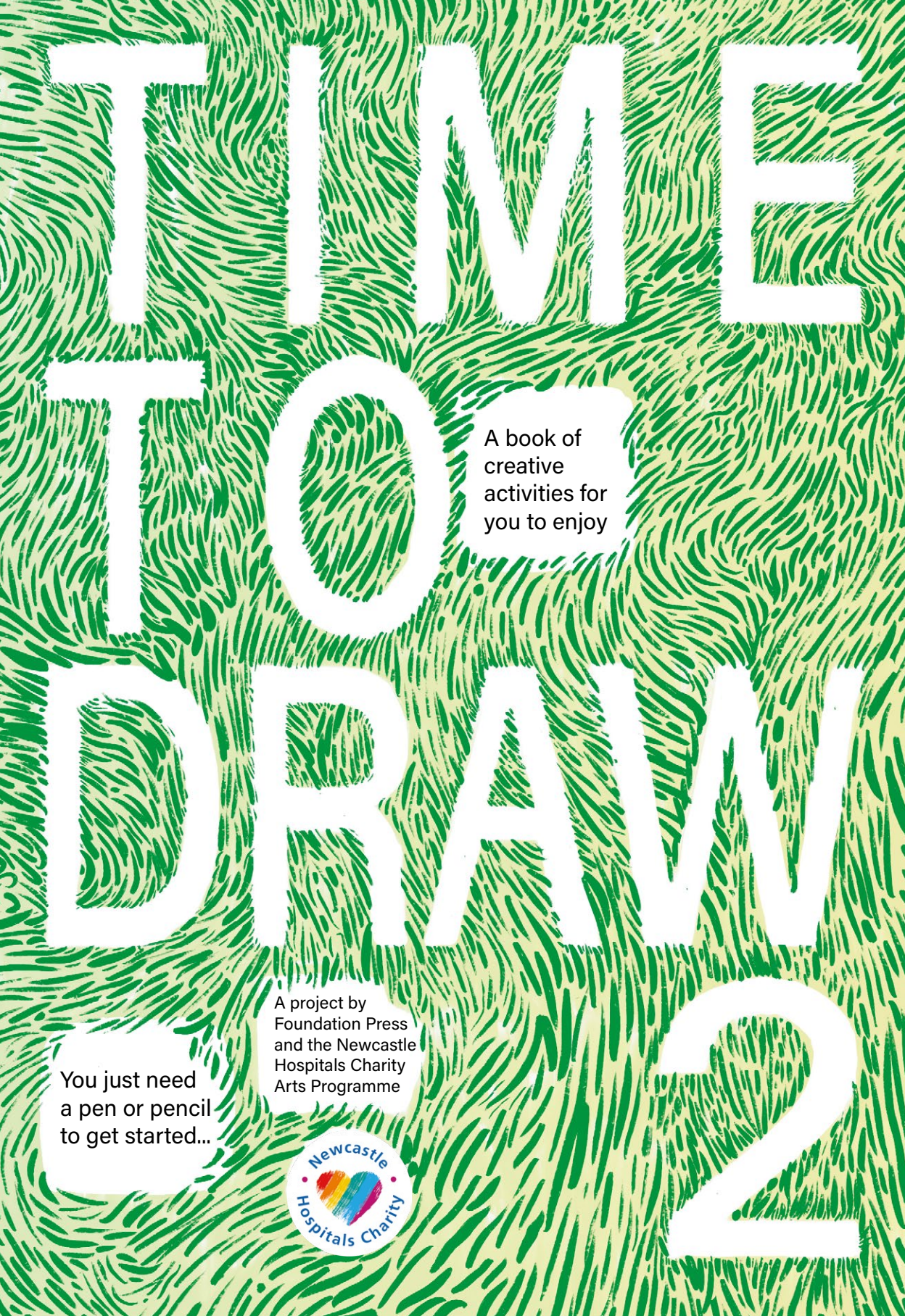




TEENAGE TO DO DRAW

A book of
creative
activities for
you to enjoy

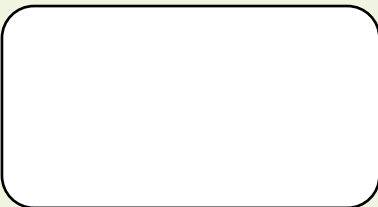
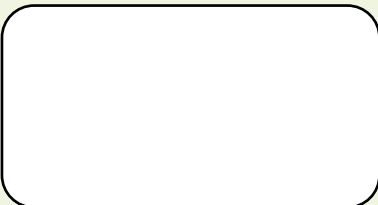
You just need
a pen or pencil
to get started...

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



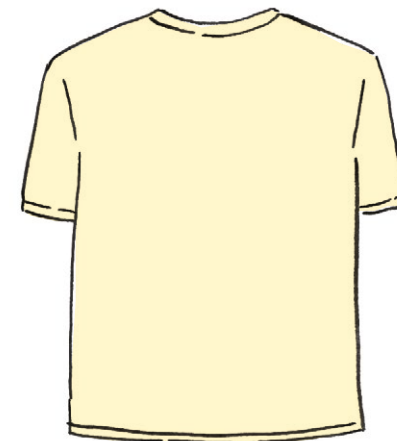
This booklet invites you to draw. For pleasure, to pass the time, to play, to bring calm – whatever you need right now. Try to remember to ignore any feelings telling you that you can't do it. Drawing is for everyone. Draw all over this book, keep it to yourself or show it to others. All you need is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

Welcome to our nature booklet! Inside, you can explore the green spaces around Newcastle Hospitals and find out about the plants, animals, and insects that live there. Being in nature can help us feel more relaxed, happier, and healthier. Let's discover the amazing wildlife around us!

