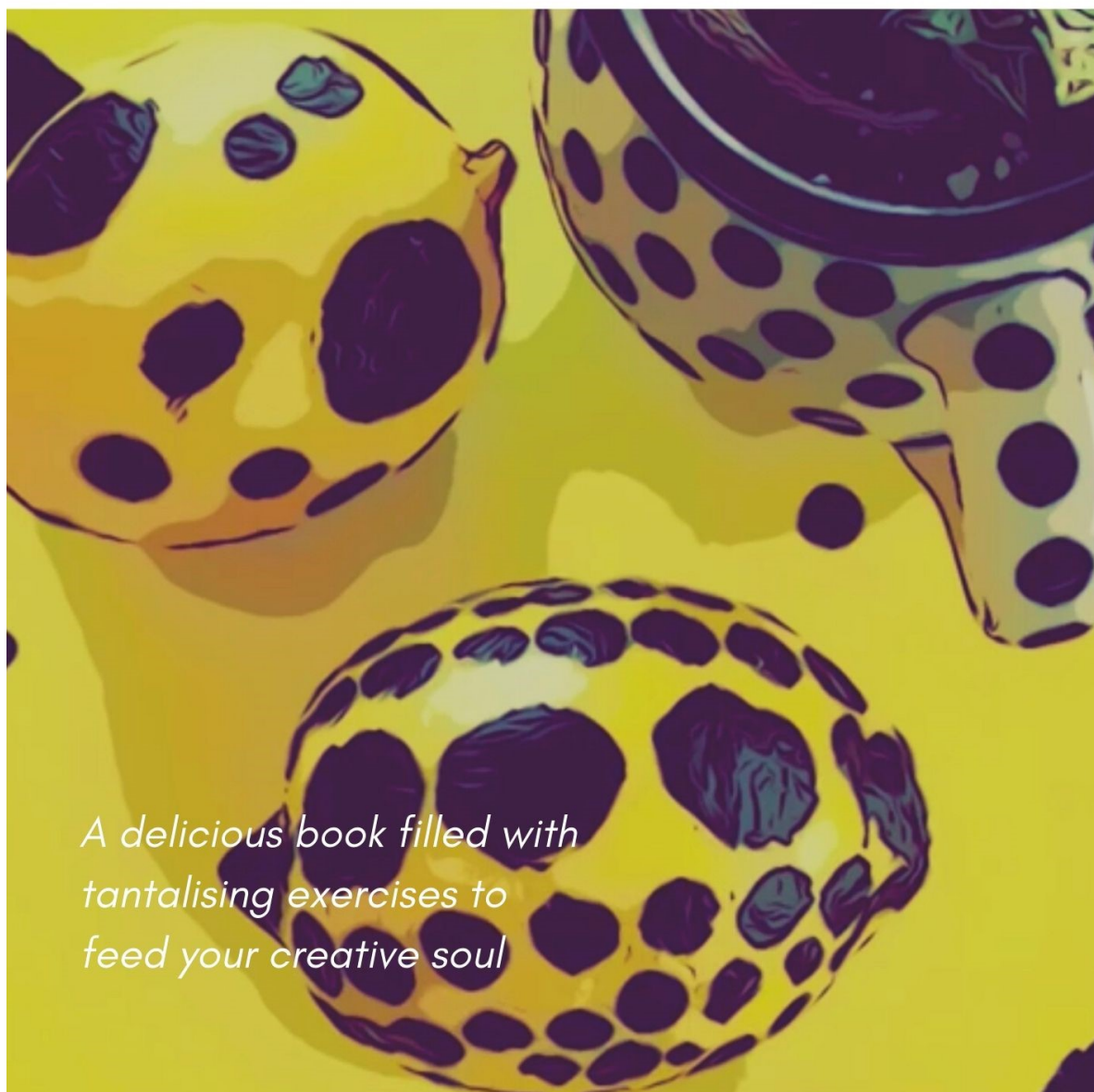


31 Days of Creativity

A RECIPE FOR ARTY-NESS



*A delicious book filled with
tantalising exercises to
feed your creative soul*

By Phoebe Booth and Emily Booth

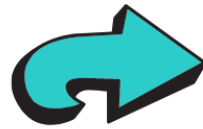
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A few supplies you might want for your 31 Days of Creativity: magazines, old books, pens, markers, sketchbook, acrylic paints, pastels, charcoal, an object to paint (this one is a thrift shop find painted white). You can make do with what you have or pick up some cheap supplies.

It's all about experimenting and getting some creative momentum going.

“You can’t use up creativity. The more you use. The more you have.” — Maya Angelou

This is a delicious book filled with tantalising exercises to feed your creative soul. You'll find a splash of painting, a dash of drawing, a pinch of collage, a hint of poetry and a variety of exercises to satisfy your creative taste buds.

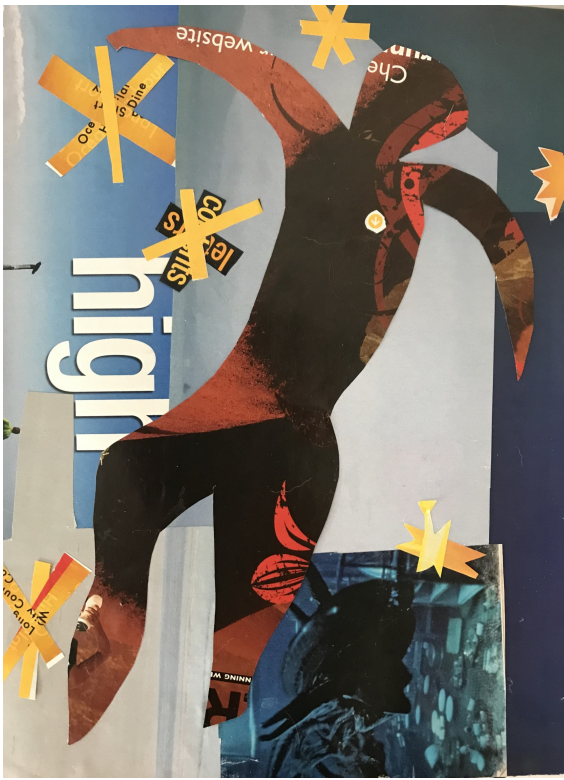
How to use this book:

- Follow the links to watch the [YouTube](#) videos for each exercise.
- Join our [Facebook group](#) to share your work or simply to be inspired by others.
- These exercises are designed to be fun and to help you in your commitment to creativity.
- You can follow the exercises exactly or use them as inspiration for your own.
- Throughout the book we suggest copying other images, if you are in doubt use the examples we provide.
- You can make the exercises as complex as you like and develop them further.
- We recommend doing these exercises on a small scale, this means you can work quickly and re-do it if needed.
- These are experimental exercises so there are no strict rules.
- Don't over-think these exercises, just get on with it!



Day 1

Create your own Matisse cut-out



You can find the image of Icarus [here](#).

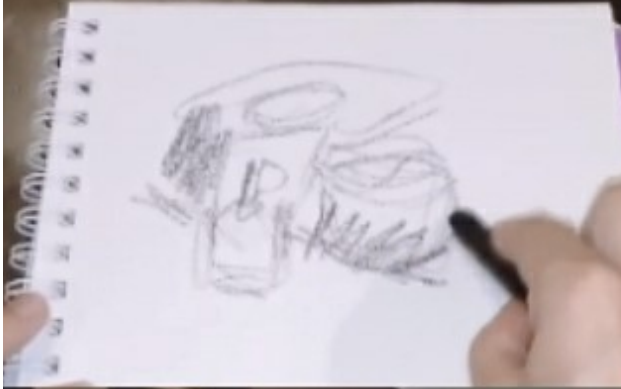
- Look through magazines for your background pieces, the body of Icarus and the bright stars.
- Use craft glue to stick in the background first then the figure and stars.
- Have fun with it and make it your own!



**Click to
watch**

Collage gets your creative problem solving brain working. You're hunting for colours that might work and finding interesting options that are unplanned. When you work with a restrictive medium you have to get creative.

There is something about the reusing of an image that was created for a specific purpose, and then doing something completely different with it that adds excitement and intrigue into the new piece of work.



