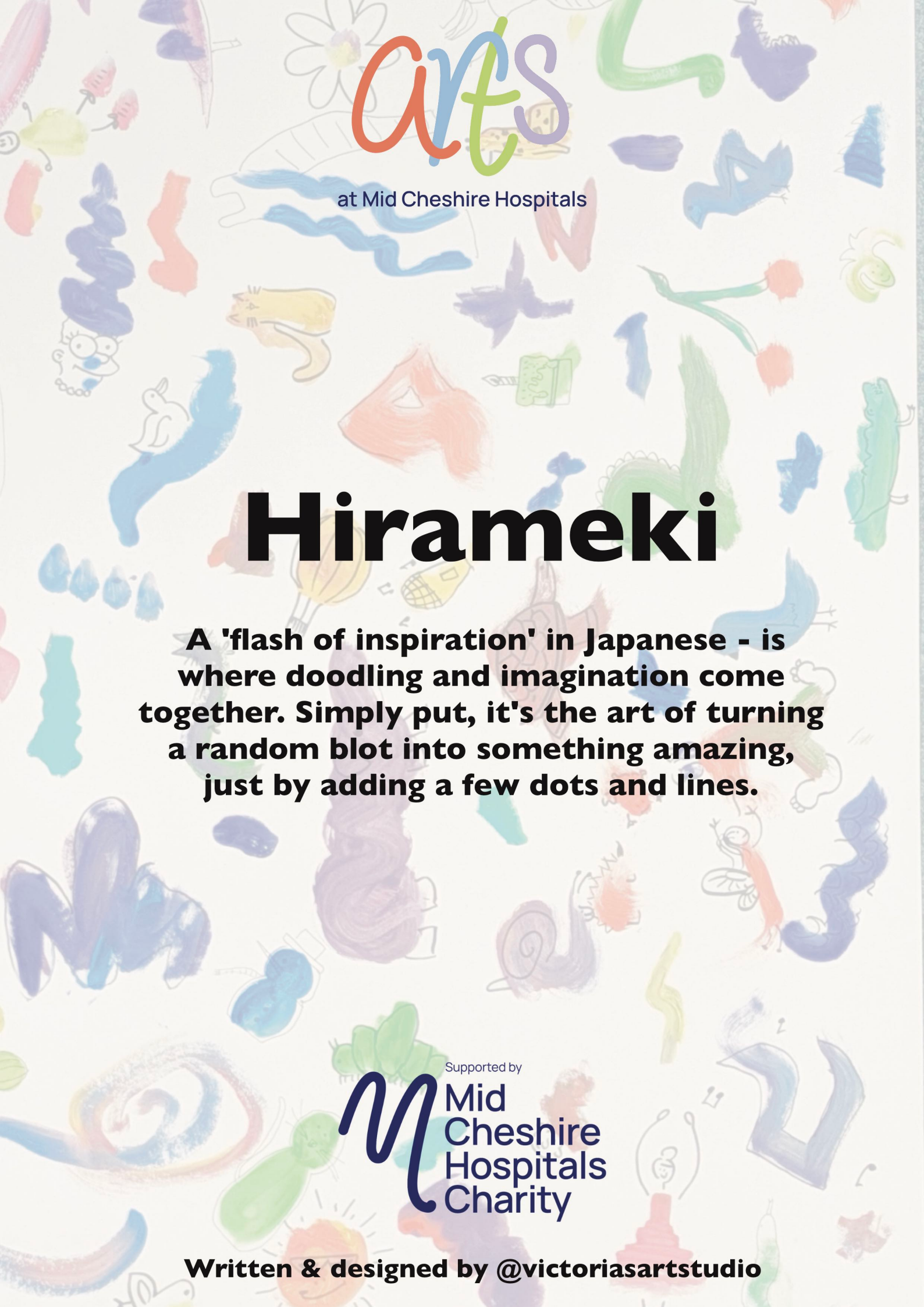




arts

at Mid Cheshire Hospitals

Hirameki

A 'flash of inspiration' in Japanese - is where doodling and imagination come together. Simply put, it's the art of turning a random blot into something amazing, just by adding a few dots and lines.

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 **Mid
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Written & designed by @victoriasartstudio



at Mid Cheshire Hospitals

We hope you enjoy learning about Hirameki and having a go at this arts-for-wellbeing activity.

You will need:

Paper or card, 120gsm thick or above is ideal

Watercolour paints

A black pen

Paintbrushes

Don't have watercolours? You can also use acrylic paints, poster paints, or even mix a tablespoon of instant coffee with 50mls of warm water!



Scan the QR code to learn more about the arts programme and have a go at some other activities.



Have a look at these blobs, lines, shapes and squiggles. What can you see?
You could try looking at it from a different angle! Sometimes you may see
nothing at all, but on a second look on another day, you may suddenly spot
something!



There is no right or wrong way of seeing something. What may look like a bee to one person may look like a fried egg to another.



Now it's time to have a go yourself! With your paintbrush begin by creating some random blobs, shapes, lines, squiggles, etc. onto your piece of paper. They can be big, and they can be small. Be as random as you can, don't think about creating a picture. Use as many or as few colours as you want. You could have a go at doing it with your eyes closed or perhaps you could have a go with a colleague or relative taking turns to add to the piece of paper.



When the paint has dried use a pen to draw what you see! Rotate the paper or hand it to a friend to see what they can see if you are stuck. It might take a moment, but suddenly you will start to see what some of the shapes and blobs could be turned into.



Sometimes a prompt can help you if you are stuck.
From the blobs, shapes and squiggles you have in front of you, can
you turn any into...

A cat?

A house or building?

A flower?

A tree?

A dog?

A bug?

A clothing accessory?

A household item?

We hope you have enjoyed this activity. Please let us know your
feedback by scanning the QR code:



Here are some drawings created at a recent workshop by Mid Cheshire Hospitals Trust staff.

From Birds:



To people:



And small creatures:



To big creatures:

