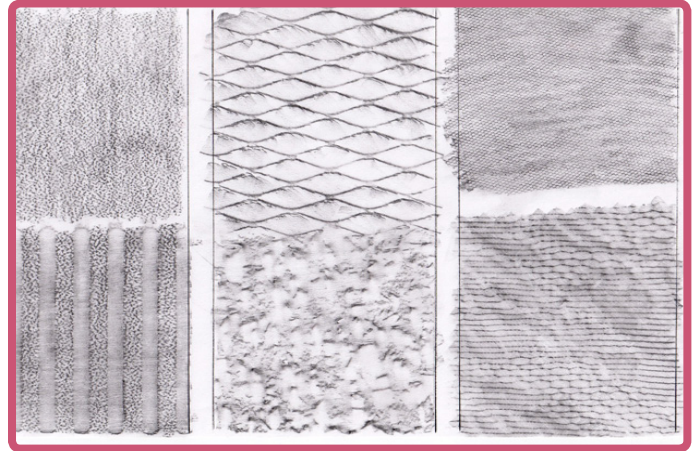


Taking Rubbings

Ever wondered how the world might look from the perspective of an ant? How would we perceive the world if we had to rely on our sense of touch? This exercise will help you see the world with fresh eyes and appreciate details you've never noticed before. Create unique papers to use in your artwork.

Wellbeing benefits:

Be resourceful
Notice surroundings



"This was a great activity to do outdoors. I made some great papers which I plan to use in a collage activity."

Examples of how this activity can help me:

I want to appreciate and be more aware of my surroundings.

Length:

Allow time to experiment. It can be hard to judge what textures will make good rubbings. Some are better than others, and not every rubbing will work perfectly the first time around - so do be patient.

Who can I do this activity with?

On my own or with others.

Where can I do this activity?

Indoors and out. We recommend taking this outdoors.

How often can I do this activity?

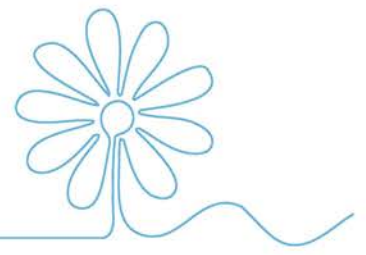
Do this activity often. This is a great activity to use to create unique collage papers for other creative activities.

What will I need?

- An HB pencil, sharpened to a very sharp point
- A sharpener
- A4 Paper
- Masking tape or sellotape
- Rubbings template - Optional

Did you know?

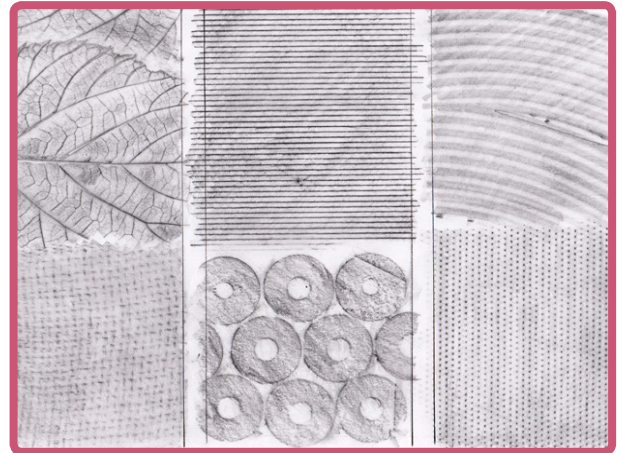
Doing creative activity can help us concentrate more easily. Focusing on a creative task helps us to focus on positive thoughts and enables us to stay in the present moment. Using our sense of touch we learn about the world around us. Our ability to feel physical things comes from the bottom layer of skin on our bodies, called the 'dermis.' The dermis is filled with lots of tiny nerve endings, which give us information about the things that we touch. These nerve endings carry the information to our spinal cord, which sends messages to our brain. There are about 100 touch receptors in each of our fingertips. Our sense of touch enables us to be aware of the size, form, shape and textural qualities of material objects; whether they're hard, rough etc; and of other physical characteristics by which we distinguish one material object from another.



What are rubbings?

Rubbings, one of the oldest methods of printmaking, have been used in many cultures.

Making rubbings of textured surfaces enables us to see and record texture. A texture is a raised or indented surface. This simple technique involves placing paper on a textured surface and rubbing a pencil or crayon across its surface, pressing on the texture all the while. The resulting rubbing is an impression of the texture on the paper.



