

KOESTLER ARTS + ART AID

Hello from all of us at Koestler Arts!

We are all living in strange times with the current pandemic. And we know it's very frustrating not being able to access your usual activities.

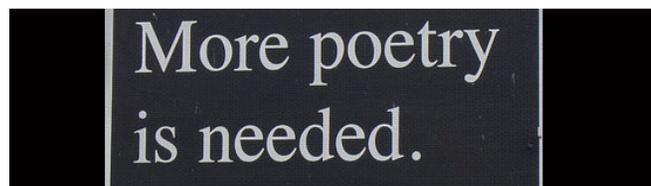
So Koestler Arts are here each week during lockdown to suggest creative ideas - we hope it helps a bit. All you need is paper and pencil - though if you have further materials please use them.

You might want to keep whatever you make or share it with someone. You could also enter it for the Koestler Awards 2020 - the closing date is extended until we are back in the office. If you've entered already, or can't get advice choosing your favourite work, we've increased the maximum number of entries per person to 10 this year. Entry forms should arrive with this sheet. If not, or you need more, please ask Education. You need an entry form for any artwork you send to Koestler. As well as the usual feedback and awards for entrants, we hope to create a small feature of works that mark how we got through this difficult time.

And if you don't feel like making anything right now, on the back of this sheet is something to read and something to look at from the Koestler back catalogue.

With best wishes from the Koestler Team.

Idea #3: Banners



What do you want to say today? What simple bold message do you want to share in the current coronavirus crisis?

Perhaps you are hearing a lot of advice and messages on news and radio about coronavirus: Wash Your Hands / Stay Safe / Clap for the NHS... What individual message would you like to say loudly? They could be words of comfort, advice for people having a hard time inside, or just how you feel today. Try and use as few words as possible to make your message bold.

Then design a banner to proudly display your message. Add pictures or shapes to the design to make your point eye-catching. Use pen and paper, and add in other colours or materials if you have them.

SUGGESTED KOESTLER AWARDS CATEGORIES:
29 - Drawing / 42 - Calligraphy / 44 - Graphic Design

Idea #4: In This Place

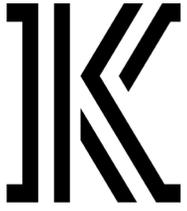


Take the three words 'In this place' as your starting point and then write without pausing or stopping or even thinking too much for at least 10 minutes.

Begin by taking a moment to think about where your 'place' might be - somewhere you enjoy thinking about. It could be a room, a holiday memory, the gym, yoga mat, chapel, somewhere outside or a completely imaginary space.

Then pick up your pen or pencil and begin. Keep going, try not to pause to think or re-read what you have written just yet. See if your writing can be a continuous flow like waves or your breath. After 10 minutes, take a pause and enjoy reading what you have read. You might want to finish there or you might want to carry on writing...

SUGGESTED KOESTLER AWARDS CATEGORIES:
3 - Flash Fiction / 5 - Non-Fiction



Nightingale at Dartmoor Prison

The nightingale begins the night's ritual
And lands with exuberant notes as gift
on my window-ledge, to take my victuals.
I close my eyes and bathe in beauty's lift.
Her song is drowsy and meandering
Like summer days or streams without an end
And though she's gone while I am wondering
She's wooed me so's I scarcely comprehend.
Though now is dusk she returns before dawn
To sing her solo on a silent stage
So wows my heart and mind, leaves me reborn
And washes off for now this place's rage.
Exquisite bird of love, my love is true
Ever a home is here; ever for you.

HM Prison Dartmoor, 2017

Not Everything Is Black & White

HM Prison Standford Hill, 2018