Day 2

Re-working a charcoal drawing

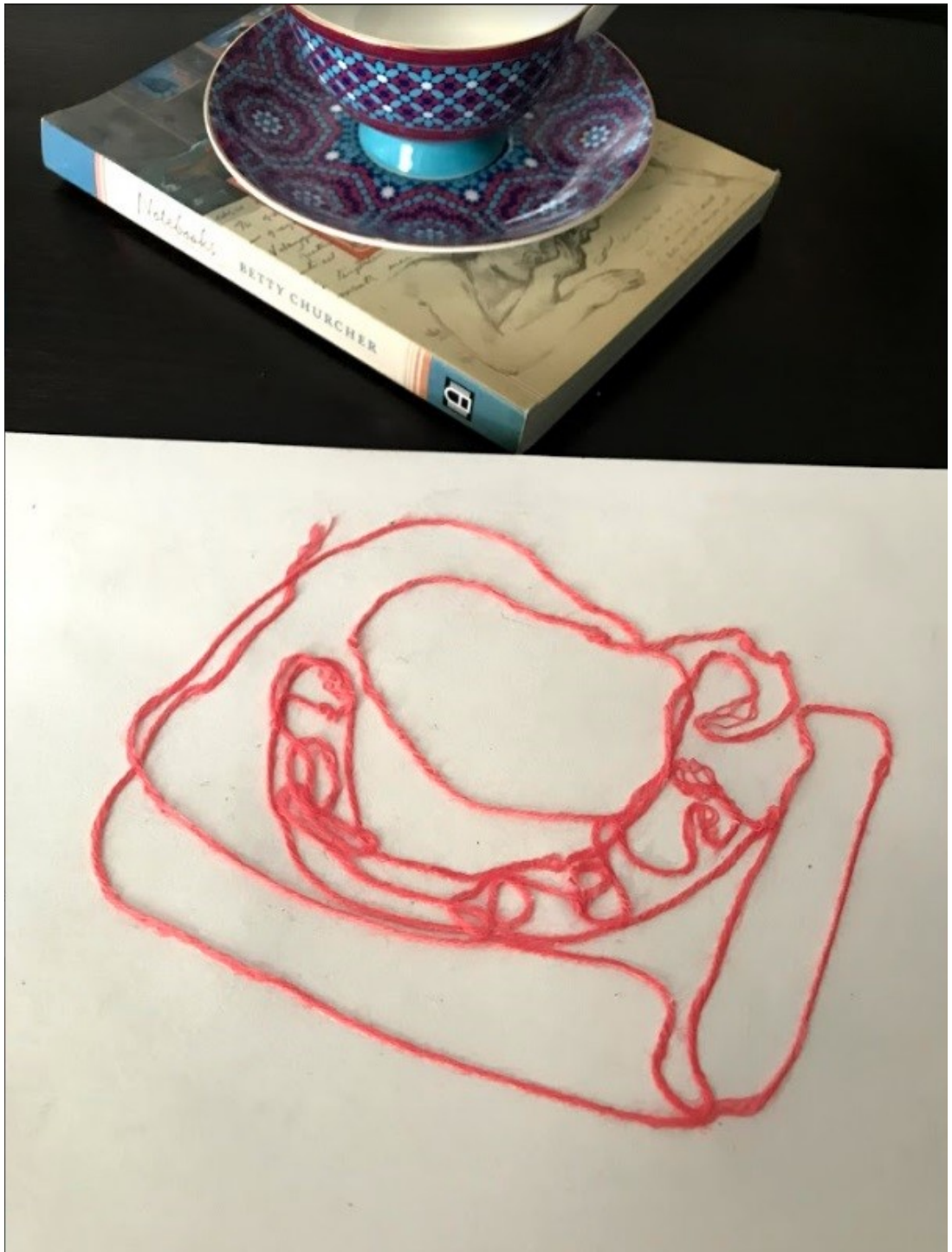
For this drawing I chose to use charcoal and a tissue.

- I first did a quick sketch of a candle holder, plant and paintbrush .
- Wiped it over roughly with a tissue, turned my page 90 degrees.
- I worked on it again
- I wiped it away roughly, turned my page 90 degrees again



This exercise is about not getting caught up in details. The wiping away adds a neutral tone, the turning of the paper adds an abstract element that you couldn't have purposely put down on the paper. Knowing you'll wipe it away and turn it around, adds a looseness and free flowing element to your drawing. You can't do this exercise badly!

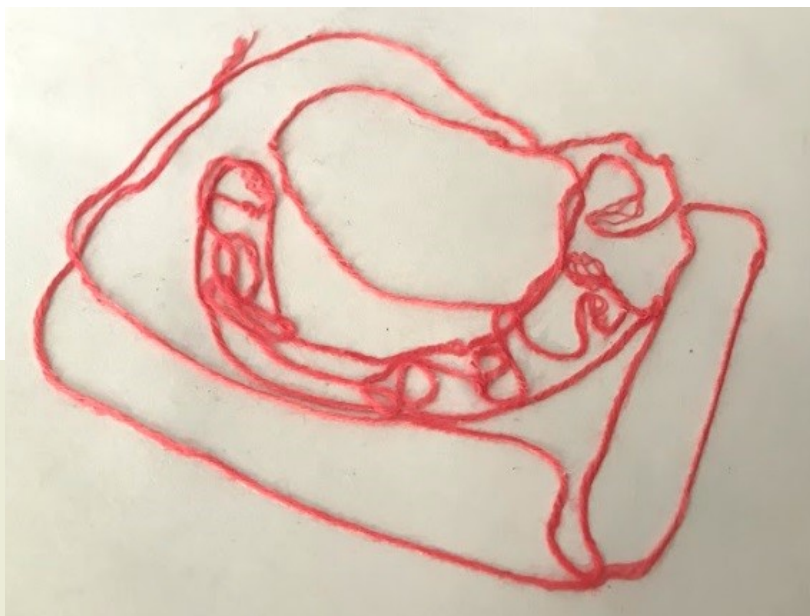
You can take this drawing further and add white chalk over the top. Don't forget to turn your drawing around!



Day 3

Drawing with string

- Using one long piece of string/wool/twine and glue, draw an object of your choice.
- It's important that you do not cut the string, this will help you make a more creative piece.
- A glue stick works well and if you want to really hold it to the paper then you can glue over the top of it.
- You may need to try this a few times.
- Have fun! You could try this on coloured paper or over the top of a pattern... so many possibilities.



**Click to
watch**

This next exercise will take away some control. It's especially great if you are not happy with the pencil drawings you're doing.

Day 4

Instagram layouts





- Take three photos in your surroundings. Find patterns but also less busy images.
- Arrange them in Instagram layouts or another photo editor.
- Play with filters.
- Have fun!