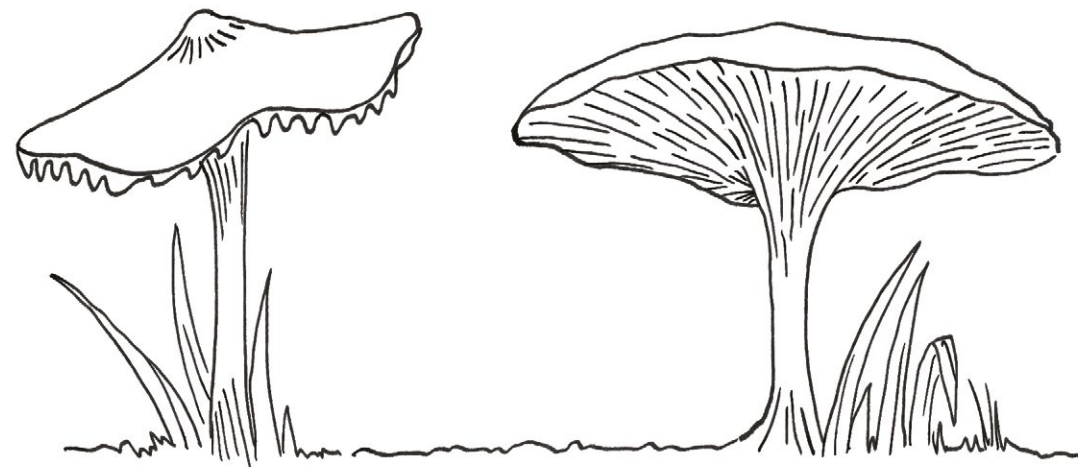


What are the smells of summer to you? Can you draw them above?

Draw something tiny magnified

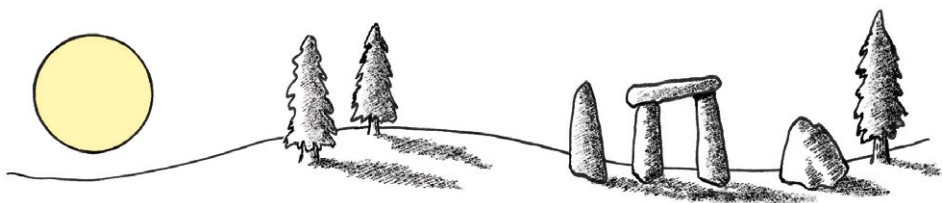


Draw a message on this t-shirt ready for sunny days

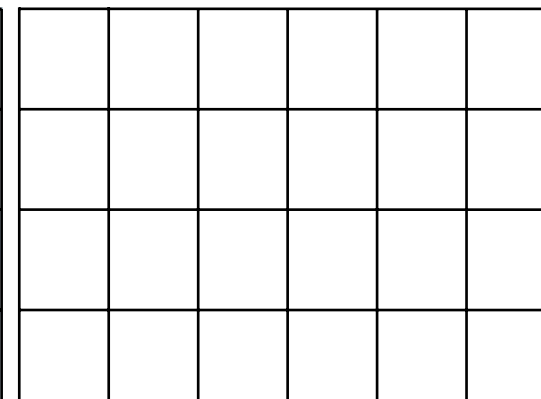
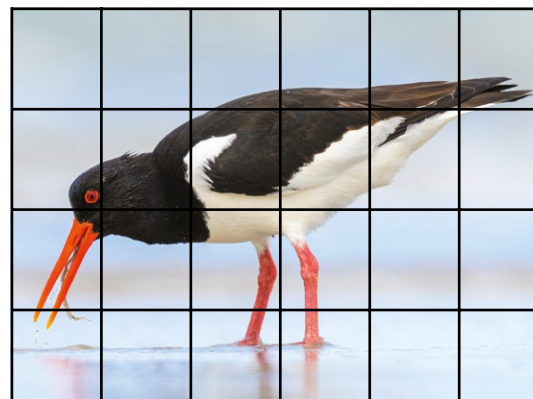


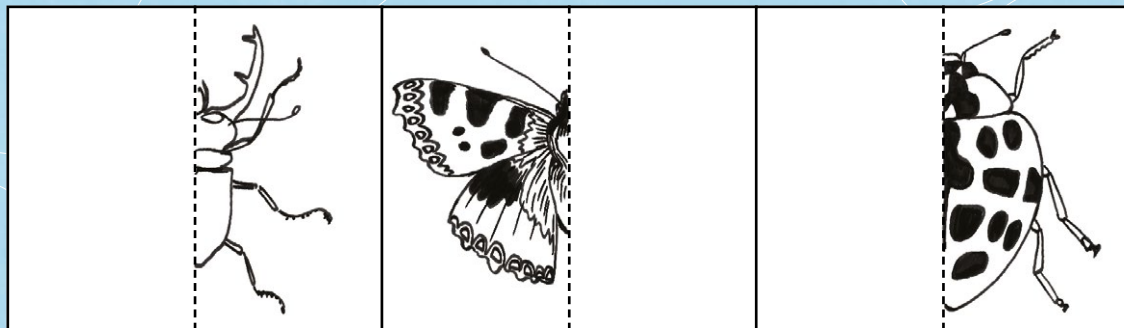
What's sheltering in the forest under these mushrooms?

Draw in the shadows cast in the bottom picture.



