



NUA
Summer
Schools
Series

Loosen up!

Expressive Painting with Emily Powell

Objective

This workshop is about loosening up, letting go of pre-conceived intentions and allowing the creativity to flow. It's about not being too precious with your work and learning to play. In fact, the focus is to avoid making preconceived 'pretty' pictures.

This selection of unconventional exercises designed and assembled by Emily, intend to help you relax with your work and become confident with creating new ways of thinking, seeing and making. Each activity can be completed in isolation or adapted to suit your circumstances. This workshop is about speed, intuition and capturing the essence of the subject.

You will need

- Pencil
- Pen
- 2 brushes for painting
- A pot of water (for cleaning brushes)
- Up to 4 colours of water-based paint
- Up to 7 materials to paint on (e.g. paper, wood, cardboard, canvas etc.)
- Up to 4 still life objects (fruit and veg, teacups, teapot, cooking pans, ornaments, flowers etc)
- A timer/stopwatch

Timed exercises

(For all of these activities you can use whichever material you would like to paint on)

1 min 30 seconds:

Drawing with a pencil, choose one of your still life objects. Look at it intensely for 30 seconds. Close your eyes, then draw it for 1 minute.

2 mins:

Using a pen, paint brush and paint colour of your choice - one hand starts to make marks (with the pen) in a continuous line and the other hand chases slowly with the brush around the paper. At the end of the 2 minutes the pen and brush strokes meet.

3 mins:

Working with two colours of your choosing and a paint brush in each hand, draw/paint the opposite hand at the same time.

4 mins:

Choose a new still life object and paint it on your chosen material without bending your elbow. You can use up to all four colours for this activity.

100 seconds:

Select one of your still life objects. With your pen or pencil draw the same item 36 times.

5 mins:

Using two colours, paint a creature with the following features:

- 5 eyes
- 1 and a 1/2 ears
- 6 hands
- 12 feet
- 3 belly buttons
- Hairy chest
- A pet tomato

5 mins:

Select one of your objects that you find the most interesting. Paint it upside down on your chosen surface using one brush and 1-4 colours.





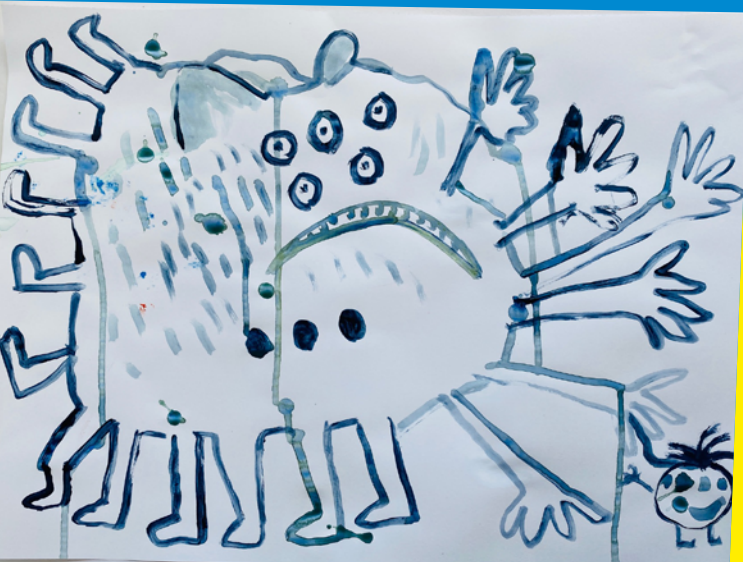
Next steps

Step back from your work and consider:

- What do these pieces tell me about myself?
- What marks have I made that can be applied to other more deliberate works?
- How can I help myself to relax into a creative project?

Conclusion

This workshop is designed for physical and cognitive relaxation to allow varied creative mark making. The marks you have made from these processes may be unique to anything you have made before. These new techniques could be used as inspiration for ways of making and thinking that could be applied to illustration, graphics, textile design, fashion, animation, as well as fine art.



Find out more about Emily Powell:



[@emilypowellstudio](https://www.instagram.com/emilypowellstudio)



[Website](#)

We would love to see your work!

Share it with us on Instagram: [@NUAoutreach](https://www.instagram.com/NUAoutreach)

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[Tate Modern \(how to paint like series\)](#)

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