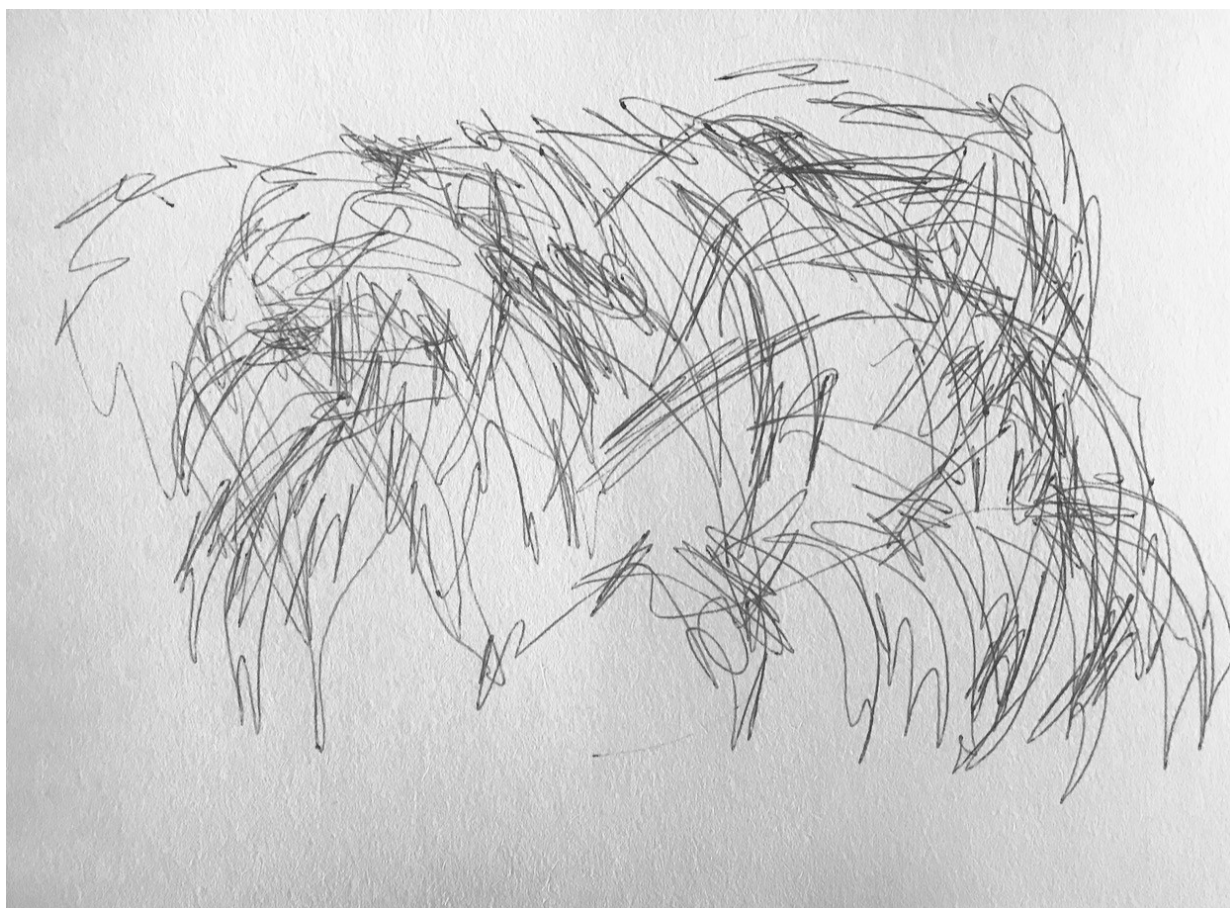


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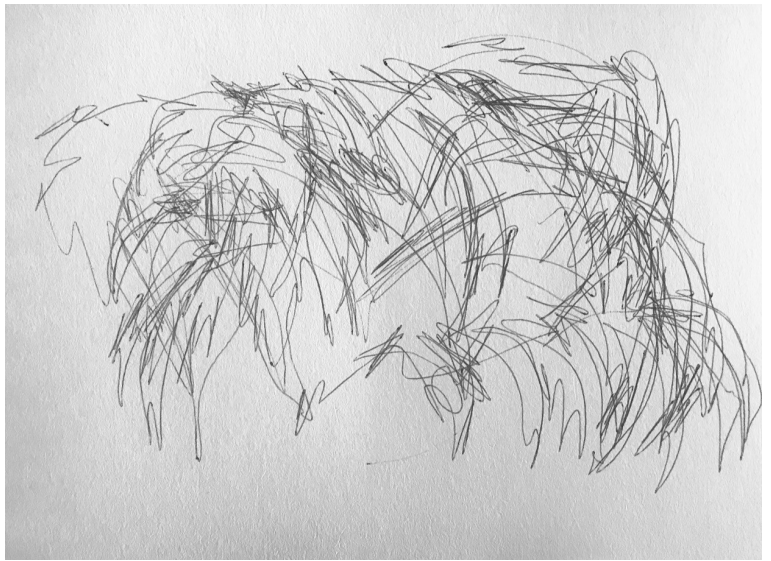
This is all about taking ordinary things around you and putting them together to create something new. It's especially good to do in your home. It gives you a fresh perspective on everyday things and helps you see that there is potential everywhere.

Day 5

Draw without looking at your paper



- Pick an object and grab a pen or pencil and sketchbook.
- You will only be looking at the object. Try and have fun, you can't get this wrong.
- Look closely at line, shape, shadows and angles.
- Spend about 4 minutes on your drawing. Just keep going.
- Don't worry about what you'll see on the page. You are exploring the subject and using drawing as a tool to see.
- Have a look at what you've drawn. What do you like about it?



**Click to
watch**

This is an exercise in looking not drawing. The purpose of this exercise is to get you away from being too scared to draw. It stops you worrying about whether it will look right because you're not expecting it to. It's about giving you confidence in putting pen or pencil to paper.

This exercise helps you move your pen around the paper more freely. Your work will be expressive, you can't really get away from that.



Day 6

Use magazine strips to create an image



- Find two or three different magazine pages with lots of images.
- Cut them into strips, different widths and lengths will impact the result. This example has all the strips a similar size, but explore and see what looks good for you.
- Place the strips down, try to create shapes, and patterns with the strips.
- Play around with them before sticking them down.



**Click to
watch**

This exercise is great fun. It doesn't require any drawing, just the looking and adjusting part of the creative process. Get the hang of looking at the image as a whole and balancing colour and line. All artworks need a good composition to work. It'll help you look for those basic elements that a piece of art needs before you add the juicy details.

Day 7

Potato cuts





A simple potato can become a block printing tool! The larger the potato the more detail you'll be able to get. There are endless possibilities in this simple craft.

- Find a simple shape to use for your potato cut. I chose Icarus from Day 1.
- Use a sharp knife to cut the outline of your image. Then cut from the side of the potato up to that line and peel away.
- Choose your paint colour, I found painting onto the potato with a brush gave me better coverage.
- Stamp your potato onto your paper or card.



**Click to
watch**

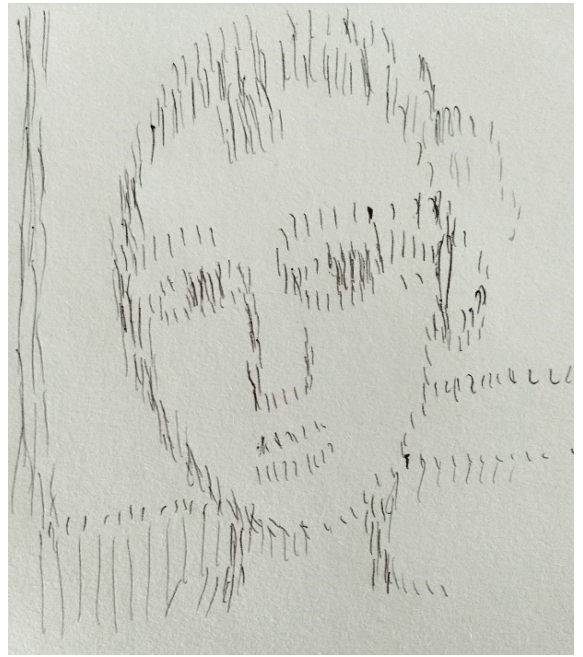
Block printing allows you to create patterns and play with your image within a different medium. The inconsistency of the paint can allow for variations. You can try out colour combinations and get a lot of fun from one potato.

Day 8

Vertical line drawing



- Choose an image to draw from life, a photo, or a painting.
- Use a pen, draw only using vertical lines, they can be different lengths but all must be vertical.
- Avoid using a pencil or charcoal as you may be tempted to sketch your lines in different directions or smudge your work.
- Keep the image small, half a standard piece of paper, try a few.



**Click to
watch**

This exercise may surprise you. Vertical lines change the image, it feels different. If you are struggling with your next piece of artwork consider changing the direction of some of your lines. Don't underestimate the power line direction has.

Day 9

Limited palette using four coloured rectangles





Here we get experimental with colour. This example was done in chalk pastel.

- On a sheet of paper colour four rectangles with different colours.
- I worked the pastel into each rectangle using a tissue.
- Sketch your still-life on each square using one other colour and black or white.
- Be daring!



**Click to
watch**

Limited colours can free you up and offer new possibilities. This exercises is great because you will be doing four drawings of the same image, chances are you'll like one of them.



Day 10

Simplified still-life painting

Get ready to take some photos! Put together an interesting picture using things around your home. You will be creating a quick painting from these so keep this in mind.

- Think in terms of shape and colour rather than subject.
- Use natural light for a great photo.
- Photograph from different angles.
- Crop your images to find the image you want.
- Think blocks of colour for your artwork, not details or tone. It's a fairly quick exercise if you stick to this.
- Create a small painting using your preferred medium. Pastels as they are a nice easy option.
- Use a thumbnail image rather than the main photo, this will help you to simplify the shapes.
- Focus on colour and shape rather than the subject.
- It does not need to be accurate or detailed.



**Click to
watch**

This exercise helps you get the basics of a painting down quickly. You've done the compositional work in the photo which is an essential skill for creating a painting that works.





Day 11

Jackson Pollock painting



Jackson Pollock poured, splattered and drizzled paint onto the canvas. Get messy, no need to worry about getting this exercise right.

- Choose at least two colours for this exercise.
- You may want to water down your paint a little to help the drizzling process.
- Flick with a paintbrush, see all the different effects the paint makes, see how the paint mixes as you pour it over the other colour.
- See which parts of the painting feel the best.



**Click to
watch**

Abstract painting is a great way to experiment with techniques and simply enjoy the medium. You don't have to be an abstract painter to play around with abstract techniques. It can bring an exciting element to your objective artwork.