Using the grid as a reference draw this oyster catcher in the box on the right



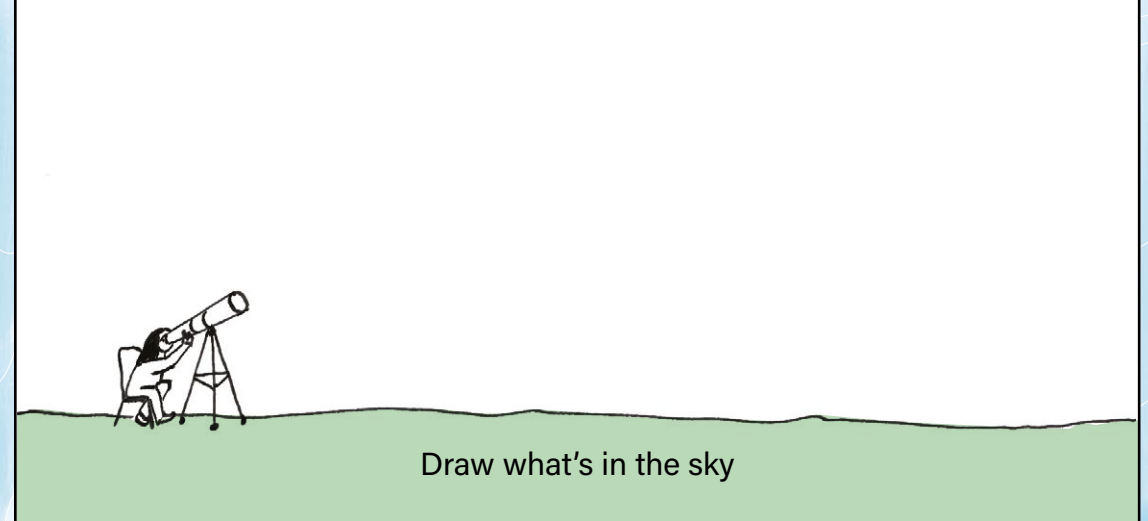


Complete the beetle, butterfly and ladybird started above

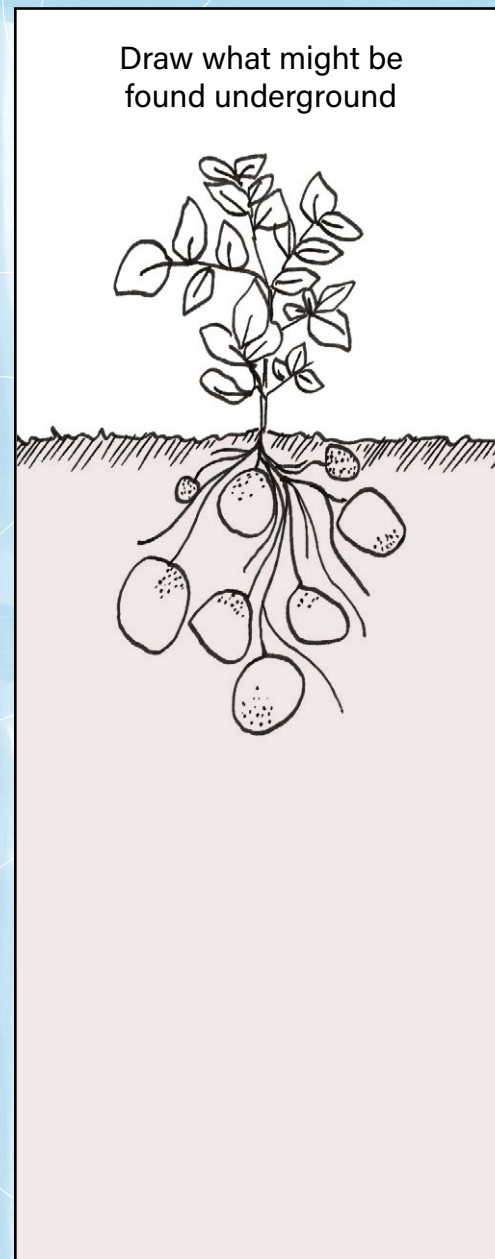


Do you see anything in the clouds above? Doodle it on top of the photograph

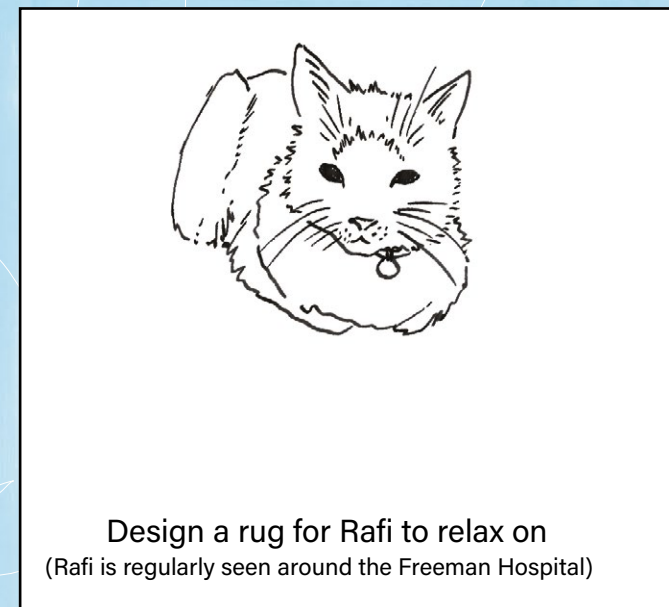
In the boxes, write the names of or draw your favourite outdoor places



