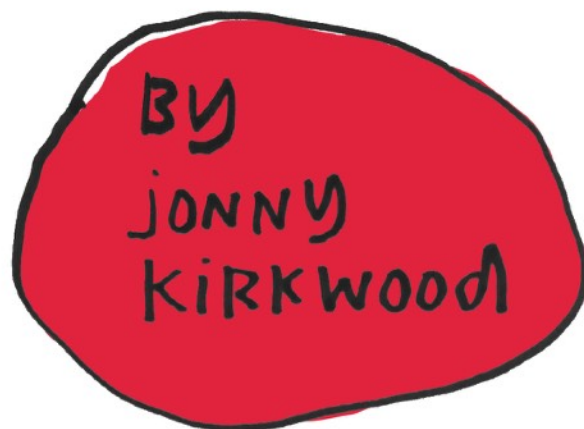


LOCKDOWN
LESSONS



BY
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Introduction

Hey!

This is a small booklet of quick and easy to do creative lessons, aimed at families stuck at home during the Covid-19 lockdown. The booklet is part of the residency I've been working on, the Garnetbank Creative Residency (a collaborative project between Garnetbank Primary and The Glasgow School of Art). Each lesson is designed to use material that is cheap and may already be lying around at home.

The Lessons are just a guide, the real magic happens through your own imagination and creativity. So although there are steps to follow, there isn't really a clear cut outcome, these lessons are all about experimenting and playing.

Hopefully you'll learn something new or find an activity to take on while you have a bit of extra time to spend being creative.

Thanks for having a look, stay safe!

Jonny Kirkwood



you werent supposed
to see THAT

Mono-printing

This is a fun way to make some one off little prints. It's quick and easy to do and uses materials you might already have lying around in your cupboards. So let's look at what we'll need before getting started:

- Tinfoil
- Cardboard (use some cut from an old cereal box)
- Paper
- Acrylic paint
- Brushes

Step 1

Cut a rectangle out of the cardboard you have. It should be smaller than the paper you are using. This will be your printing plate.

Step 2

Wrap the cardboard in tinfoil. It only needs to cover one side. This is the side we'll use to create our print.

Step 3

Brush on your paint, it should be a thin, evenly spread layer. It's up to you what you paint! That's the fun of it, you can do as many as you want too.

Step 4

Lay your paper onto your tinfoil and press down, rubbing gently over where you have painted the plate. Once you've done that peel off the paper to reveal your very own mono print!

Step 5

You can wipe the paint off to start again and make a new print. You might need to change the tinfoil every now and then just to freshen thing up.

Nice and simple printing that can be done at home!

Tip: thicker paper works best.



Germ Models

There might be some anxiety at home when it comes to germs, hand washing and viruses. All of which is totally understandable! So why not take this time to learn a little more about germs. For this lesson we'll use air drying clay, plasticine or play dough to make our own germs. It might help to get over some of those worries!

Materials needed:

- Air drying clay/ Plasticine/ Play dough
- Matt or Board if available
- Images of germs

Step 1

Take some time to talk about germs and how some are actually healthy, others not so much and that they play an important part in our world.

Step 2

Look up some images of germs, you could look at the coronavirus images if you felt it was suitable. These will just be used for inspiration.

Step 3

Grab some of your chosen material and get to work! Try encouraging some imagination

Step 4

You could even name the germs that have just been made!

This is a fun way to learn about germs while being creative, it's also about using the hands and the motor skills that are built while doing so. It could be a helpful way to help your children open up about their worries during these strange times!

Note: There's a recipe for making your own clay later on so skip ahead to find out how.



GERMS!

Quick Fire Drawing

This will bring some fun and laughter into drawing. It's a fun way to get us concentrating on our hands movements and concentrating less on making a perfect drawing. All you're going to need is some drawing materials, so pens or pencils, and a timer along with your paper.

Round 1

Grab your pen or pencil and paper. Set your timer up between 5-30 seconds (start off with 30 and then mix and match the times). You're going to draw with your eyes closed during this round so blindfolds are optional, hands work just as well! Shout out what you want to be drawn and then get going! Let everyone take a shot of choosing something to draw... but remember you've got to stick to the timer.