Day 12

Draw with unconventional tools





- Find a simple image from life, a photo or an artwork.
- Keep it simple, with large shapes. I chose this charcoal drawing, by Dennis Creffield.
- The unconventional tool I used was a plastic library card, this suited the building's hard lines. I could have chosen a plastic fork or a brush or a cloth, which would have given a very different result.
- I used acrylic black paint on a primed piece of cardboard.
- This is experimental so use whatever you have, thick paper stuck on board will work fine!



**Click to
watch**

The aim of this exercise is to draw with less control. This allows more creativity in your work, and is especially helpful if you feel stuck in a rut with your art.

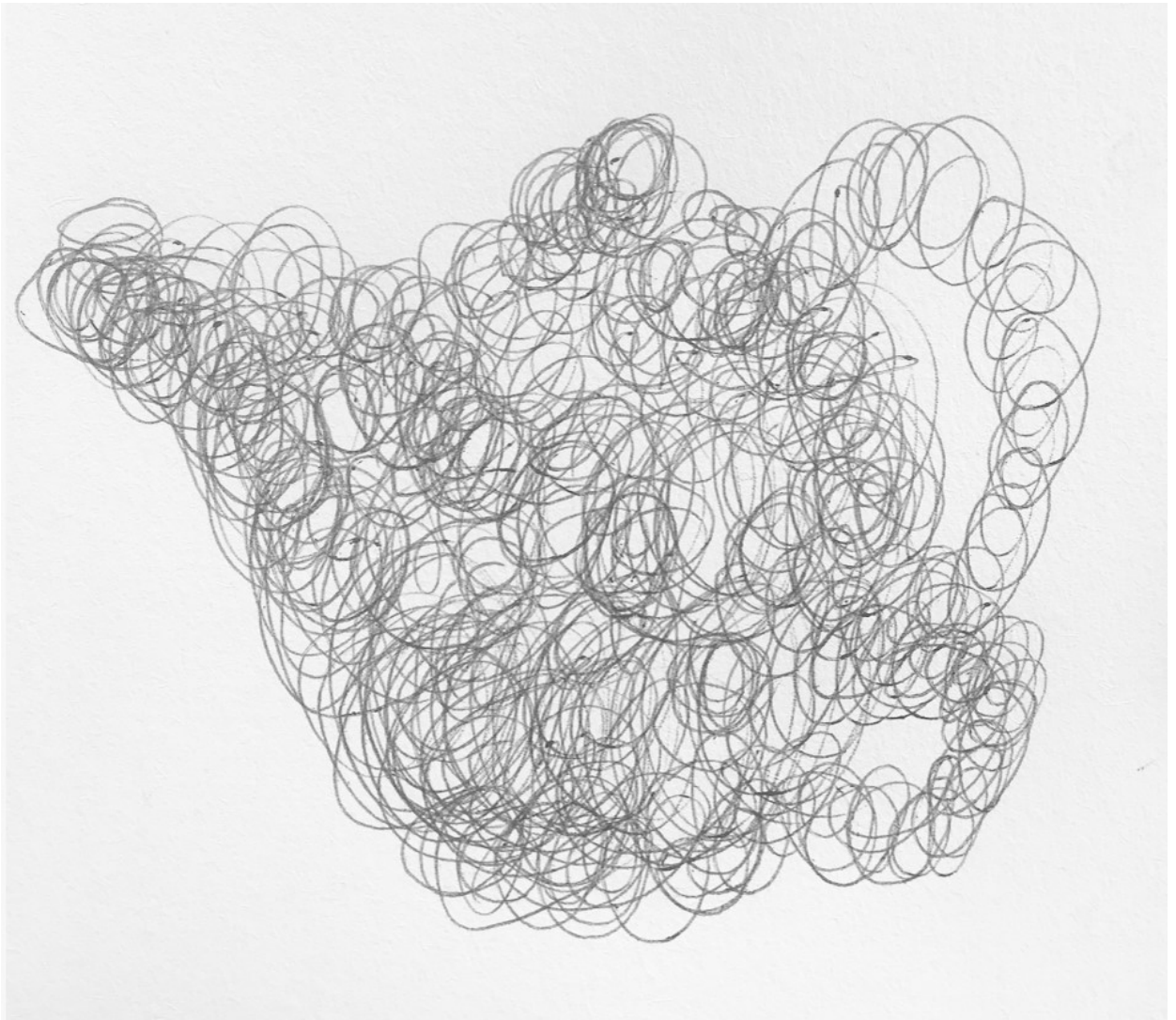
Look at what unexpected surprises come out of it. Any interesting patterns or effects you could use in your other artworks?

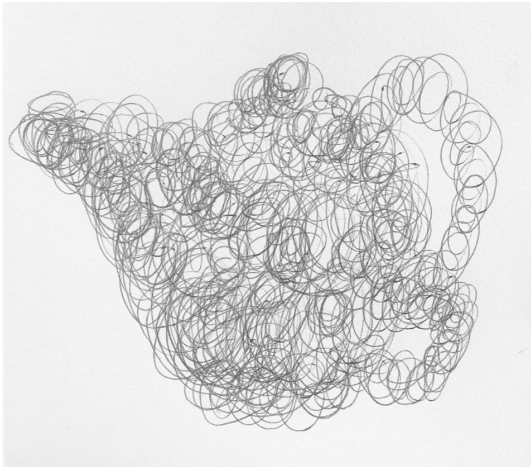


Durham: The Central Tower by Dennis Creffield

Day 13

Draw using circular motions





- Select any subject you like.
- Use a ballpoint pen to draw with.
- Looking at your subject use circular motions to create the dark areas you see.
- Resist the urge to do small, tight and overly controlled circles.



**Click to
watch**

This is an example of how restricting yourself let's you create more freely. You can't try too hard and you're not expecting to create anything too realistic.



Day 14

Madame Matisse clothing creation



- Find a variety of clothes with different colours. Shirts, trousers, dresses, socks etc.
- Find an image to use as inspiration, I used the painting Madame Matisse by Henri Matisse.
- You'll find you'll move the clothes around a lot, get some distance to see what needs to go where.
- Overlap, scrunch clothes up, do what works.



**Click to
watch**

Using different materials gets you thinking about the creative processes differently. You have to find ways to create shapes with the limitations of the clothes. Have fun, try different techniques and see what happens.



Madame Matisse, by Henri Matisse, oil on canvas, 1905.

Day 15

Draw your reflection in a TV





- With your TV turned off use it like a mirror and draw your reflection. It's important that you can't see details.
- Use chalk pastel or charcoal.
- Draw only what you see, if you can't see eyes, don't draw them!
- Focus on angles, dark and light areas
- Don't spend too long doing this, and draw a few.



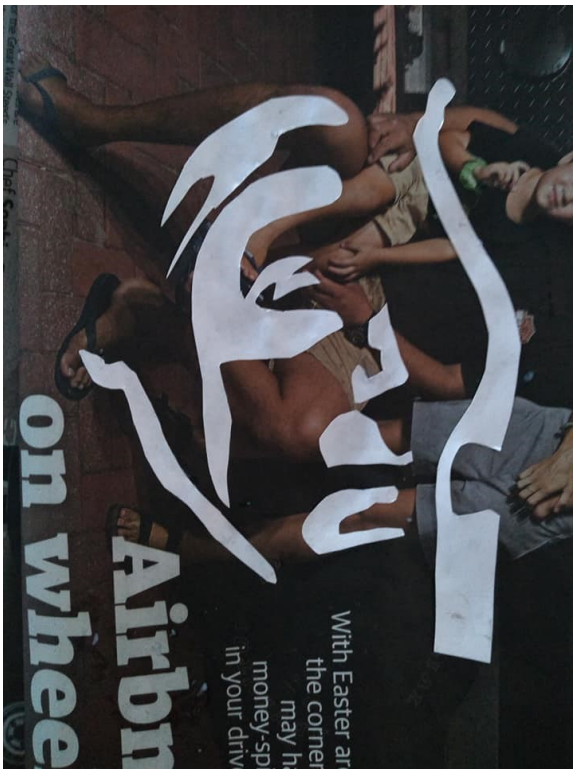
**Click to
watch**

This will help you draw the essence of your image. It teaches you that a portrait is more than the details.

Day 16

Highlight cut-outs





- Find an image with strong highlights, a photo or painting. I chose a drawing by Kathe Kollwitz.
- If you are unsure about which work to copy, use this example.
- Trace only the highlighted areas, it doesn't need to be exact.
- Cut them out and stick them on a dark background with some different tonal areas, I chose a photo from a newspaper.



**Click to
watch**

You are using a piece of art that already works to create your own unique interpretation.

This exercise also helps you look at abstract shapes and how they form objective pieces of art.



Day 17

Freestyle collage



Have fun cutting and pasting! This exercise shouldn't be serious try out silly ideas and see what happens.