1

Finding textures:

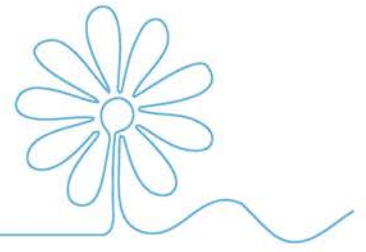
- Start by taking rubbings from your home environment. Spend a minute or two firstly looking for textures
- Use the tip of your fingers to feel for textures. Try closing your eyes as you feel the texture. This can help heighten your sense of touch.
- Look for textures on wallpapers, fabrics and furniture. Take a closer look at your home items such as the radio, radiator, and items in a drawer, etc



2

Collecting textures from your home:

- You can use the template available or using a blank piece of paper
- Lay the paper as flat as possible on the textured surface
- Secure it with a couple of pieces of sticky tape, to stop it moving as you work
- Using the edge of the sharpened pencil (not the pencil tip), rub the pencil with firm even pressure across the paper to reveal the texture. Have a look at the photo, below left if you're unsure
- To begin with, try and fill an area about 10cm x 10cm or you can use our rubbings template
- If you are taking a rubbing of a small item such as a coin, repeat the rubbing to fill a larger area of your paper, thus building up a pattern
- Make a note of what your textures are and where you got them from underneath your sample. You may want to go back and make more rubbings of your favourite texture. Take care if you are working on a precious surface not to accidentally mark it by going off the paper

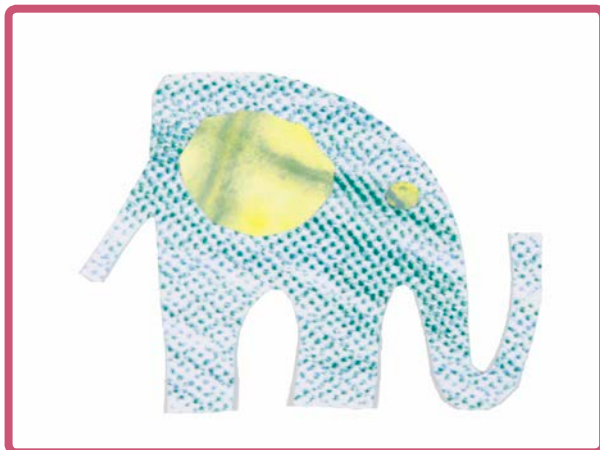
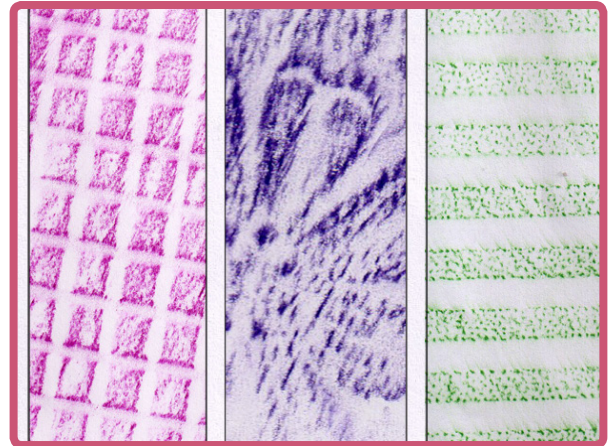


3

Collecting textures outdoors:

Try this exercise outdoors and take rubbings from the natural environment. *How about taking a walk in the park?* Take rubbings of things like tree bark, leaves, stone, walls, flooring etc.

As your confidence and interest grows, you could try larger sheets of paper and use a solid graphite crayon to take your rubbings. (These can be purchased in most art shops or online).



Stress Busting > Improve Your Mood > Recipe For a Good Mood Collage

Tip - Add colour:

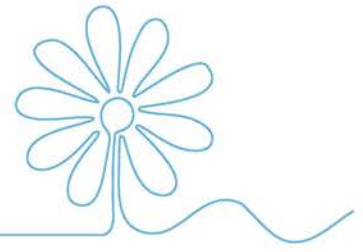
You could try adding colour to your textures by using coloured pencils or a wax crayon when collecting textures. This will make unique papers for use in collage. You can use colours that are loyal to your subject, for example, browns and greens for tree bark. However colours can be used to evoke and portray moods. You could use colours that cheer you, or if you are creating a collage for a friend – think about using their favourite colours.

What next?

- Fill in your Reflective Diary on the next page
- Have you taken your Wellbeing Temperature recently? Use our Wellbeing Thermometer to log, measure and understand your own patterns of wellbeing. It will direct you around the Start2 resource helping you to choose the creative wellbeing activity to best suit you
- Once you have made a collection of rubbings try using them in a collage in other exciting Start2 collage activities - see above
- Use your rubbings to create your paper crafted daisy - see opposite



Brain Boosting > Challenge Yourself > Paper Crafted Daisy



Taking Rubbings

Name:

Reflective Diary

Date:

What did I do?

I created my own unique decorated papers to use in my work.

Wellbeing benefits:

The 'Taking Rubbings' activity can help me to:

- Be resourceful
- Notice my surroundings

I enjoyed.....

I learnt.....

What will I do with my texture rubbings?