



Freezing point

colour unleashed

Caroline Hall | Susan Birth | Cherrie Mansfield | Jeremy Harwood

At freezing point the night hands over to the day

Choose constraint

This worksheet was created by artist Cherrie Mansfield to inspire you to explore your own creativity during these extraordinary times.

When it comes to creativity there's a fantastic variety of art forms, materials, techniques and subject matters to choose from. However, too much choice can be overwhelming and can hinder creativity rather than unleashing it.

In contrast, narrowing our choices or setting some constraints can actually help drive discovery and innovation, enabling our creativity to flourish. Psychologists have found that when we have less to work with, we begin to see the world differently.

This worksheet contains four exercises designed to explore your creativity under different forms of constraint. You might like to select one exercise and try it several times or have a go at all four.

1. Work fast

- You will need a timer or stopwatch, paper or card and a small selection of materials to make a drawing, painting or collage with.
- Set the timer or stopwatch to ten minutes.
- When you are ready press start and begin creating your artwork.
- Stop when ten minutes is up and put your artwork to one side.
- Take another piece of paper or card and repeat the exercise, this time set the clock for seven minutes.
- Repeat once more, this time setting the clock for just five minutes.



2. Limit your palette

- Choose one type of media to create your artwork with such as crayons, paints, pastels, pens or coloured paper for collage.
- Select three colours from your chosen media.
- Create a piece of artwork using only those three colours.
- Make a second piece of artwork using three different colours.
- You might like to try using monochromatic, analogous colours or complementary colours.
- Monochromatic colours are variations of a single hue. Analogous colours are groups of colours that are next to each other on the colour wheel, for example red, orange and red-orange. Complementary colours are any two colours that are directly opposite on the colour wheel, such as red and green or yellow and purple.



3. Make every mark count

- You will need some paper or card and materials to make a drawing or painting.
- Make a piece of artwork using only 25 marks or brush strokes.
- Repeat the exercise again, this time using only 15 marks or brush strokes.
- Make a third piece of artwork using just five marks or brush strokes.

4. Six word stories

- Six-word stories are a great way to practice your writing without actually having to write much.
- The key to a powerful six-word story or statement is finding the perfect words to communicate your point.

- Here are a few examples:
 - For sale: baby shoes, never worn. (Ernest Hemingway)
 - Sharp new yellow pencil. Limitless potential. (Melissa Wilson)
 - Rain. Two Strangers. One Umbrella. Love. (Megha)
- Have a go at writing some six-word stories of your own. There are some prompts below if you don't know what to write about.
 - Today
 - Your favourite toy
 - Someone you love
 - Where you live
 - An adventure
 - What lockdown was like for you
 - Your favourite place
 - A summary of the 'Freezing point' poem



We'd love you to share your creations with us. Email them to me at art@cherriemansfield.com and I will share a selection of those I receive.

Find out more about me and my work by visiting my website or following me on social media.

By sending it to me you are giving your permission for it to be shared on my website/social media, the project Facebook page and Severn Arts website/social media.

Web: www.cherriemansfield.com
 Facebook: @cherriemansfieldart
 Instagram: @cherriemansfieldartist

Working together in partnership