- Gather some magazines, old books with pictures (I went to a thrift shop and bought a few).
- Search through for interesting pictures. A large image for a background is always useful.
- Play around with the images as you find them.
- I covered my paper with large cut-outs then began to add smaller images.
- Having some black and white stops it feeling too busy and adds a nice contrast to the brighter colours.



**Click to
watch**

Collage allows you to create great art without having to worry about the drawing process.

Day 18

Create an image from household items





- Find paperclips, rice, lentils, sand, anything you can create a picture with.
- Find an image to recreate with your items, it can be simple such as a bottle, or more complex like this image I used.
- If you do copy an image, use a high contrast image with dark shadows and bright highlights, you can use more than one material.
- In this example, I used rice and table salt on black paper.
- Try a few different techniques, scatter them and push them into an image or carefully place them thinking how you can create different tonal areas.



**Click to
watch**

As you won't keep this artwork, you are free to experiment and try different ideas.



Digger in a potato field: February, by Vincent Van Gogh, chalk on paper, 1885



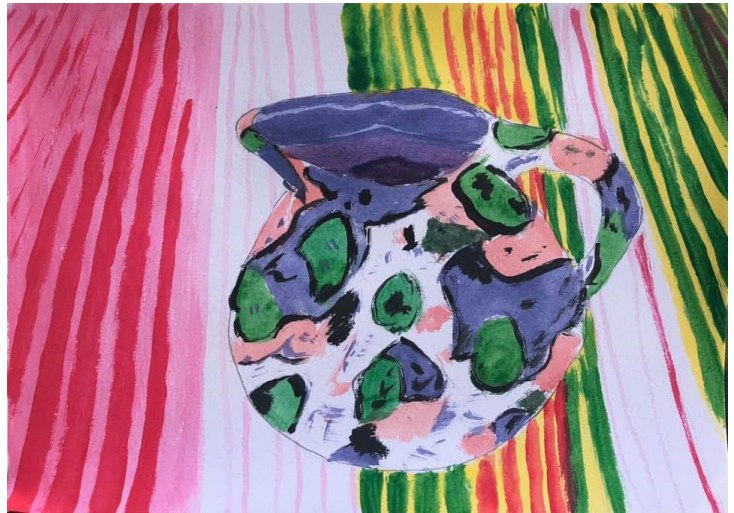
Day 19

Still-life with found patterns

- Choose two or three patterns from nature or landscape photographs to paint or draw as a background, and as a pattern on the object.
- Pick something with simple shapes.
- I chose a jug and painted a different pattern for the three areas using watered down acrylic paint. One for the background, the outside of the jug and the inside of the jug.
- You can use a medium of your choice, it doesn't have to be colour.



**Click to
watch**



You are putting together patterns that inspire you onto a common object to create something unique. It can be quite simple and satisfying to complete.



Day 20

Kusama inspired art



- Use a bright piece of fruit or vegetable and paint a Kusama inspired pattern on it.
- I dipped little pom poms from my kids craft supplies in the paint.
- Photograph it creatively!



**Click to
watch**

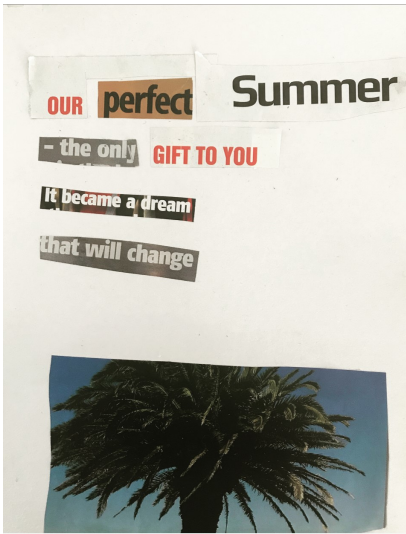
It's great fun to play around with the ideas of other artists. You can get insight into their work and practice.

[Here is an interesting video about Yayoi Kusama](#)

Day 21

Found poem





- Search through magazines or newspapers for snippets of sentences or individual words that get your attention. Words that you find interesting.
- Lay your snippets out and play around with them until you have created your short poem.
- This can be great fun and very addictive.
- You might end up with a few short poems.
- You are not trying to find words to fit a poem you've already got in mind
- You don't need to have ever written a poem to do this.

