



# 2D ARTS EXPRESSION TOOLKIT





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# Using This Toolkit

This toolkit is part of a series of arts-based toolkits developed by the National Arts Council. The objective is to provide project ideas for volunteers and community organisations who wish to start regular arts programmes in their community. The toolkit consists of this guidebook, accompanied by a training workshop to provide a hands-on learning experience on facilitating the art projects detailed.

Two-dimensional (2D) Art Expression was chosen as the theme for this toolkit to focus on a non-judgmental process of art-making. It will guide facilitators on basic 2D art techniques and suggest an activity structure that considers time for sharing and reflection. These projects are targeted at seniors, and can also be adapted for different age groups or communities.

## Project Ideas

A total of 10 project ideas and the corresponding steps are detailed. Accompanying photographs give a general idea on the use of the techniques, and should not be used as a gauge on how each artwork should look upon completion.

Each project idea is focused on a basic 2D art technique with a functional variation and group work variation. These variations build on the basic technique to sustain the interest of participants over a longer period of time and provide suggestions on how to better tailor the activity to the participants' profile.

## Functional Variation

The functional variation converts the completed 2D artwork into a functional object. It is designed for community groups who are more comfortable with product-based art and craft projects, without compromising the opportunity for creative self-expression.

## Group Work Variation

The group work variation allows for interaction and collaboration among participants to complete the work. It is designed to enhance the overall art-making experience as a social activity.

## Tips

Practical tips are provided to overcome the difficulties that may be encountered. This allows facilitators to build a safe and affirming space for participants to be creative.

## Sharing Time

Sample questions are provided to draw out opportunities for sharing personal stories, triggering memory recollection and heightening sensory awareness of the experience through the art-making process.

## Themes

While activities in this guidebook rely on certain subject matter or themes, alternatives may be explored to better meet participants' interests. Facilitators may also leverage the art activities to explore certain social themes such as living in community, recalling your best memory, friendships and relationships, etc.

## Annex

Templates for the projects can be found at the back flap pocket.

# String Printing

This project introduces participants to simple collagraphy where the printing plate is made with objects pasted on a firm surface. The objects create an embossing effect when you print with either ink or paint. This project encourages participants to be more aware of their feelings and the way simple line drawings can express different emotions. This project might take 2 sessions: one to make the printing plate and one to make the print.





## Materials

- Paper
- Paint/ink
- Paint container
- Paintbrush
- Cardboard (around 15x18 cm)
- String
- White glue
- Scissors
- Pencil
- Newspaper
- Rag

## Preparation

Cut cardboard pieces to size.

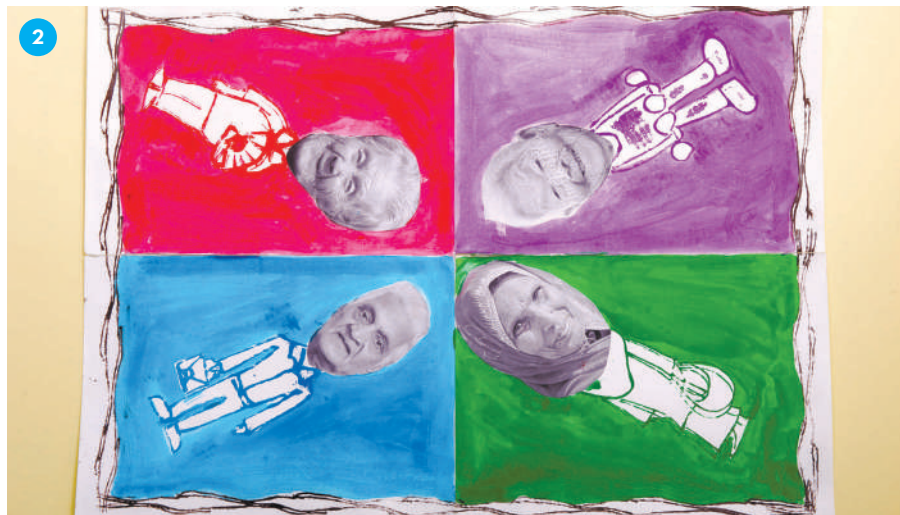
## Functional

**1** Make a rolling pattern stamp (see picture insert) using the same technique. Instead of gluing string onto a flat surface, glue it onto a plastic bottle/ paper towel roll/toilet paper roll. Roll the stamp over a cardboard picture frame for the display of artworks. Paint the frame with a dark colour and print with a light colour, or vice versa, to get a good contrast.



## Group work

**2** Combine individual prints together on a large piece of paper. Prepare photocopied photographs of the 'heads' of participants. Invite them to design the 'body' depicting the job occupation that they used to have or had aspired towards.



# Steps

## Pre-activity

Start the session by pairing up participants and inviting them to draw each other's facial expression using simple lines. Encourage them to observe the different types of lines on their partner's face.



**1** Refer to the pre-activity sketch, and replicate it on a piece of cardboard.



**2** Spread white glue over the lines on the sketch.



**3** Paste string over the white glue and secure it by pressing down with the end of a pencil. Let it dry. This is the printing plate.



**4** When the plate has dried, choose a dark-coloured paint and dilute it slightly. Evenly brush a layer of paint all over it.



**5** Add an additional layer of paint over the strings.



6

Centralise the printing plate on top of a piece of paper. Place another sheet of paper of the same size on top of the plate.



7

Apply even pressure all over the paper surface. When the print image appears, slowly peel the paper away from the plate.



8

Repeat the printing process until you get a satisfying print.

## Tips

- Use string that is firm and thick enough to create a clear print. Yarn is not suitable as it is too soft.
- Use a single, dark-coloured paint for clearer prints.
- At the end of the printing process, the printing plate can be painted over to create a 3D relief painting.

## Group Work

- How do you feel about having your portrait painted by your friends?
- Which of your facial features do you like/dislike most?
- What were your thoughts as you were sketching your friend?
- What do you think is his/her best facial feature?
- (Group work) What was most memorable about the job(s) you used to have?