

**ARTS AWARD**  
DISCOVER AT HOME ACTIVITIES

# NATURE PAINTS



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[www.artspacecinderford.org](http://www.artspacecinderford.org)

**ARTS AWARD**

**DISCOVER AT HOME ACTIVITIES**

# NATURE PAINTS

Hi there! So glad you could join us!  
Welcome to 'Nature Paints', Artspace's  
first creative challenge that will lead you  
to a Discover Arts Award, at home.



In this activity you will learn how you can make your own  
paints from natural materials, including berries, spices and even  
soil! We'll be calling these materials 'earth pigments'. Pigments  
are usually dry powder, that when mixed with water, oil or  
another medium, create paints or inks.

We'll also be looking at the work of local artist Warren Day  
who uses natural materials found in the landscape within his  
paintings of the Forest of Dean.

So let's get started!



## PART A

Before we begin making our own art, let's have a think about the art around you today. You can ask an adult to help you, or work with your family or friends to find lots of different art forms.

What can you see, hear or feel? How many different art forms can you find?

### MUSIC



### FILM



### SCULPTURE



### DRAWING



### DRAMA



### POETRY



### ANIMATION



### PAINTING



### CRAFT



### DESIGN



### DANCE



### PHOTOGRAPHY



### ARCHITECTURE



### LITERATURE



### TEXTILES



### CERAMICS



Are there any we've missed? Can you name any more?

Record what you've found in your Log Book, don't worry if you don't have one yet, you can download one for free using the link below...

[http://artspacecinderford.org/?page\\_id=3335](http://artspacecinderford.org/?page_id=3335)

or if you'd rather you could record it in a notepad, sketchbook or on your phone!

Now we've got our creativity flowing, let's make some art!

Today's art form is painting (Did you find any painting in your hunt for art forms?)

# ACTIVITY

**TIME REQUIRED**  
**1 HOUR +**

**DIFFICULTY**  
★ ★ ★ ★ ★

Suitable for all abilities, but little ones will need some support. It's worth a mention too that many of these materials will stain, so it's not an activity for you or your little ones best clothes. You might want to put down some newspaper or even a plastic covering on surfaces that will stain (wood, carpets etc) too.

## MATERIALS

Ask an adult to help you gather materials. Show them this list and see what you can collect together.



### NATURAL PIGMENTS

Charcoal and chalk are both natural materials and work very well for this activity if you have access to them. Ground spices such as Turmeric, Nutmeg or Paprika will give a lovely range of oranges. Instant or ground coffee will work well, with ground coffee having the added appeal of a bit of texture too. Vegetables such as red cabbage or beetroot will give you some beautiful purples, as will blackberries. Other berries can give you some nice colours too. Raspberries, for example, will give you a lovely pink/red. Have you got access to an outside space? If so, have a little look in the garden or even the forest. What can you find around you with interesting colours? Soils in reds, browns or yellows? Any berries? Leaves? When collecting natural materials always check with an adult to make sure that it is safe to do so. Some plants, flowers and berries are poisonous or may cause skin irritation. If in doubt, don't touch. If you do collect some soil samples, you'll need to grind them down to be able to turn them into paint, so make sure it's definitely soil and not a rock.



### BINDING MEDIUM

You'll need this to turn any dry materials into a paste that you can paint with, and you'll need it to thicken up paints made from more 'watery' things like berries, to stop your paint being too drippy. You've got a few options here; runny honey or golden syrup are great 'natural' options, or PVA Glue if you have access to it.



### PESTLE AND MORTAR (OPTIONAL)

Required if you need to crush your natural material to create a powder or liquid (berries, veggies, soil samples for example).



### WHITE VINEGAR AND SALT (OPTIONAL)

If you're using berries or other fruits / veggies, your paint will fade over time - adding white vinegar and salt help to 'preserve' the colour and stop it from fading.



### WATER

You'll need to add small amounts of water to your paints to make them 'flow'.



### POT(S) TO MIX PAINT IN

Yoghurt pots are great but any pot will do (keep staining in mind though. As I mentioned before some of these paints will stain, including the pot they're in).



### SOME SUITABLE BRUSHES

It doesn't have to be an art brush if you don't have them; a pastry brush, old tooth brush or a decorators brush would all do the trick!



### SOMETHING TO PAINT ON

Paper would be the obvious choice, but you could also use recycled cardboard packaging, a piece of old fabric or a piece of wood (whatever you have available). Always check with an adult to see what it's OK to use. They can help you select something.



### JUST SO YOU KNOW...

Natural colours look amazing when painted on pieces of found wood or boards. It could be sawn wood, driftwood, an old fence panel or even a fallen branch that has had its bark removed. Do you have access to any wood you could paint on?

## MATERIALS

# HOW TO MAKE YOUR PAINTS

1

Prepare your work area. It could get messy! Cover the area you're working on with a layer of newspaper at least, if not a plastic sheet. It's easier to keep everything under control, and mess to a minimum, if you are able to work up to a table or hard surface like the kitchen worktop.