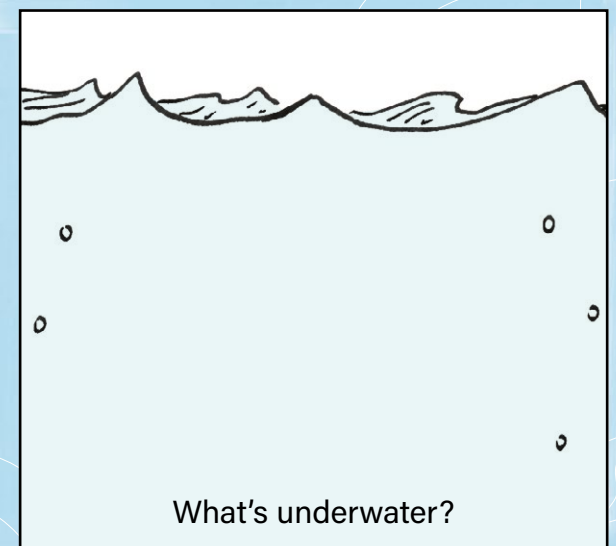
Draw what's in the sky



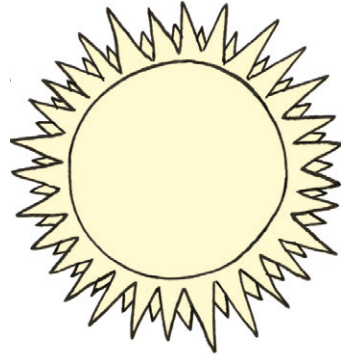
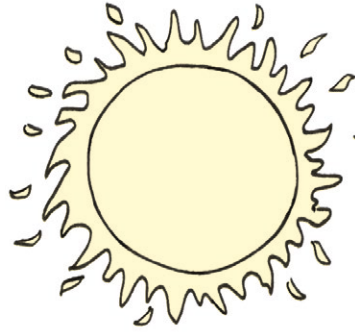
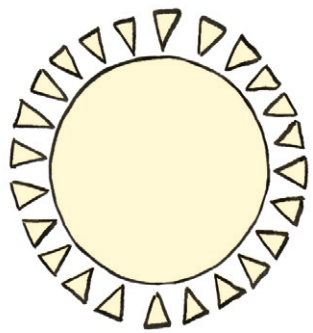
Draw what might be found underground



Design a rug for Rafi to relax on
(Rafi is regularly seen around the Freeman Hospital)



What's underwater?

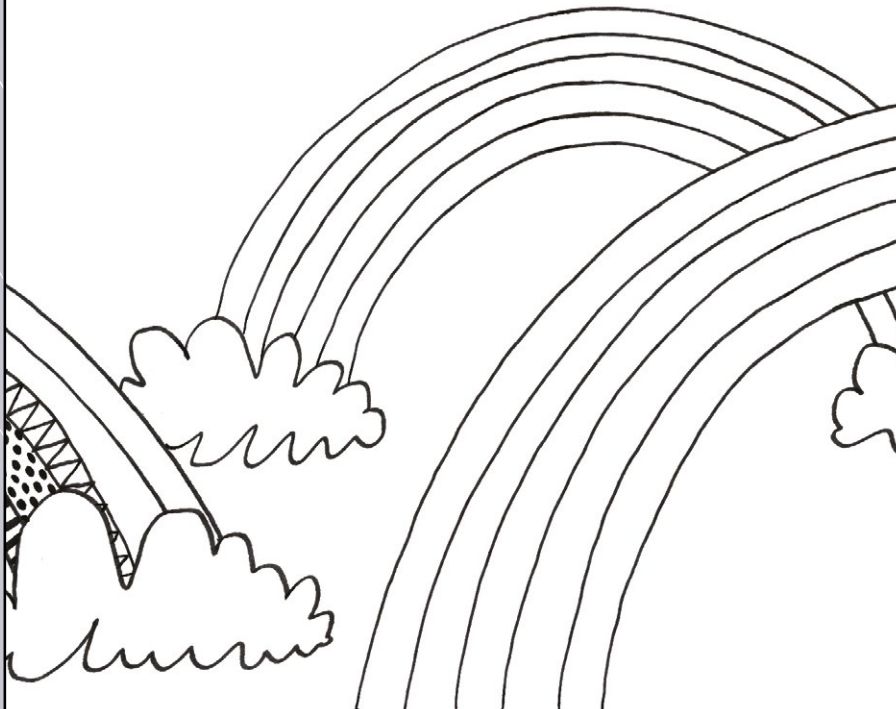


Give these suns personality by adding faces to them

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Can you use drawing to represent the sun 4 different ways?

Imagine if a rainbow had stripes of pattern rather than colour – fill these rainbows with different doodled patterns



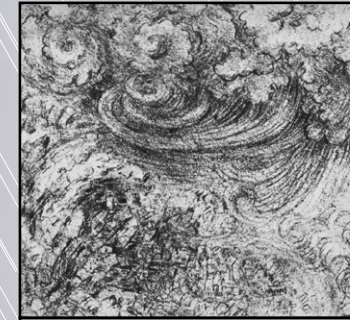
Practise shading;
shade steadily
from dark
to light in
the space
below

Dark

Light



Thomas Bewick,
Cherryburn (1781)