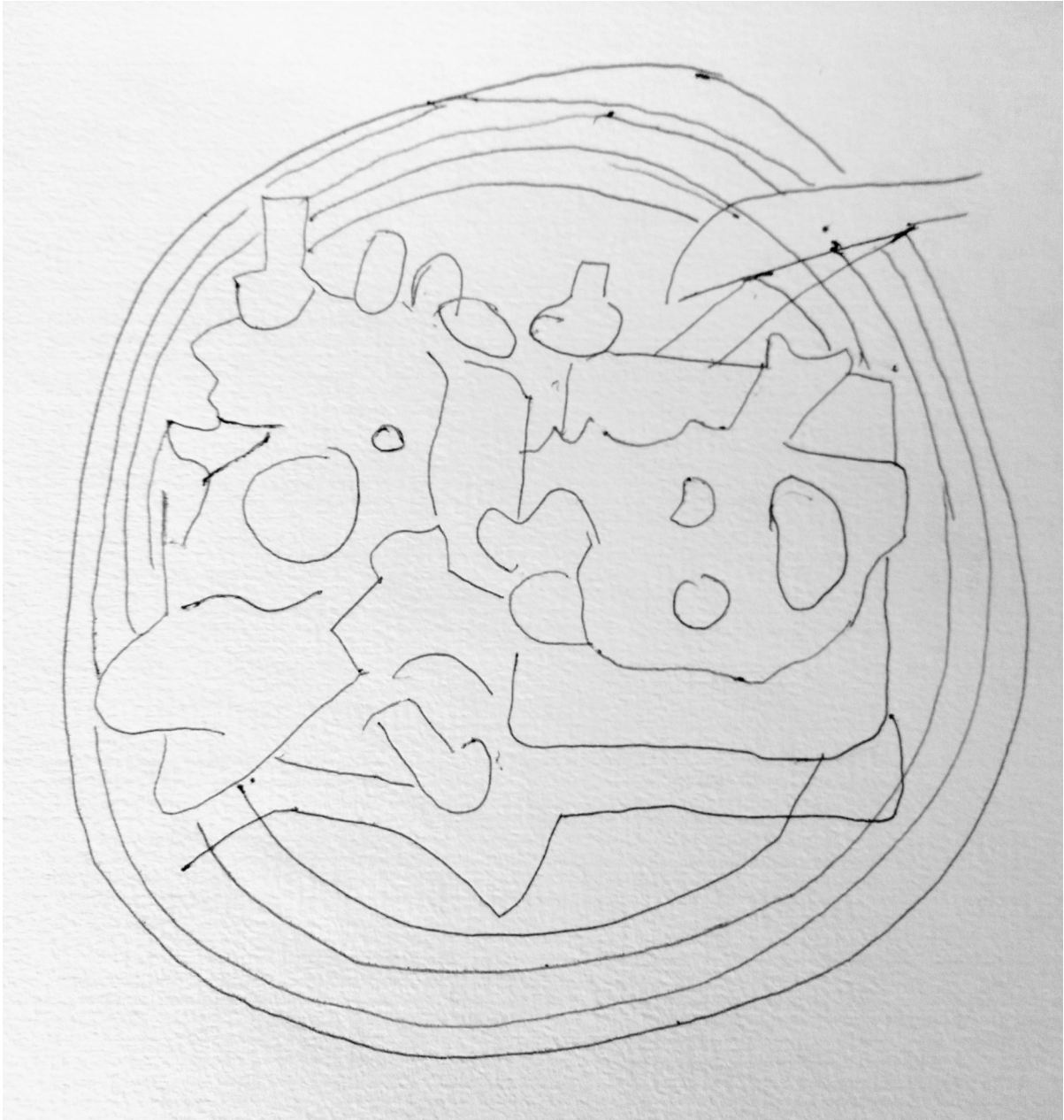


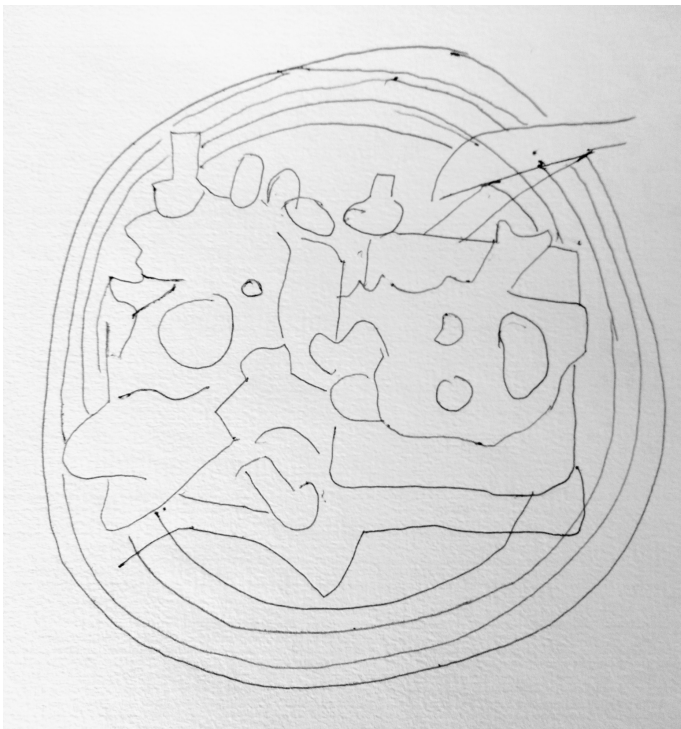
**Click to
watch**

There are so many possibilities writing a poem in this way. You're not sitting there trying to come up with ideas— instead you're using what's in front of you and putting the words together like a puzzle. Create a found poem from magazine:

Day 22

Contour food drawing





- A contour drawing is where you just draw outlines, no shading.
- If you don't want your food to get cold, take a photo, then draw it.
- Focus on shapes and lines.
- Don't think too hard about it, just draw what you see.
- Include as much or as little detail as you like.



**Click to
watch**

Contour drawing is about line and shape. Enjoy how the image emerges as you draw.



Day 23

Draw a self-portrait on the mirror



- This is a fun self-portrait exercise, find yourself a whiteboard marker and draw yourself on the mirror.
- Have fun with it, you can wipe it off and try a few times.
- If you do accidentally use a permanent marker, use vinegar on a cloth to remove it.

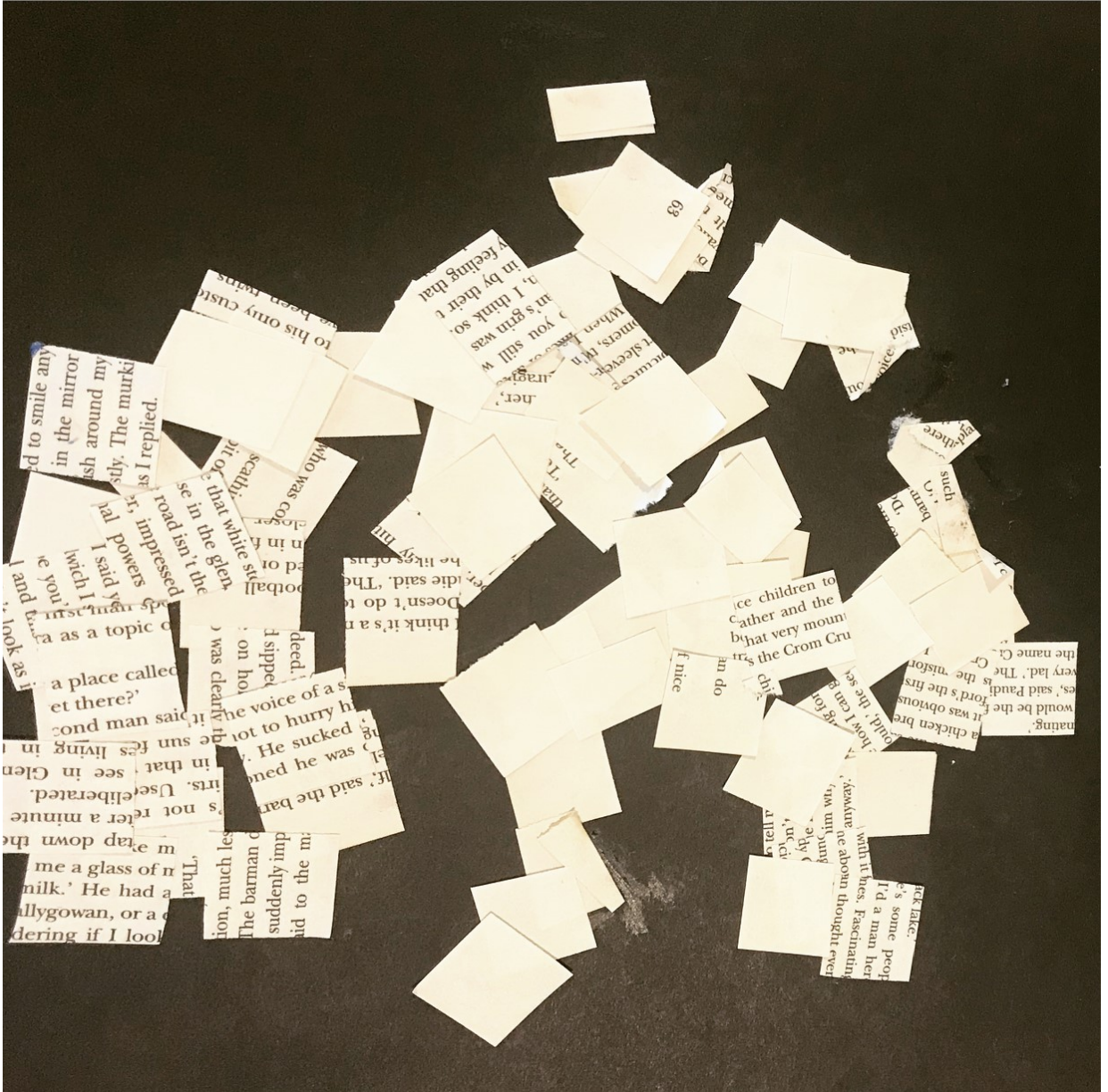


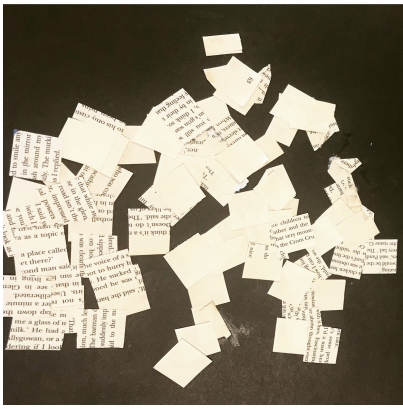
**Click to
watch**

You can't do this the same way you would on paper. You get a very interesting image. It helps you get the proportions right if you try to trace your features.

Day 24

High contrast rectangular collage





- Cut up some black paper and an old book page into small rectangular pieces.
- Use a high contrast black and white image like this painting by Caravaggio.
- Copy your image. Use the text for creating mid tones. Angle and layer the pieces.
- Take photos as you go and compare it with your reference image.



St John the Baptist in the wilderness, Caravaggio,
1604/1605 [Source: [https://
artsandculture.google.com/](https://artsandculture.google.com/)]

This exercise will let you be creative and produce a unique work. Have fun problem solving using a restricted medium.

