2

请不要为了完成作品而匆忙的进行制作，按照自己的节奏进行。

3

当您不想再继续创作时，随时可以暂停。稍为休息，过后再继续。

享受创作的过程，玩的开心!

6

不需要与他人进行比较或竞争。如果真的必须竞争，就与自己竞争。

5

不要害怕犯错或担心作品没有美感。善待自己，给自己一点耐心。所谓熟能生巧，反复尝试，继续练习也能提高您的技能。

保持开明的心态尝试各种艺术技巧和实验，找寻自己喜欢的创作方式。也可以用创意研发出自己的技术或尝试结合不同的技巧。



# Art Activity Step 1: Finding Objects



## INSTRUCTIONS

### Individual Activity:

1. Find and gather objects of different shapes and sizes in your house.

2. Answer the following questions in relations to the objects found:

- What role does the object play in your life?
- When did you have the object?
- How important is the object to you?
- Recall an interesting memory you had of the object.

### Group Activity:

1. Find and gather objects of different shapes and sizes in your house.

2. Share among the group the answers to the following questions in relation to the objects found:

- What role does the object play in your life?
- When did you have the object?
- How important is the object to you?
- Recall an interesting memory you had of the object.

\*You may ask more questions beyond the aided questions above.

**MATERIALS:** Found objects in the house

## 艺术活动步骤1： 寻找物品



### 活动说明

#### 个人活动：

1. 寻找并收集房间里不同形状大小的物品。
2. 请回答以下关于物品的问题：
  - 这个物品在您的生活中扮演什么样的角色？
  - 是什么时候开始拥有这个物品？
  - 这个物品对您有多重要？
  - 回想一下您对这个物品有些什么有趣的记忆。

#### 小组活动：

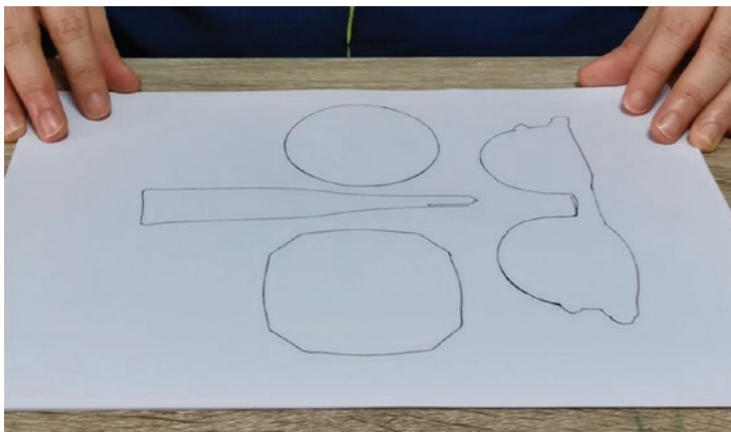
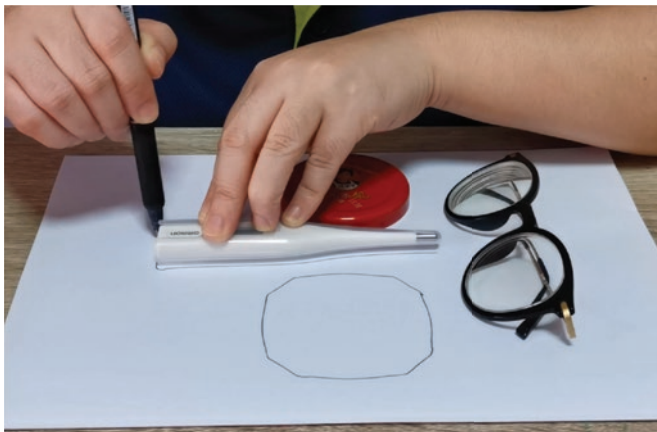
1. 寻找并收集房间里不同形状大小的物品。
2. 小组中分享以下关于物品的问题：
  - 这个物品在您的生活中扮演什么样的角色？
  - 是什么时候开始拥有这个物品？
  - 这个物品对您有多重要？
  - 回想一下您对这个物品有些什么有趣的记忆

\*除了以上的辅助问题之外，您还可以提出其他的问题。

**材料：**现有物品

# 艺术活动步骤2：描摹物品

## Art Activity Step 2: Tracing Objects



**MATERIALS:** Found objects, Paper, Pen or Pencil  
材料：现有物品， 白纸， 笔或铅笔。

### INSTRUCTIONS

Individual Activity / Group Activity:

1. Get a plain paper.
2. Place the objects according to the layout you like on the paper.
3. Trace out the shape of the objects placed on the paper either with a pen or pencil.