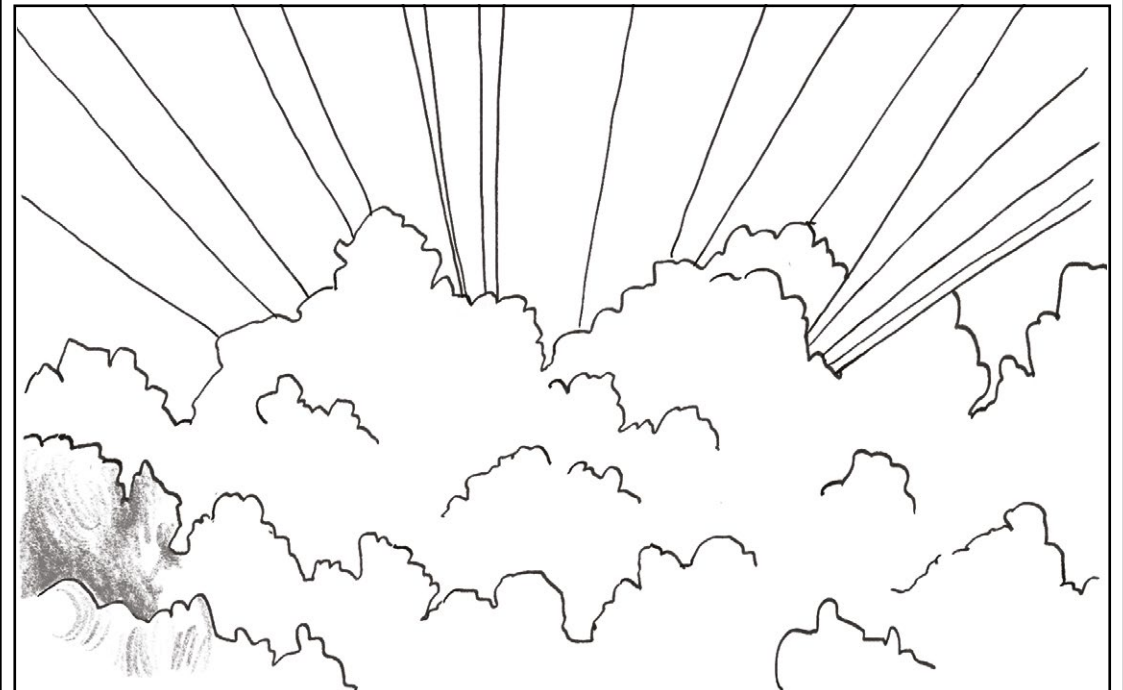


Leonardo da Vinci,
A Cloudburst (c.1480)

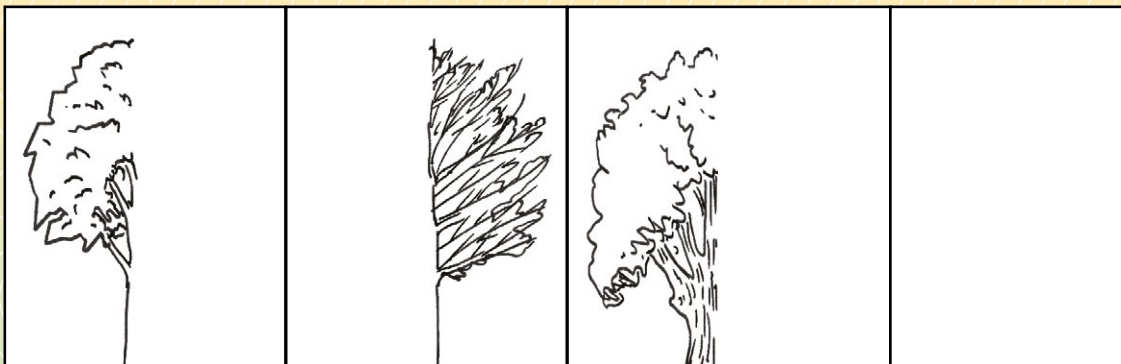


John Constable,
Storm Clouds (c.1818)

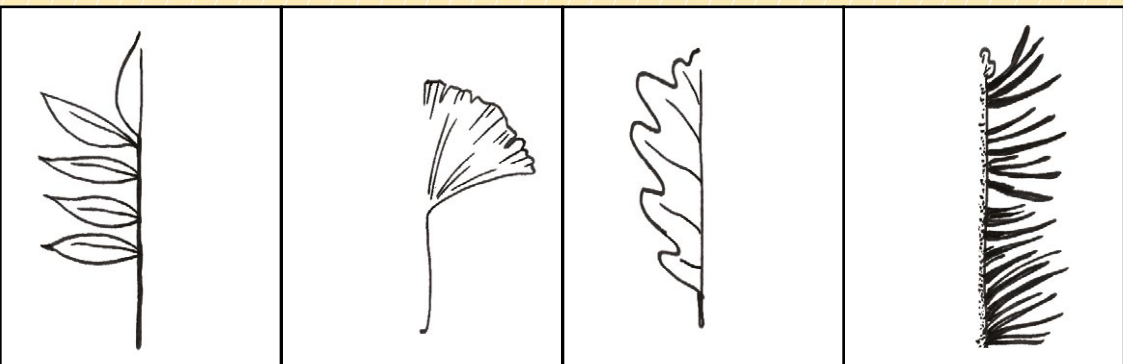
Take inspiration from the artists above and draw some clouds



Apply shading to add drama to these clouds and sun rays

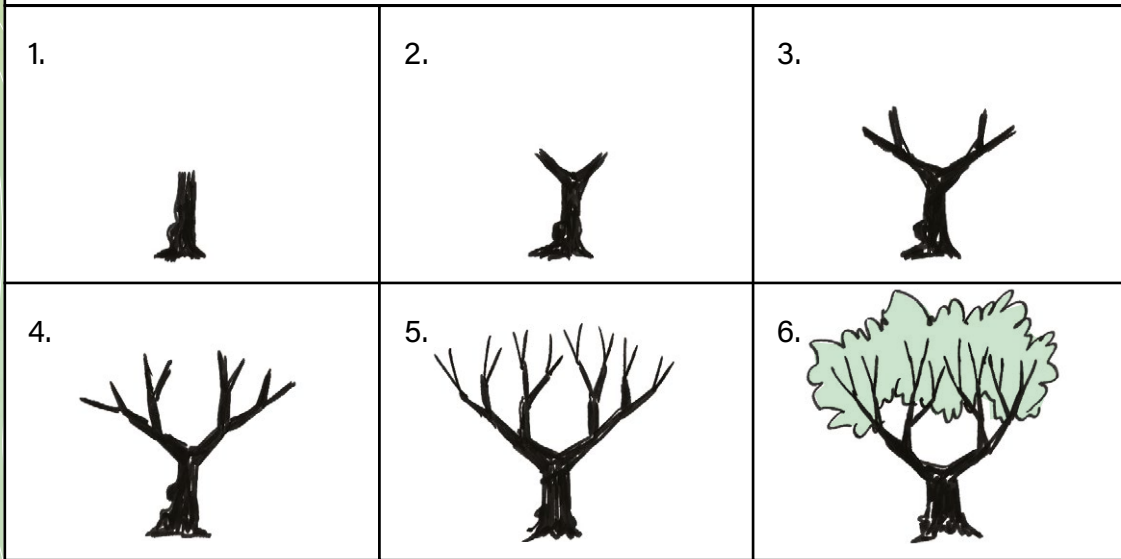


Can you complete these sketches of trees? What trees do you think they are?