Day 25

Create a pop art image





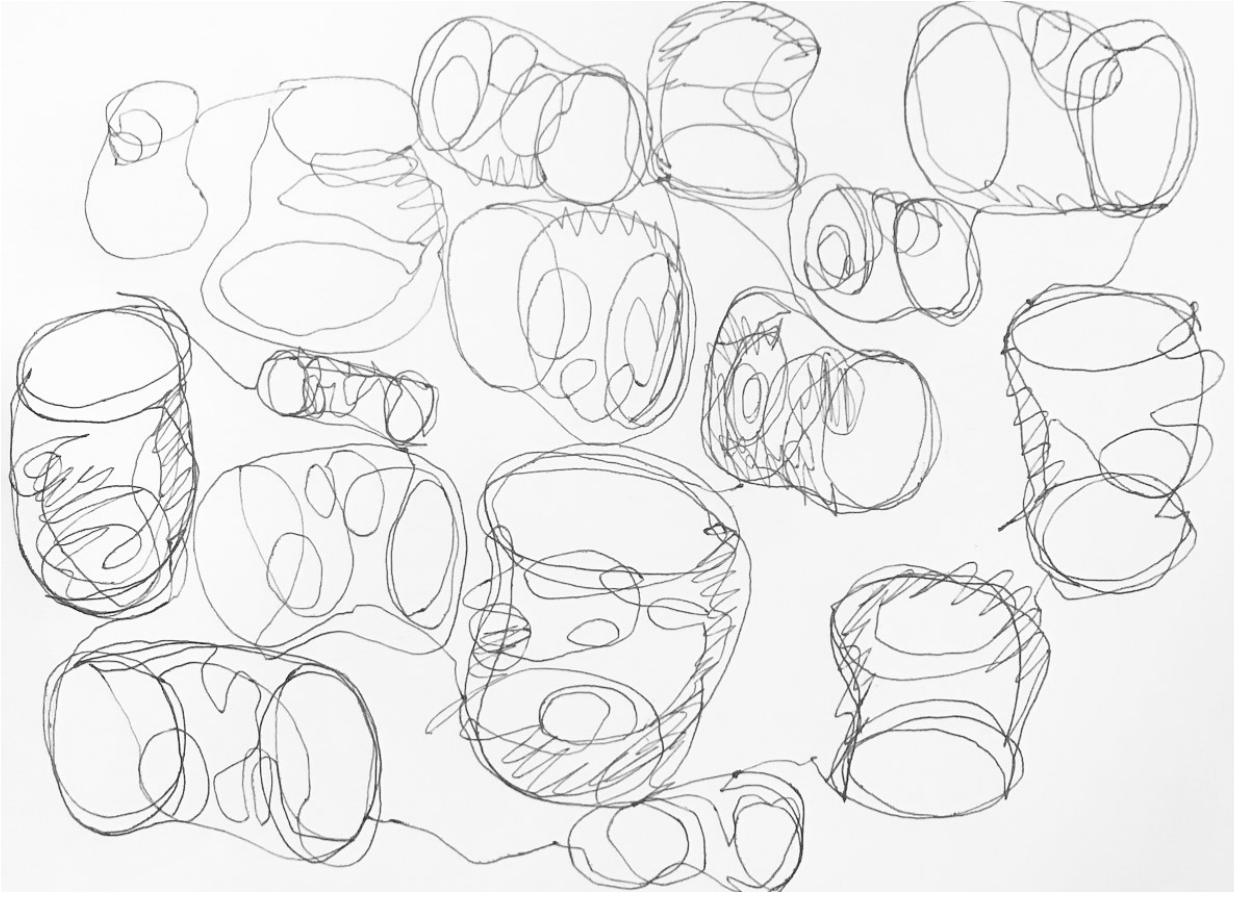
- Choose a subject. I went with the classic looking vanilla essence bottle.
- Use an app that allows you to change the contrast, hue, saturation, to create different coloured images. I used Instagram on my phone. There are some good pop art apps out there too.
- Create nine different coloured images, you can place them together using the Instagram layout app.
- Mess around and see what happens!



**Click to
watch**

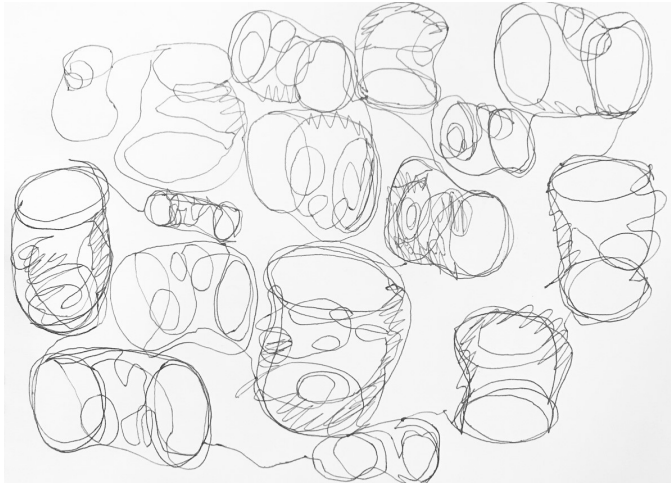
Inspired by Andy Warhol we are taking an everyday object from the kitchen cupboard and creating some art.

If you're using Instagram feel free to share your Instagram profile link with your picture on our Facebook group.



Day 26

Continuous line drawing pattern



Your creating lines, it's continuous, there are no mistakes, just keep going!

- Find a still-life subject.
- Use a ballpoint pen, don't take your pen off the paper as you draw your subject over and over.
- Rotate your page as you move on to each drawing.

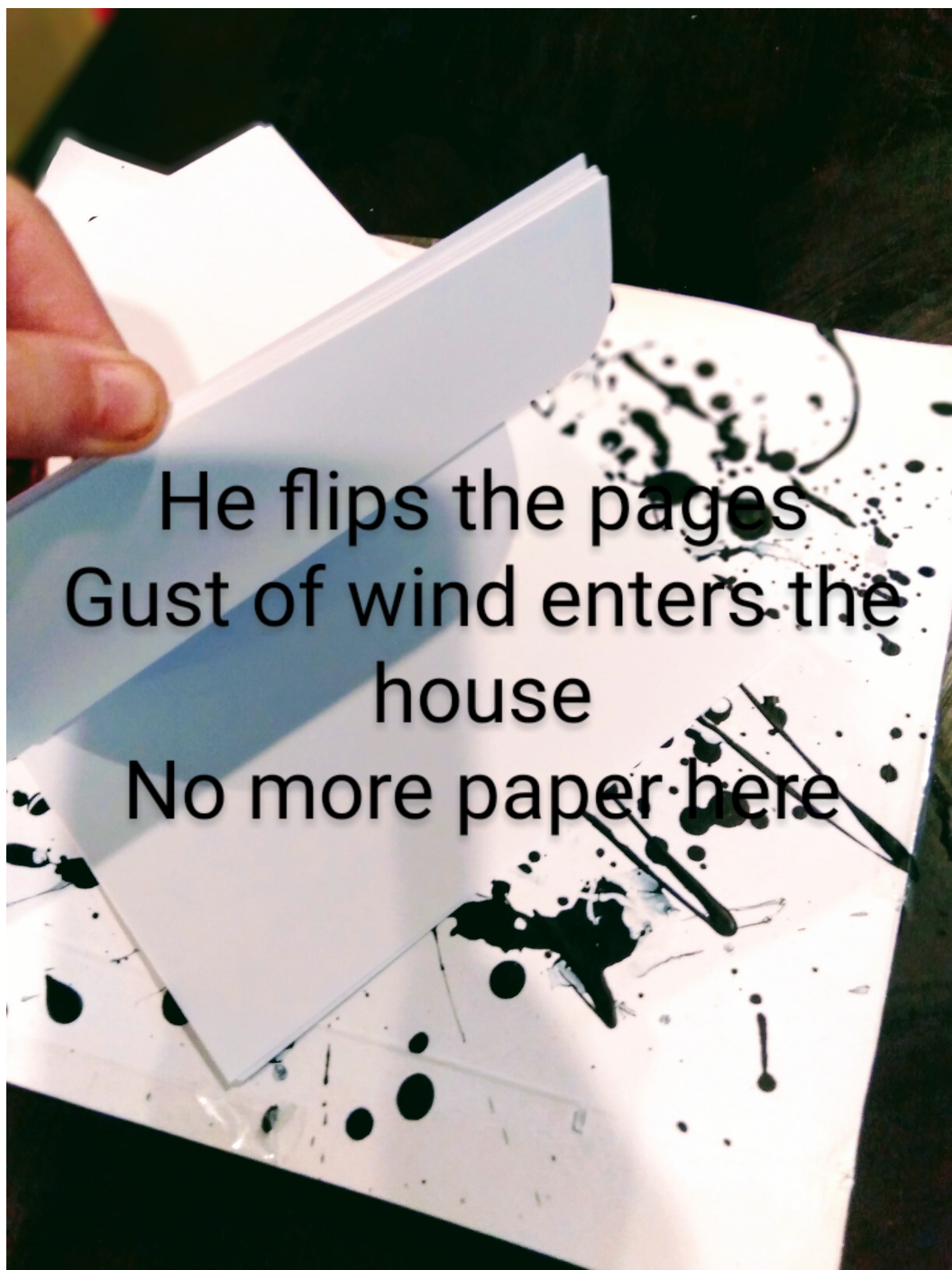


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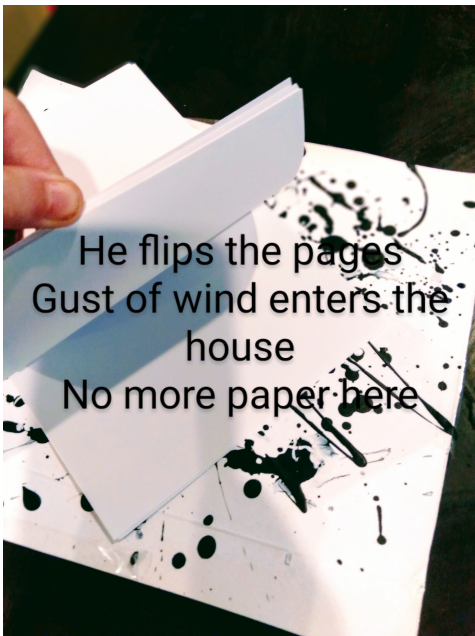
This exercise is making you do something you wouldn't usually think to do. As you can't take your pen off the paper you have to draw differently. It can give you some surprises and creative ideas.