Round 2

This time around we're going to use our weaker hand. Don't freak out you'll be fine! On your marks get set... Draw. You can do multiple drawings on the one piece of paper if you want, they make nice little scribbles.

Round 3

Let's combine those two rounds and go for an eyes closed, wrong hand round of drawings! You'll get even better results than the last few rounds. Experiment with the times throughout to keep everyone on their toes.

Tip: If there's more than two of you playing, why not have everyone choose a different colour of pen and then swap the paper about after each drawing. You'll be able to see your drawings by the colour and will end up with some fun, collaborative art. (see example on next page)



Quick Fire Drawings by pupils at Garnetbank Primary, 2020.

Ball Games Allowed!

Do you have any old scrap materials lying around? I'm talking paper, cardboard, string or pegs. Anything that you could use to make a ball game with. It's pretty easy to do and uses a bit of imagination. It can also become competitive so remember to take breaks!

Step 1

Let's make a ball. You could also use a ball that's lying around if you want but if you have some scrap paper why not scrunch it up into a ball, using tape or string to hold it together.

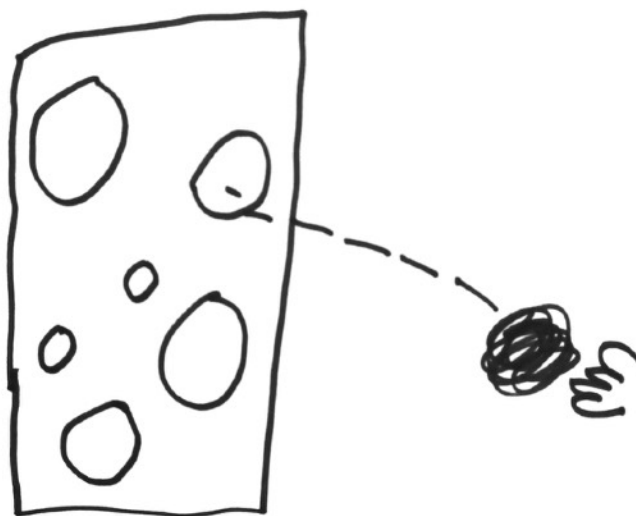
Step 2

Make your goal. This could be anything. You might have some scrap material lying around you can cut a hole big enough for your ball in. You might even cut a bunch of holes of all different sizes. It's up to you! If it's nice outside you could peg your goals to a washing line.

Step 3

Get playing your game! Establish some rules and then get going. It's that simple. If you've come up with more than one game you could take turns playing each of them.

Tip: Why not make a trophy for the winner (or winners, we're all winners for participating).



Poster/ Sign Making

You might have some spare cardboard lying around after getting a few deliveries over the past few weeks, so let's put it to use. You might have seen all the cracking rainbows in people's windows so you could always make your own. Or we could make a poster or sign to encourage key workers and passers-by, letting them know we're all in this together!

Materials you'll need:

- Cardboard
- Acrylic Paint
- Pens
- Tape
- Brushes

Step 1

Think out what you'd like to say or draw. Remember we want to make people smile so it could even be a joke or just a really nice message.

Step 2

Use a pen or pencil to sketch out your design onto your cardboard or paper.

Step 3

Paint your design, make it nice and bold so people can see!

Step 4

Tape your poster/sign up onto your window for everyone to see. Or if it's nice outside you could hang it up on a nearby gate.

Alternative: For younger children you could also cut out shapes and let them paint them to be displayed in the window. See some that were made by pupils at Garnetbank Primary below.

Zine Making (Mini Comicbook)

This can be a little tricky but after you do it once you'll be good to start making loads of your very own little zines. These zines are just small little booklets you can use to draw your own comics, stories, as a sketchbook or anything else you can think of. P.s it's zine like magazine... it's just a small D.I.Y publication. All you'll need is a sheet of paper and scissors.

Step 1

Grab a single piece of paper.

Step 2

Fold it in half.

Step 3

Fold it in half again.

Step 4

Yep, you have to fold it in half again!