2

Begin with your natural pigment? Take a small amount of it and grind it down using a pestle and mortar. If it's a 'wet' pigment, like a berry, you're aiming to mush it down into a smooth(ish) paste. If it's a 'dry' pigment, like charcoal, chalk or instant coffee, you're aiming to turn it into dust - about the consistency of powdered hot chocolate. If you're starting with a powdered pigment, like ground coffee, or a spice like paprika, you can skip this step!



3

Once you have created a fine powder or paste, pour it into a pot and add a teaspoon of your choice of binding medium (honey, golden syrup or PVA glue) and a teaspoon of water. Mix it up until you get a consistency similar to single cream, with as few lumps as you can manage. You may need to add small amounts of water gradually to get to this point.



4

This one is optional... If you have used a 'wet' pigment like a berry or red cabbage as the base of your paint, you may choose to add half a teaspoon of salt and half a teaspoon of white vinegar to your paint, and then give it another good mix. This will stop the colour of your paint changing or fading over time.

# USING YOUR PAINT TO MAKE A PIECE OF ART

**GRAB YOUR 'SUBSTRATE'** - That's what we call the surface you'll be painting onto; cardboard, paper, wood (or something else) and get stuck in! Use your brush or brushes to apply your paint to your chosen surface.



## "BUT WHAT DO I PAINT?" I HEAR YOU ASK!

Well... anything you want! It could be a portrait of a person or pet. It could be a picture of your home. It could be the view from your window or it could be a pattern or 'abstract' painting.

Simple patterns and abstract designs work really well with natural paints. Good marks to use would be simple dots or lines similar to aboriginal art. Look at <https://www.aboriginal-art-australia.com/> for further visual examples. You can search further online for inspiration, or have a go at some of the patterns from our pictures below.

Once you have finished your picture, take a look in your Log Book (link below)

[www.artspacecinderford.org/?page\\_\\_id=3335](http://www.artspacecinderford.org/?page__id=3335)

and tell us a bit about how you got on!



**DID YOU KNOW?** Artspace have an online gallery on our website; [www.artspacecinderford.org](http://www.artspacecinderford.org) and we'd love to show your work! Once you've finished your painting, why not send us a picture of it so we can share it with the world. You can email a photo along with your name and a title to [dan@artspacecinderford.org](mailto:dan@artspacecinderford.org)

Sharing your work is an important part of Arts Award and we'll come back to that later on.



## PART B

We hope you enjoyed making your nature paints! Next up we're going to be looking at the work of local artist, Warren Day.

Warren is a landscape painter. That means he paints pictures of the outdoors. He mainly paints images of the Forest of Dean, where he lives and works with Gouache. Gouache is a type of watercolour paint that is designed to be opaque, meaning you can't see through it. Artists often call this 'body colour'.

Warren's paintings are highly detailed, but what makes them even more interesting is the fact that he includes 'earth samples' within his work. He takes soil and small stones and uses a binder (much like you have done creating your nature paints) to attach them to board he is working on, before painting over and / or around them. This creates extra texture and interest in each piece and further links them to the landscape they depict.

Have a look at Warren's website [www.warrendaypaintings.com](http://www.warrendaypaintings.com)



What further information can you find out about Warren and his work?

Record what you have found out within your Log Book (link below)

[www.artspacecinderford.org/?page\\_\\_id=3335](http://www.artspacecinderford.org/?page__id=3335)

Or, if you'd rather, you could record it in a notepad, sketchbook or on your phone!



## PART C



# WELL DONE, YOU ARE SO NEARLY THERE!

The final thing you need to do now, is to share what you've done. You may choose to share the work you produced with your nature paints, or you could tell someone else how to make their own nature paints.

You could tell someone about the work of Warren Day and what you have found out about him, or you may just choose to tell someone what you have enjoyed most about your Arts Award experience.

To complete this part, you need to have shared with at least one person. This could be an adult at home, a friend or relative, or one of us at Artspace! We'd love to hear about what you've been doing by the way. Then, you just record what you shared and who with, in your Log Book (download link below)

[www.artspacecinderford.org/?page\\_\\_id=3335](http://www.artspacecinderford.org/?page__id=3335)

Or if you'd rather you could record it in a notepad, sketchbook or on your phone!



### DON'T FORGET...

You can share your work by submitting a piece to Artspace's online gallery. Why not send us a picture, along with your name to [dan@artspacecinderford.org](mailto:dan@artspacecinderford.org) and we can put it on our website for the world to see?



## AND THAT'S IT!

## FINISHED, TERMINADO, FINITE. FINI

## WELL DONE AND THANK YOU SO MUCH FOR TAKING PART!

If you've enjoyed this activity, why not join one of our Youth Arts Classes. Check out our website [www.artspacecinderford.org](http://www.artspacecinderford.org) for more details.

Now you have completed this activity and your Log Book, you can register for your certificate with our partners Create Gloucestershire here... [www.surveymonkey.co.uk/r/artsawardathome](http://www.surveymonkey.co.uk/r/artsawardathome)