Day 27

Write a Haiku



He flips the pages
Gust of wind enters the
house
No more paper here



- A haiku is a Japanese poem written in 3 lines.
- It is based on syllables for each line, 5-7-5.
- A haiku generally has an element of nature to, landscapes, weather, animals etc.
- It's an observational poem, don't include feelings and emotions.
- Part of the creativity of this exercise is adding a background image. Use a piece of art you've created or a photo.



**Click to
watch**

The rules of a haiku give you a structure to work with making it an accessible form of poetry. They are quick and fun to write and read.



Day 28

Contour drawing cut-out



**Click to
watch**

- Choose a nice bright still-life. A bowl of fruit works perfectly.
- Do a quick contour drawing keeping in mind you'll use it as a guide for your cut-outs.
- Use some bright paper, or paint your own.
- Cut your shapes out based on your drawing.
- Don't feel you need to be accurate. I used red paper for the ends of the bananas and some of the shadows on the mandarins.

Simplifying the fruit down to its basic elements allows you to play with the composition of your work without worrying about details. You don't have to worry about form and making the image look three dimensional, you can focus on getting the shapes right on the page.



Day 29

Abstract colours



- Use an image that you're drawn to. Something with clear shapes and contrasting colours.
- Apply a monotone filter to your image.
- Do a quick colour sketch using abstract colours.
- I just chose four of my sharpie pens, which worked well.
- Paint your own paper or use what you have already.
- Cut and paste your shapes. Give yourself the freedom to try whatever feels right.



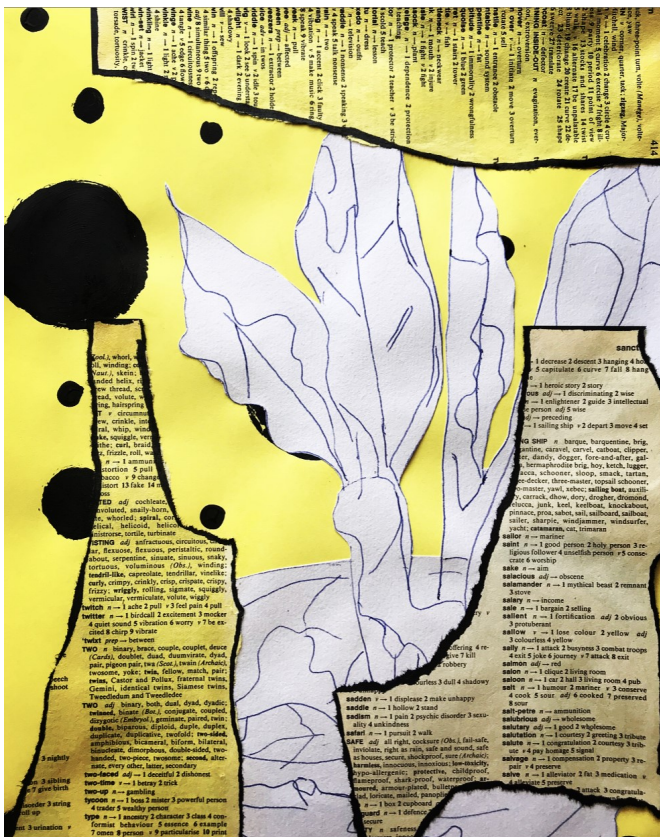
**Click to
watch**

This exercise helps you experiment with colours and therefore get away from the need to stick with conventional approaches.

Day 30

Mixed media





- Select a couple of pieces of work. I chose a contour drawing and a piece of yellow paper which I'd painted with polka dots.
- I painted some old thesaurus pages with a yellow acrylic paint wash and ripped them out.
- Try different arrangements out and then stick them down.
- You could use magazine cut-outs for this too.



Click to
watch

Here's an opportunity to turn some of your work into a collage. You're trying out ideas with existing work and adding new elements.



Day 31

Copy a painting onto an object

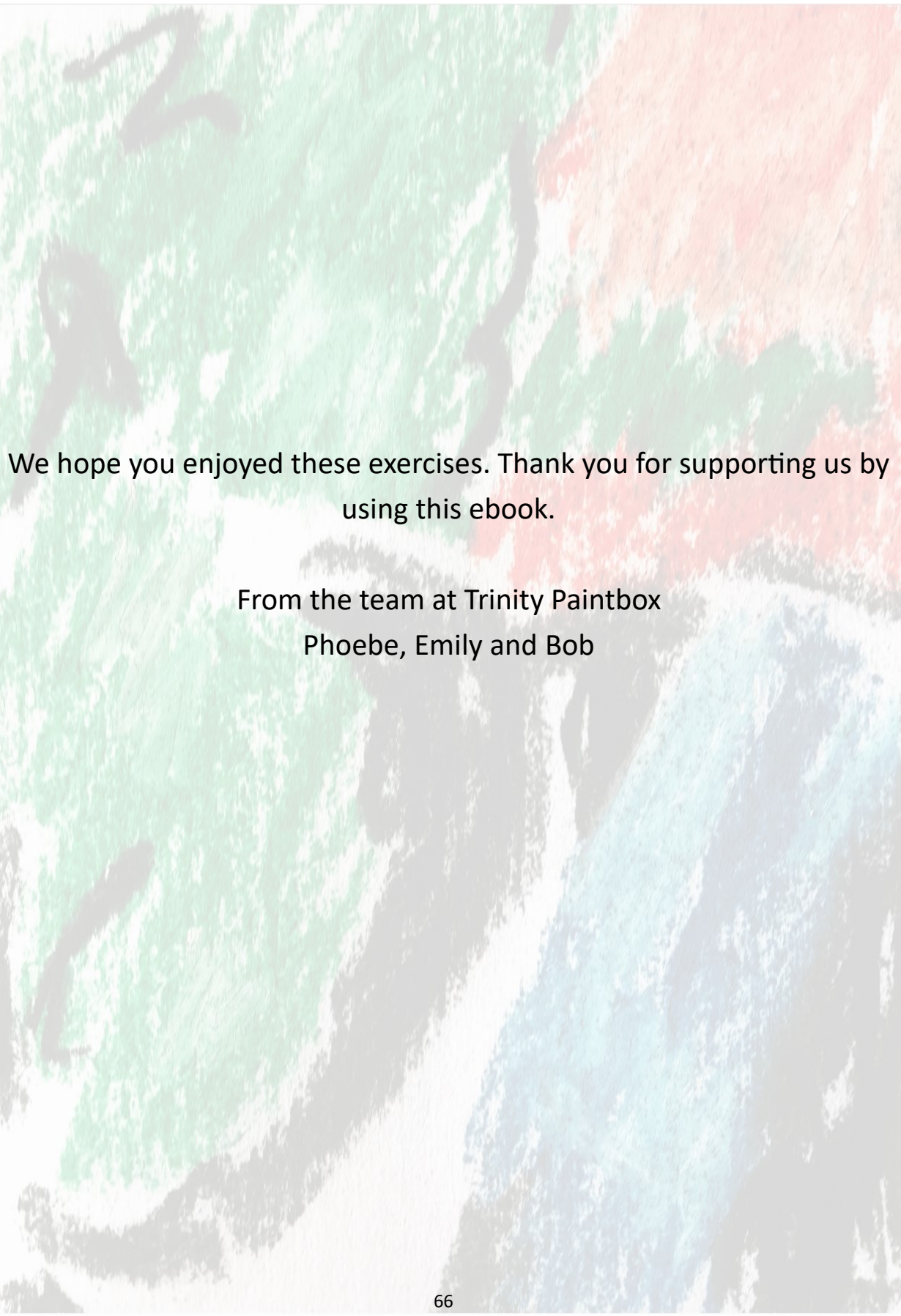


- Take an empty bottle or jar and prime it with some white paint—this is for fun so you can skip this step if you don't have enough white.
- Use a previous painting or drawing as inspiration. Or copy another artist's work.
- Have a go at applying it to your chosen object.



**Click to
watch**

Repurposing something from home is always fun. You usually don't care too much about the outcome and can enjoy the process.



We hope you enjoyed these exercises. Thank you for supporting us by using this ebook.

From the team at Trinity Paintbox
Phoebe, Emily and Bob