Step 5

Open it all back up

Step 6

You should have 8 small boxes (these are your 8 pages). You want to cut a slit along the middle four. It'll look like your paper has a mouth once you do this.

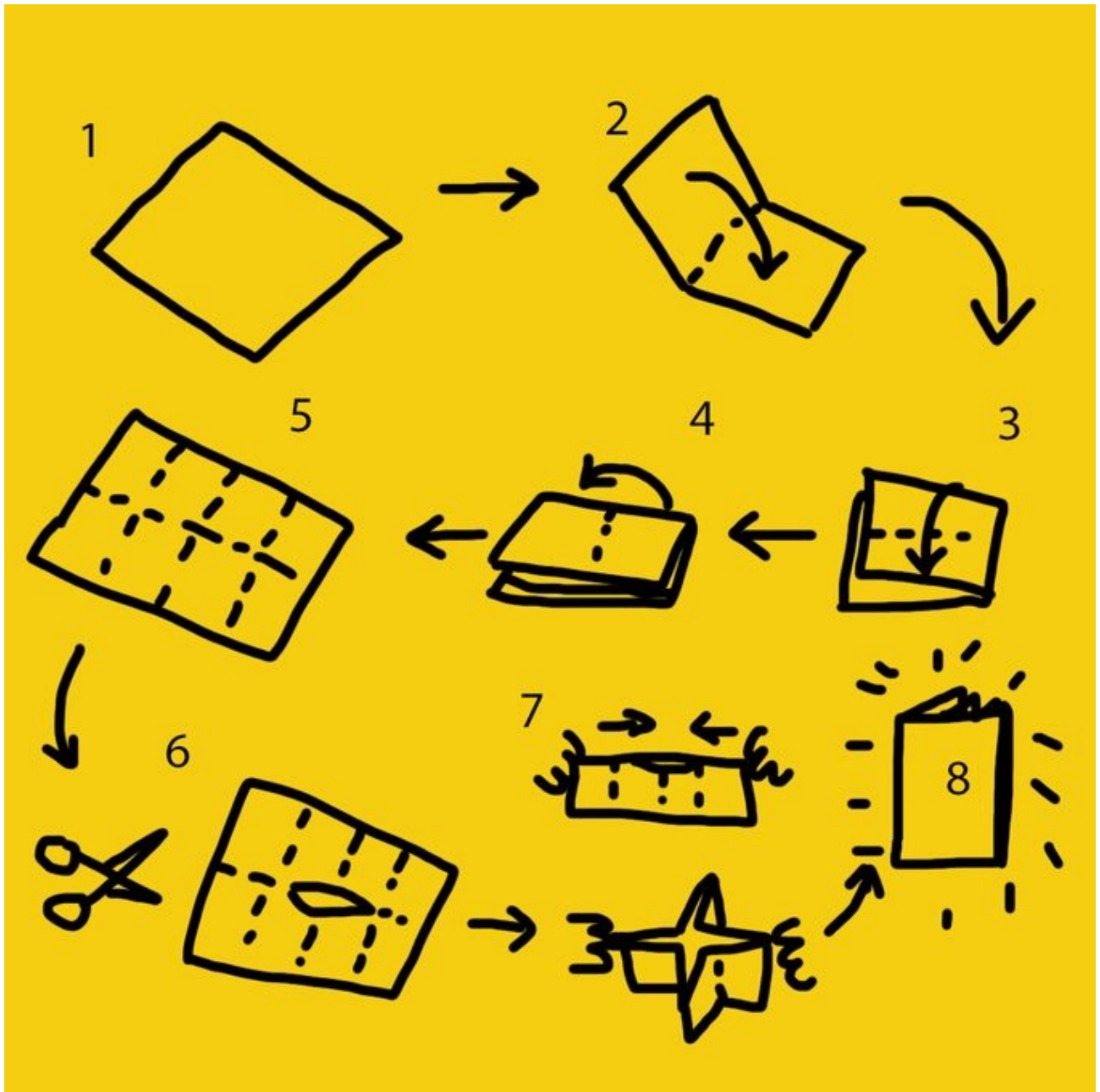
Step 7

Fold your paper length wise and pinch either end at the side that is folded. It'll start to look like a little star.

