



Picture Post

Welcome to Picture Post; new Shallal art project to keep us inspired and connected while we are at home.

What is Picture Post?

Picture Post is a project encouraging as many people as possible to make art at home during the Coronavirus pandemic and beyond. It is a partnership between Shallal Studios in Cornwall and Project Ability in Glasgow, but we hope that people from lots of different places will take part online as well.

Every week we will upload a new activity pack onto our Picture Post webpage, giving you ideas and instructions on how to make artwork at home. The activity pack will be a PDF file, so if you are able, you can print it and you can download it.

Most activity packs will be accompanied by a subtitled video on the webpage of someone making art using the activity pack. The video may help you to understand the activity.

How do I get started?

- 1) Find a little space at home where you can be creative each week.
- 2) Gather art materials at home such as coloured pencils, pastels, water-based paint and a few brushes.
- 3) Go to our webpage www.shallalstudios/picture-post and click on the activity for this week and the video for this week.
- 4) Make some art of your own using the activity instructions.

Showing us your work

Once you've finished the activity and made some artwork, we'd love to see what you have done. If you are able, you can photograph it and send it to us in two ways:

- 1) You can post it to our Shallal Connect and Create Facebook page at:
<https://www.facebook.com/media/set?set=a.135957101402212&type=3>
- 2) You can send it to us at shallalstudios@gmail.com for us to add to the gallery of artwork on our Picture Post webpage.

Sharing your art will inspire other people to be creative at home.

How will I benefit?

- Taking part in the project will be a chance to develop your creativity and share it with others, inspiring them to get making at home too.
- Making art can be really good for our mental health as it allows us to express ourselves creatively.
- The project will give you a chance to see your work published on our online gallery and Facebook.
- We hope taking part in the project will give you a sense of pride and a feeling of being connected to other people in achieving something together.

We really look forward to having you involved in the project. Please get in touch with Phoebe or Lou if you have any questions.

Best wishes,

Phoebe and Lou

shallalstudios@gmail.com