\*For those who can only use one hand, you can try to draw freehand the layout of the different shapes in front of you.

\*For those who can only use one hand, form a partner in the group. Take turn helping one another to hold down the object to trace out the shape.

### 活动说明

个人活动：

- 1.准备一张普通的白纸。
2. 根据您喜欢的布局在纸上放置物品。
3. 用笔或铅笔描摹出放置在纸张上的物品的形状。

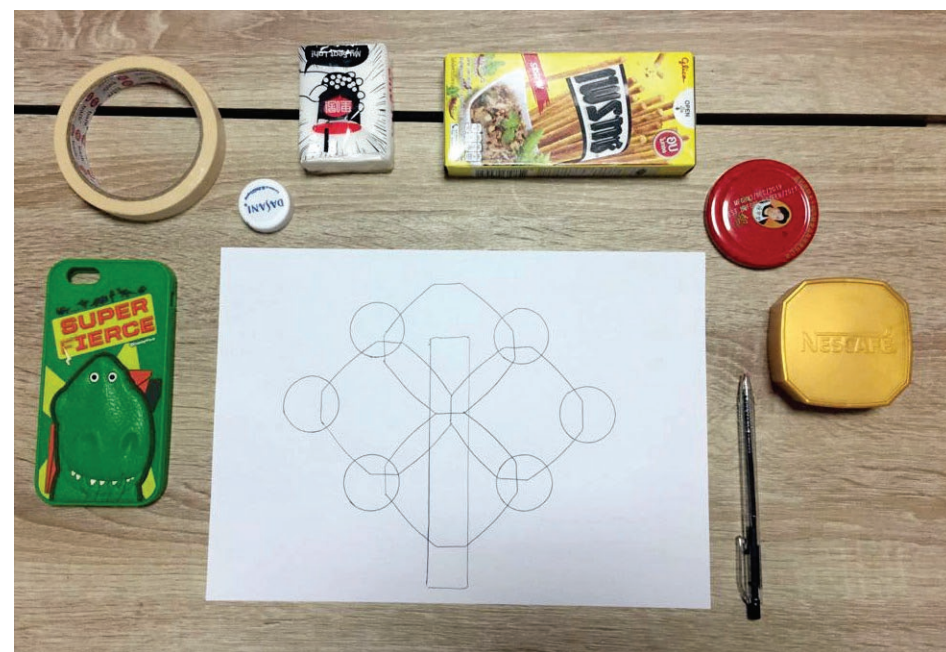
\*对于只能运用单手的人， 您可以尝试徒手画出各种物品以不同的布局。

\*对于只能运用单手的人， 可和小组中的成员合作。轮流互相帮忙握住物品以描摹出形状。





(Spaced Out Layout)  
(隔开物品的布局)



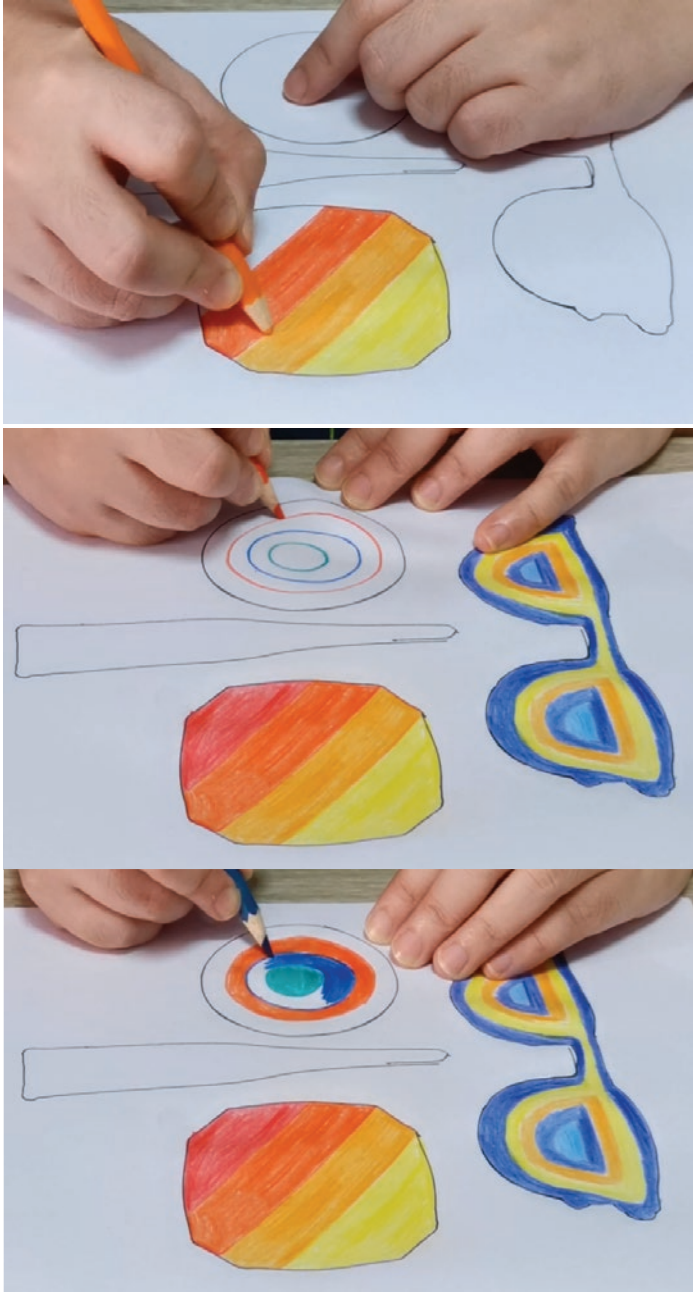
(Intersecting Layout)  
(交叉布局)

4. You can try the spaced out layout or the intereseacting layout. Try minimum 3 different layouts.

4. 您可以尝试隔开或交叉物品的布局。可以尝试3种不同的布局。

# Art Activity Step 3: Explore Different Art Techniques - COLORING

## 艺术活动步骤3:探索不同艺术技巧-彩色



### INSTRUCTIONS

#### Individual / Group Activity:

1. Fill in the shapes layout with colors using color pencils.
2. Try not to use only the same color to fill up the shape. Instead you can try blending with different shades of the same color or try mixing different colors.
3. Practice makes perfect. Make 2 more art pieces with the same art technique.

**MATERIALS:** Shapes Layout Paper, Color Pencils, Sharpener

### 活动说明

#### 个人活动 / 小组活动:

1. 使用彩色铅笔在形状布局里彩上颜色。
2. 尽量不要只使用相同的颜色来彩这些形状。您可以尝试用同个色颜系列但不同的深浅色来混合或尝试混合不同颜色。
3. 所谓熟能生巧, 可尝试用相同的技巧再制作多2个作品。

**材料:** 形状布局纸, 彩色铅笔, 卷笔刀



(Intersecting Layout)  
(交叉布局)

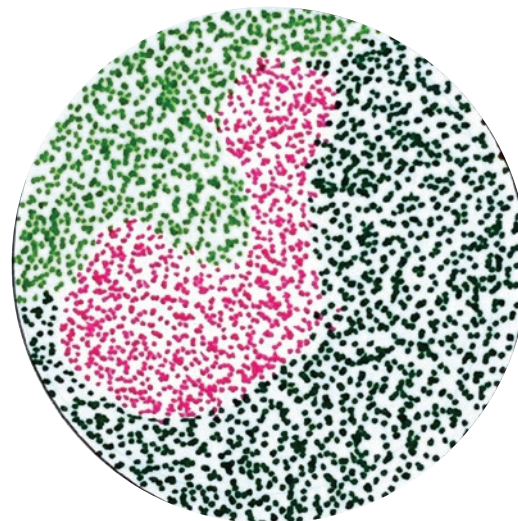
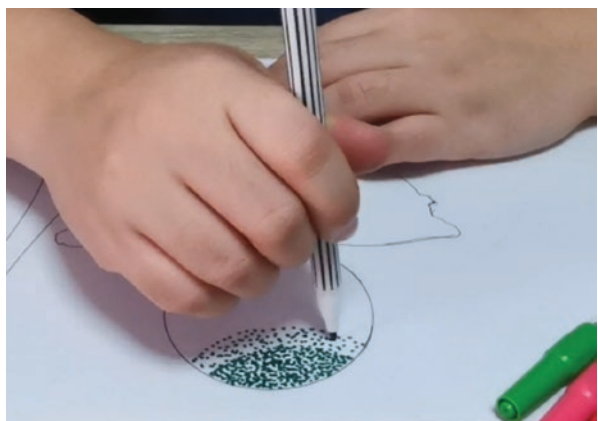
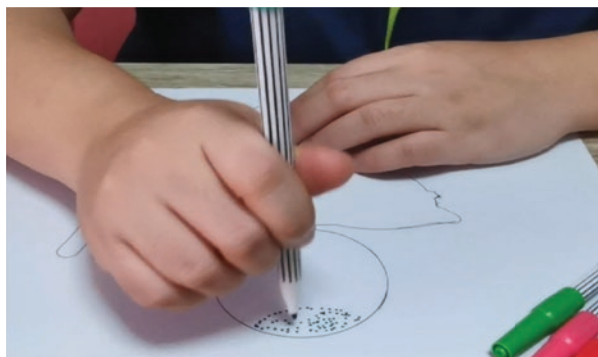