Can you complete these sketches of leaves?

Use the space above to draw some trees – follow the steps below if needed



Can you make a pattern featuring leaves, trees or plants?

Can you draw an imaginary tree?

What would its leaves or fruit look like?
What would it be called?

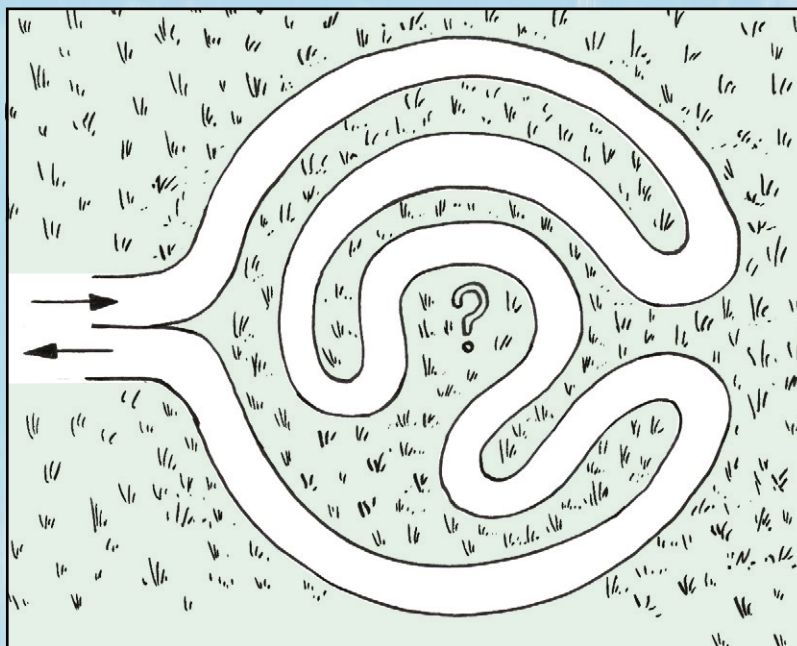
The Woodland Trust have made a useful app for identifying trees and finding out more about them. Scan the QR code below to find out more and give it a go.



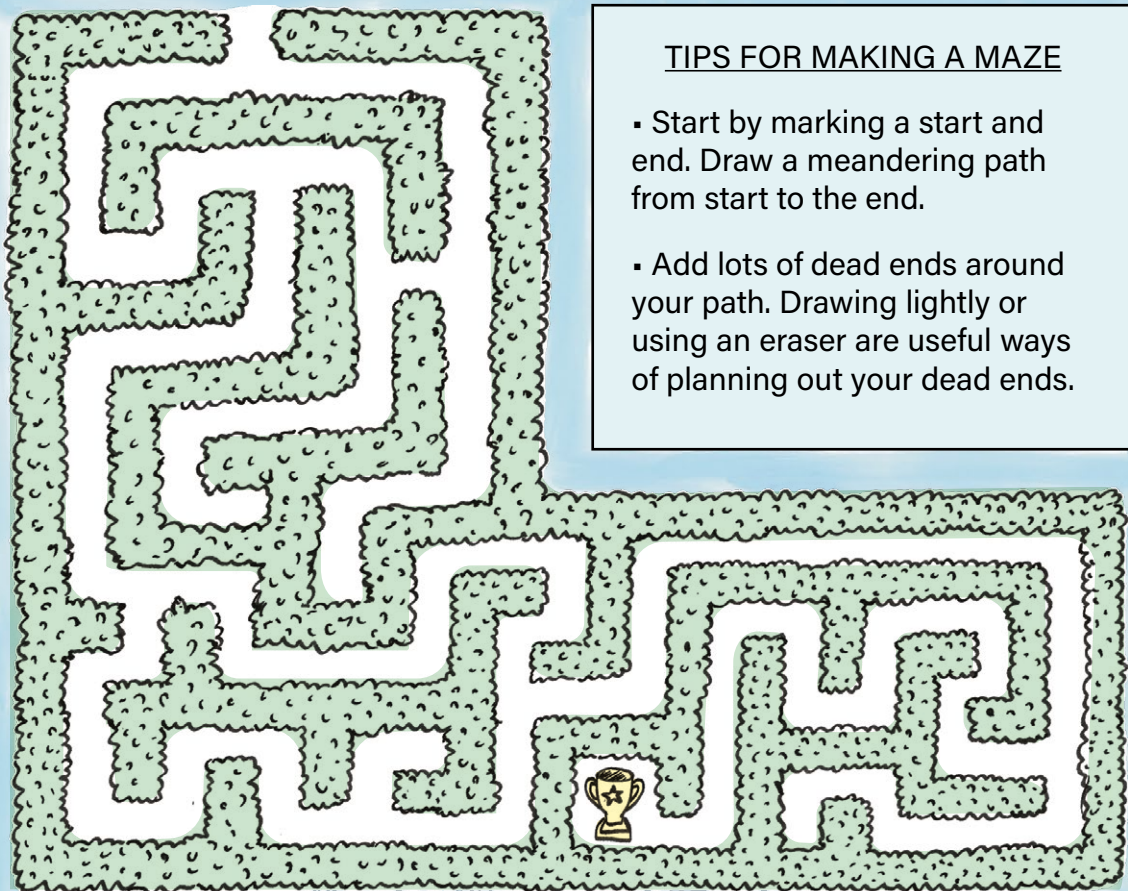


These activities are inspired by the labyrinth (a type of maze) outside at the Freeman Hospital. You can find out more about this peaceful green space by scanning the QR code.