Step 8

Fold it all up! You now have a small zine booklet! It's up to you what you use it for.

There's a visual guide on the next page if you're a little stuck!



Pet/ Parent Portraits

If you have a furry friend kicking about, why not take this chance to do a nice portrait of them. If you've not got a pet then why not draw a parent or carer instead! Disclaimer: if you are easily offended this might not be the one for you.

Materials you'll need:

- Paper
- Paint
- Pen/pencil
- Brushes

Step 1

Lightly sketch out what you think your subject looks like. Remember to stay professional and try and get as close a likeness as you can. Start with the outlines.

Step 2

Once you've got the outline down, paint your first colour. This will be your base colour to paint on top of.

Step 3

Lightly draw in the details. I'm talking eyes, ears, mouth and nose. Make sure you've not missed anything out.

Step 4

Paint your details. Who says it has to be the same colour as in real life. Why not give your dog a nice green nose or your gran a lovely red eyebrow.

Step 5

Stand back and put your paintbrush in your mouth (not the end with paint on it). This makes everyone think you are a real artist. Now show off your masterpiece.



IT HAS BEEN A LONG DAY.

Fruit/ Vegetable Printing

Make sure you've eaten your five a day before wasting your fruit or veggies for this next lesson. It's lockdown and we're eating a lot more cake but remember and get those healthy snacks in too. We're going to use fruit or vegetables to make prints so you'll need to keep some off cuts after making lunch or dinner, or maybe use the ones that aren't looking so good at the back of the fridge/ cupboard.

Materials needed:

- Fruit or Veg
- Acrylic Paint
- Paper
- Brush

Step 1

Cut your fruit or veg into slices.

Step 2

Paint a thin layer of paint onto your chosen fruit or veg

Step 3

Press it onto your paper like a stamp. You'll have a nice fruit or veg shape.

Step 4

Keep repeating this to build up an image of your choosing! It's that easy.



Body Shapes

This is a great one to do outside. Or in your living room if it's not the nicest of days. All you need is a timer and a glass of water to stay hydrated. We're going to make shapes using our body! Again give yourself a time limit to get into the shape, if there's more than two of you then try a few shapes that will need teamwork.

Step 1

Think of a word. It's best to keep to objects. So to start you could try a pineapple.

Step 2

Shout out your word!

Step 3

Start your timer and get into shape

Step 4

Repeat for a few rounds!

Step 5

You can slowly introduce more and more words. It'll snowball into a storytelling kind of game. So for two words you could have a wobbly tree, then for three words you could have a massive spinning pizza and so on... get creative and you'll soon end up with the weirdest of shapes being made.



A PERSON PRETENDING
TO BE A ROCK.

Make your own Clay!

If you are struggling to find air drying clay or other materials to make sculpture then why not try making your very own. It's reasonably easy to do and might come in handy time and time again! I found this recipe on the internet where there is plenty more if this one isn't for you.

Materials needed:

- 480g Flour
- 417g Salt
- 350 ml water

Step 1

Mix your flour and salt in a large bowl. Add both dry ingredients to the bowl then use a big spoon to stir until they are completely mixed. Make sure they are well mixed before the next step.

Step 2

Pour small amounts of your water into the mixture at a time, stirring between pours. Blend the mixture as well as you can before adding more water. By the time you've added all of the water your clay should be starting to form a big ball. It'll get harder to stir every time to add water and mix.

Step 3

Take your clay out of the bowl and place it on a flat surface, like your kitchen counter. Use your hands to push and pull the clay to work it into a nice consistency. You can also pick up your clay and throw it down onto your surface to work out any air bubbles. It'll help your clay stay moist longer. (Sorry for using that word).

Step 4

Time to sculpt your clay. Mould it into the shape you want or just play around with it. You could even make some moulds of your handprints if you wanted. If you have cookie cutters you could make shapes with them too.

Step 5

You'll need to let your clay dry out for 2 days to keep your sculpture. Or if you simply can't wait you can bake it for 3 hours in the oven at 100°C (if it's still soft after that you can put it back in for up to another 2 hours).