(Spaced Out Layout)  
(隔开物品的布局)



# Art Activity Step 3: Explore Different Art Techniques - POINTILLISM

## 艺术活动步骤3:探索不同艺术技巧-点彩



### INSTRUCTIONS

#### Individual / Group Activity:

1. Fill in the shapes layout with colors using the Pointilism art technique. Pointilism is the method of **repetitive dotting** with materials such as colored pens, marker pens or brush and paint.

2. Try mixing different colors and filling in for each shape.

3. Practice makes perfect. Make 2 more art pieces with the same art technique.

**MATERIALS:** Shapes Layout Paper, Marker Pens or Colored Pens.

### 活动说明

#### 个人活动/小组活动:

1. 使用点彩技术在形状布局中点上颜色。点彩是用彩色笔，彩色记号笔或用画笔和颜料反复点上颜色的方法。

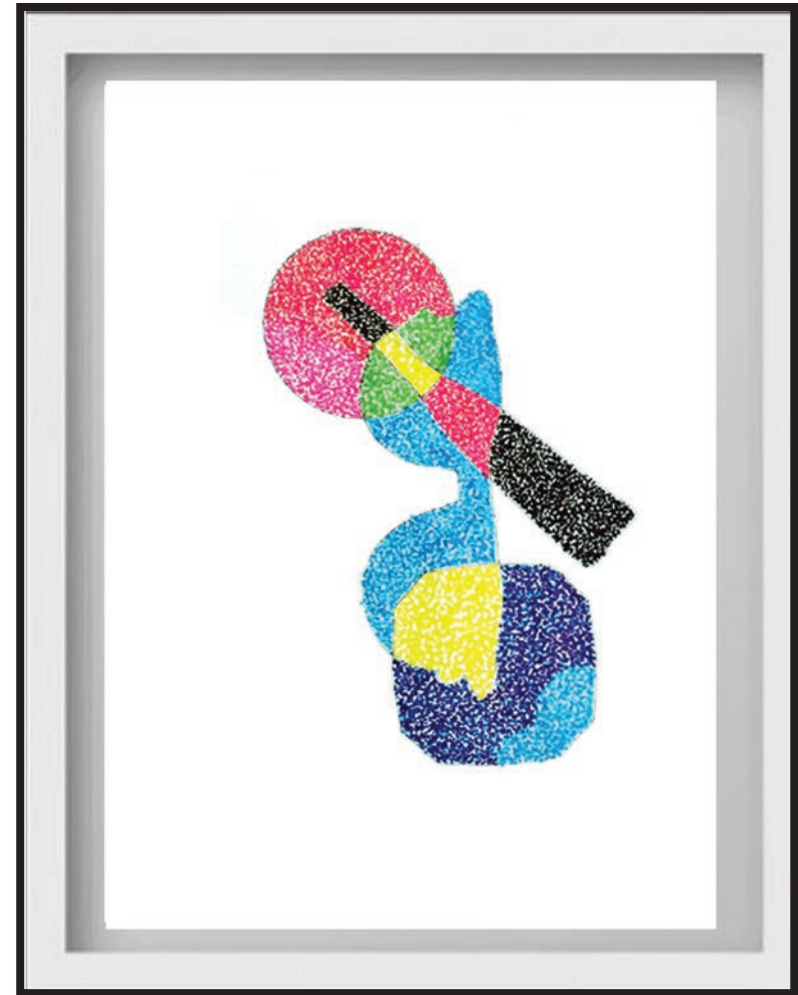
2. 可以尝试混合不同的颜色并为每个形状点上颜色。