Complete this maze below ↓

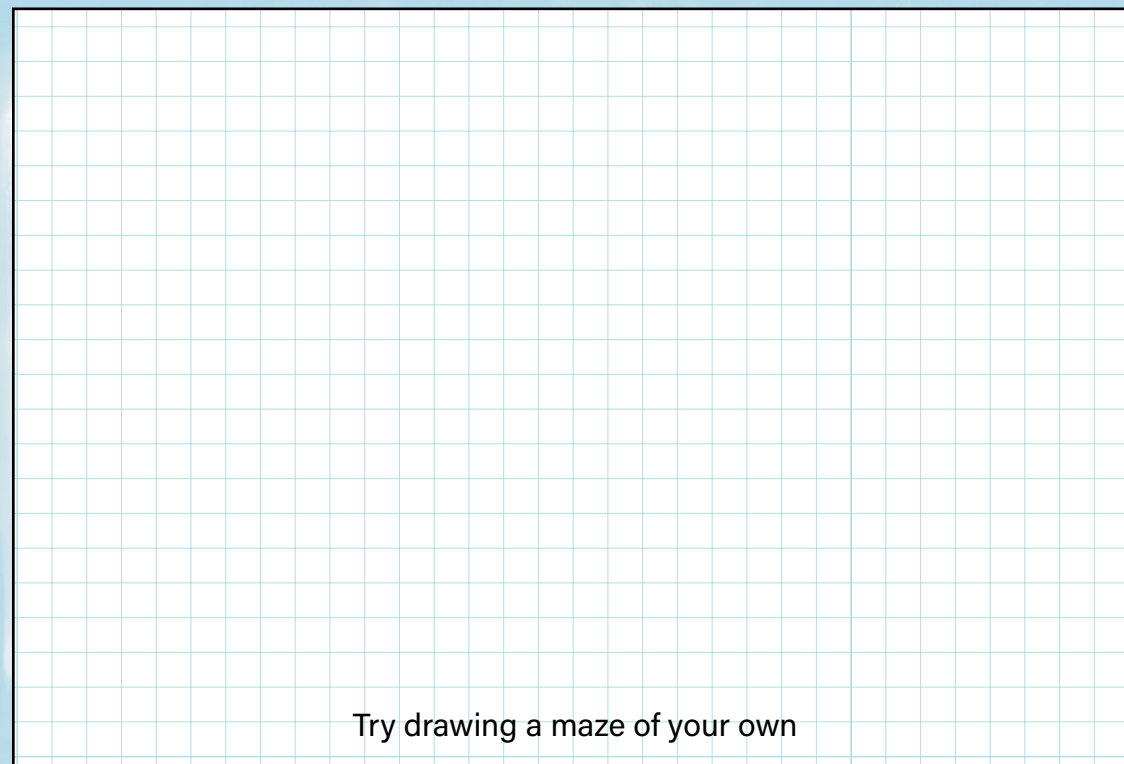


Trace a route through the maze above
– think of something to leave in the middle

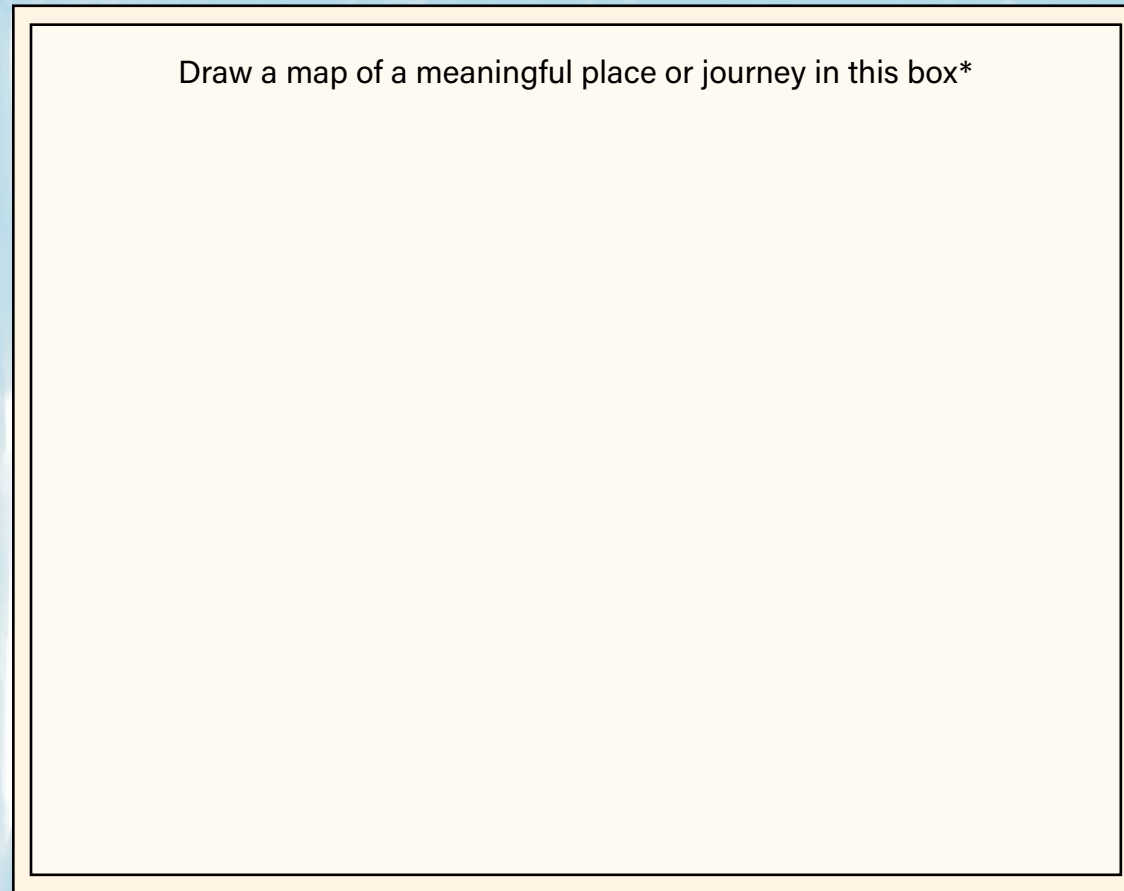


TIPS FOR MAKING A MAZE

- Start by marking a start and end. Draw a meandering path from start to the end.
- Add lots of dead ends around your path. Drawing lightly or using an eraser are useful ways of planning out your dead ends.



Try drawing a maze of your own

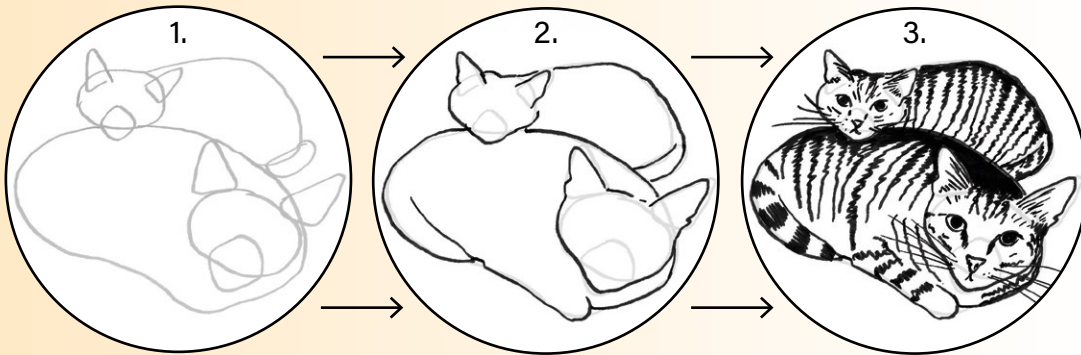


Draw a map of a meaningful place or journey in this box*

The steps below show a drawing of a pair of cats using a technique called 'blocking in'.

This is a useful tool to help make a drawing based upon a photo.

Start a drawing with simple shapes and lines, drawn very lightly with pencil (1). Try to get the size and placement in the right place before adding details over the top in (pictures 2/3).



Use this box to practise the 'blocking in' technique from the opposite page. Try using photographs you can view from your phone or tablet to draw from.



Draw this horse using simple lines and shapes below.



Draw this frog using simple lines and shapes below.

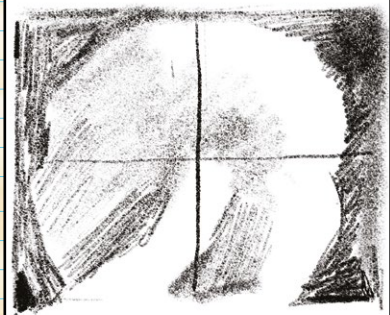


Draw this rooster using simple lines and shapes below.

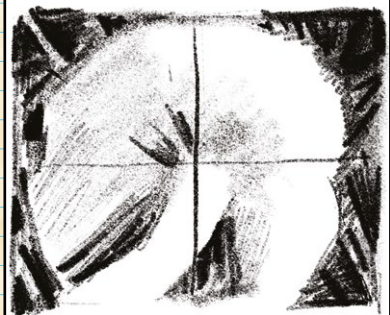
This page is a chance to think more about how you add shading to a drawing. Using the steps outlined underneath, try shading the fungi on the right hand side.



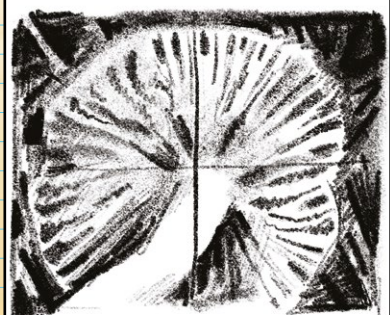
This is an oily waxcap, a rare mushroom which has been found in the grass surrounding the Freeman hospital.



1. Gently map out the main areas using light shading



2. Find the darkest parts of the image and shade them.



3. Shade in everything between the darkest and lightest points.



Fungi: Porcini Mushroom, *Boletus edulis*



Fungi: Horn of Plenty, *Craterellus cornucopioides*



These drawing tasks are all about careful observation. You can contribute to observations of nature around Newcastle Hospitals using iNaturalist - a website to record sightings of plants, insects, mushrooms and other natural wonders. Scan the QR code to find out more, see what's been found recently and to take part yourself.



Use this page to practise shading or draw something you'd like to draw.

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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.

Commissioned by
Newcastle Hospitals
Charity Arts Programme

Written and designed
by Foundation Press

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 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**

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 Newcastle Hospitals Nature Recovery Ranger:

Newcastle Hospitals is committed to creating healthier, more biodiverse spaces for people and nature. By 2031, Newcastle Hospitals aim to increase biodiversity by 20% and ensure access to wildlife-friendly green spaces that support wellbeing. A Nature Recovery Ranger from the Centre for Sustainable Healthcare helps deliver this work with the Estates and Sustainability teams.

Newcastle Hospitals Charity
Registration Number 1057213