Toy Assault Course

This is a fun way to use those empty toilet roll or kitchen roll holders you have lying around. You can also use the scrap cardboard that's ready to go to the recycling bin. Basically you want to make an assault course to put those toys to the test.

Materials needed:

- Toilet roll/ Kitchen roll holders
- Cardboard
- Paper
- Tape
- Glue
- Pens
- String

Step 1

Draw out a plan for your assault course.

Step 2

Get your materials together and start constructing.

Step 3

Time to put it to the test.

Tips:

You can cut toilet roll holders or bottles in half to make slides. They can even be suspended using string to get some added height. Masking tape can be used to mark out paths or roads for cars. You're really there to help when it's needed.



Word Bingo!

This is a fun way to put those new words that are being learnt to good use. You can also use it if you're doing a games night, or for that family zoom chat you've been dreading all week.

Materials needed:

- Paper
- Pens
- Ruler (optional)

Step 1

You'll need to draw out a square on your paper. You want this to be three boxes high and three boxes wide (so you'll have 9 boxes all together like in noughts and crosses).

Step 2

Make a list of 25 words you want to use for your game of Bingo. It can be more if you want but 25 should work for a short game.

Step 3

Fill your cards up with the words you have come up with, each card should have 9 different words on it.

Step 4

Cut your list of words out a word at a time and fold them up. Place them in a bowl ready to be drawn.

Step 5

Play Word Bingo! You can play to try and get 3 words in a row and then play for a full house. You can keep the cards to play as many games as you like or to play another day.

TANGO	LOCK DOWN	PIZZA
SCHOOL	BINGO	BANANA
SPAGHETTI SPAGHETTI	THE MOON	DOG

The Great British Clay-Off

Here's a fun game to play with the clay you learnt to make, or with the materials you have already! We're going to have three rounds and see who can come up with the best clay art. All you need is clay or modelling materials like plasticine or play dough!

Round 1

Clay Person - you get 5-10 minutes to make your very own clay person. Bonus points for any added accessories (think hats).

Round 2

Clay Mug - Everyone loves a good mug. So now you've got to make your own!

Round 3

Free style - Make anything you want. This is your time to shine with your grand designs.

These are just example rounds, feel free to shake it up or chop and change to make up your very own version of the game!



Some other Ideas

Collage

This is a simple way to make use of your old newspapers and magazines. Cut out shapes and stick them onto your paper, you can add drawings and paint while you make your very own collages!

Mask Making

If you have cardboard and string lying around you can easily make your own masks. Just punch a couple of holes either side of your mask and thread the string shape to wear it. Remember holes for your eyes too. Use paint, pens or collage to make a colourful new fashion statement. You could even use a clean sock to make your own surgical style mask to make shopping trips a bit safer!

Continuous Line Drawing

Choose what you want to draw then get some paper and a pen/pencil. Once you start your drawing try your best not to take your pen/ pencil off the paper until you are finished. This is called a continuous line drawing!
Tip: Use the lines you've already drawn to travel around your drawing.

Draw Your View

This might sound easy, but drawing what you can see from your window might make you spot something new that you've never noticed before. Or it might make you appreciate your view just that little bit more!

Make Your own Little Figures

You could use clay for this or try getting some polymer clay that can easily be baked in your oven. It comes in a variety of colours and has a plastic texture to it. You could also use it to make a little keyring. You should be able to find some on Amazon.

Do a Big Painting

If it's a nice day or you have a spare dust sheet, why not try making a big painting. All you'll need is paint, brushes and paper. Tape your paper together to make a bigger canvas and get going! Or ideally you might have some old wood you could also use, that way it'll last a little longer, but paper works fine.

I hope these help pass the time during Lockdown! Stay safe and stay active, at the end of this you'll be able to have your own art exhibition. Please invite me. You can find me on:

twitter @KirkwoodJonny

Instagram @KirkwoodBrothers

This booklet was made as part of the Garnetbank Creative Residency between Garnetbank Primary School and The Glasgow School of Art.



THE END