3. 所谓熟能生巧，可尝试用相同的技巧再制作多2个作品。

**材料：**形状布局纸，彩色记号或彩色笔。



(Spaced Out Layout)  
(隔开物品的布局)



(Intersecting Layout)  
(交叉布局)



# Art Activity Step 3: Explore Different Art Techniques - PATTERN

## 艺术活动步骤3:探索不同艺术技巧-花纹

### INSTRUCTIONS

#### Individual / Group Activity:

1. Fill in the shapes layout using the Pattern art technique. Pattern is an arrangement of repetitive visual elements such as line, dot, shape, color or design.

2. Create different patterns using lines and shapes. (Pattern samples at next page.)

3. Practice makes perfect. Make 2 more art pieces with the same art technique.

**MATERIALS:** Shapes Layout Paper, Pen

### 活动说明

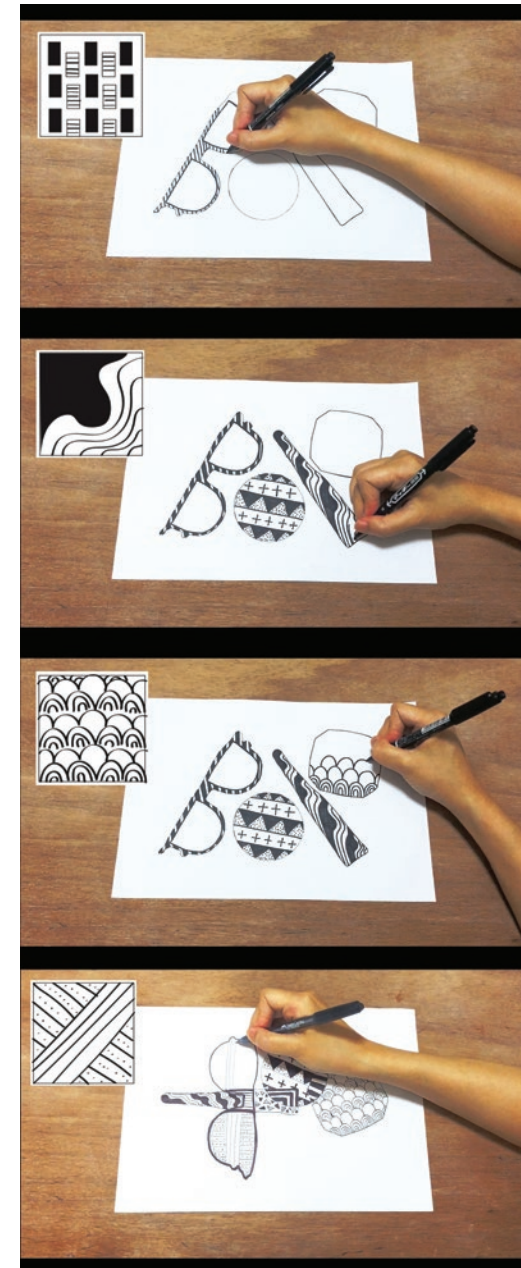
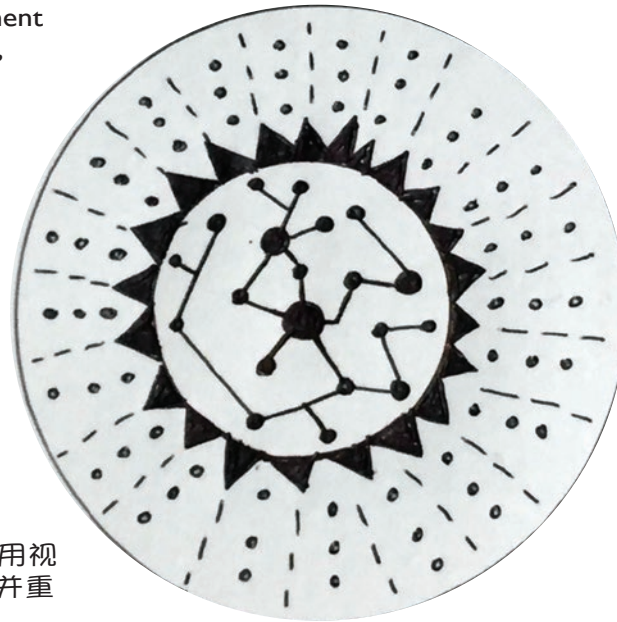
#### 个人活动/小组活动:

1. 使用花纹技术画在形状布局里。花纹使用视觉元素例如，线，点，形状，颜色或设计并重复形的把它们排列起来。

2. 可以使用线条和形状创造不同的禅绕图案。  
(禅绕图案样本在下一页。)

3. 所谓熟能生巧，可尝试用相同的技巧再制作多2个作品。

**材料：**形状布局纸，笔。



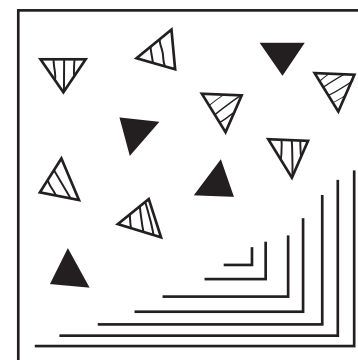
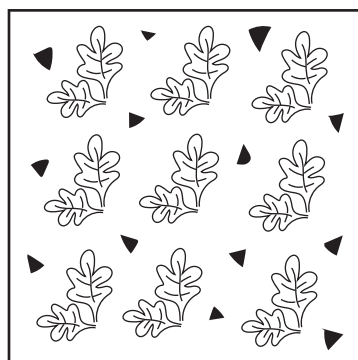
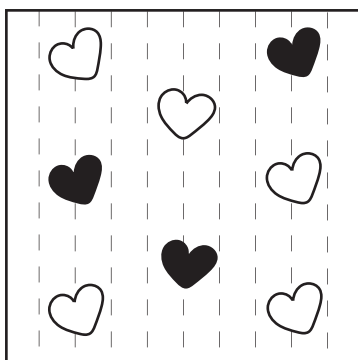
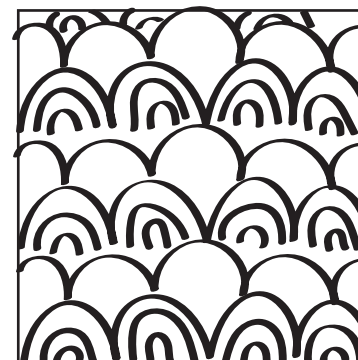
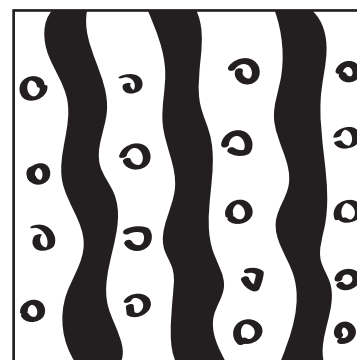
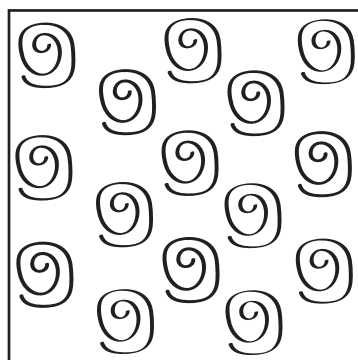
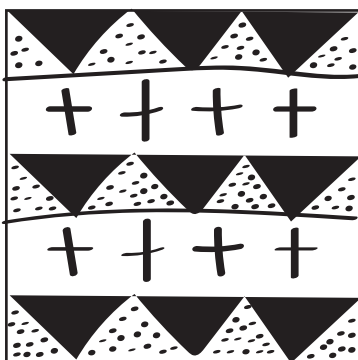
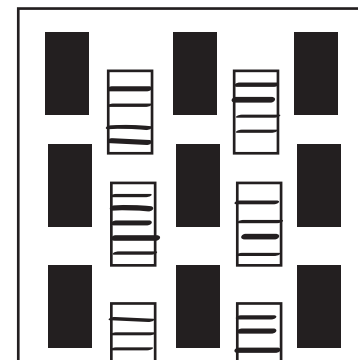
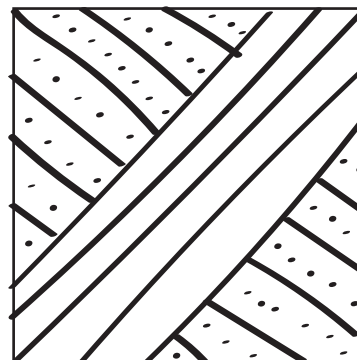
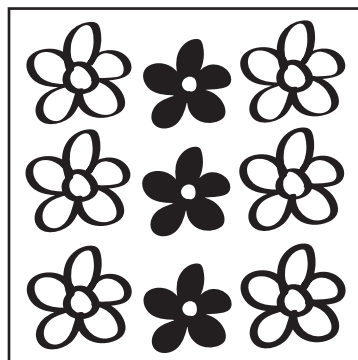
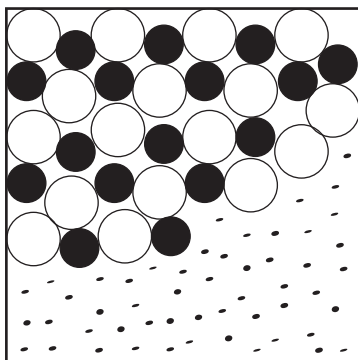


(Spaced Out Layout)  
(隔开物品的布局)



(Intersecting Layout)  
(交叉布局)

# Pattern Samples 花纹图案样本





# Art Activity Step 3: Explore Different Art Techniques - COLLAGE

## 艺术活动步骤3:探索不同艺术技巧-拼贴

### INSTRUCTIONS

#### Individual / Group Activity:

1. Fill in the shapes layout using the Cut and Paste Collage art technique.
2. Find old magazines or newsletters.
3. Tear the paper with your hands and sort them according to their respective colours.
4. Paste the torn colored papers onto the shapes layout. Try different color combinations or patterns.

Practice makes perfect. Make 2 more art pieces with the same art technique.

### 活动说明

#### 个人活动 / 小组活动：

- 1.使用“剪和贴”的拼贴美术技术贴在形状布局里。
2. 查找旧杂志或格式宣传纸。
- 3.用手撕开纸张，然后根据各种颜色进行分类。
- 4.将撕碎的彩色纸贴到形状布局上。可尝试用不同的颜色组合或图案。
5. 所谓熟能生巧，可尝试用相同的技巧再制作多2个作品。

**MATERIALS:** Shapes Layout Paper, Old Magazines, Pamphlets or Newsletters, Glue

**材料：**形状布局纸，旧杂志或格式宣传纸，胶水。





(Spaced Out Layout)  
(隔开物品的布局)



(Intersecting Layout)  
(交叉布局)

## Art Activity Step 4: Combine the 4 Different Art Techniques

### 艺术活动步骤4：混合四种艺术技术技巧



#### INSTRUCTIONS

##### Individual / Group Activity:

1. Fill in the shapes layout using all the 4 different art techniques.

2. Practice makes perfect. Make 2 more art pieces with the same art technique.

**MATERIALS:** Shapes Layout Paper, Old Magazines, Pamphlets or Newsletters, Glue, Color Pencils, Marker Pens

#### 活动说明

##### 个人活动 / 小组活动:

1. 混合学到的四种艺术技术技巧”来设计形状布局。

2. 所谓熟能生巧, 可尝试用相同的技巧再制作多2个作品。

**材料:** 形状布局纸, 旧杂志或格式宣传纸, 胶水, 彩色铅笔, 彩色记号或彩色笔

# Reflections:

1. Which object or objects are you most grateful for?
2. Which object or objects can you live without?
3. Out of the 4 different techniques, which is your favourite?
4. How has it benefitted you applying the Healthy Art Making Attitudes during art making?

# 思考：

1. 你最感恩拥有哪个物品？
2. 哪些物品就算没有了你也无所谓？
3. 四种不同的艺术技巧：彩色，花纹，点彩和拼贴中，你最喜欢哪一个？
4. 采用健康的创作态度有对你有何帮助哪？



COPYRIGHT ©2020 ST LUKE'S ELDERCARE LTD. ALL RIGHTS RESERVED.