

# ***12 days of Christmas Art Challenge to “Find your Quiet”***

Welcome to your 12-day path to **Finding your Quiet** over this busy season.

This is all about the process and the benefits to you; to help you find calm and quiet at a time of year that can be overwhelming. Materials can be as little as scrap paper and a pencil, If you have a couple of sheets of A4 paper I will show a way to make a small sketch book. As this is a 12-day project it can be done anytime over the winter or Christmas holiday. It can take you 12 days or 12 days over a few weeks.

Think about where you will do your art, you need to be comfortable and have as little as 10 minutes uninterrupted time, but you can take longer if you can. If you have family around you, let them know that they are not to disturb you for a little while. Wearing headphones can help you avoid those distractions or better still involve others in your art challenge.

## **Getting ready for your challenge.**

Although each activity can be completed quite simply and with basic materials, you can make it what you want. Try using other mediums, even collage or digital ways to make your art. Use what is to hand... have you a pile of paperwork with envelopes? Rather than put them straight in the recycling, try using them for your art.

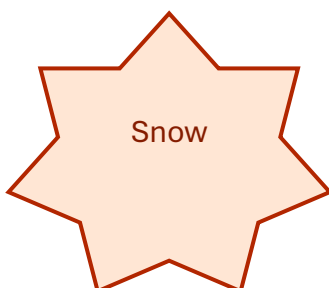
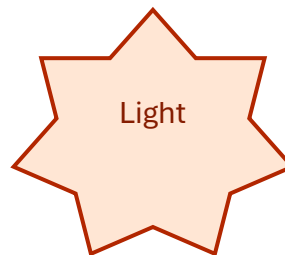
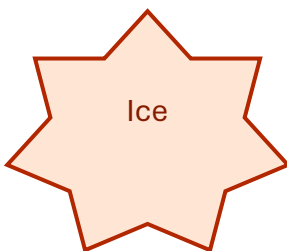
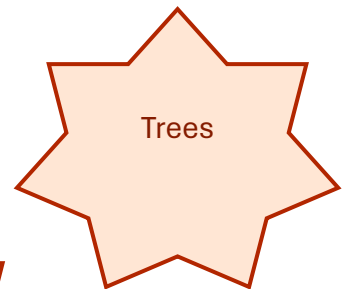
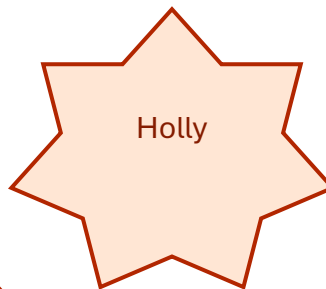
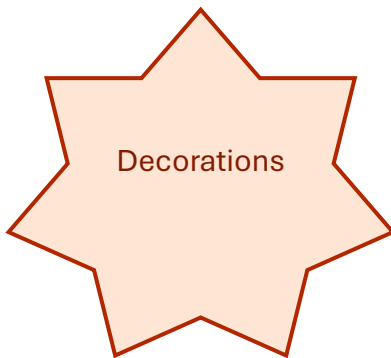
Look around you.... What can you use? Will it be a small notebook? Drawing book? Scrap paper? Or you can make your own tiny sketchbook (Its really easy!)

Gather a few things to draw, colour or paint with and keep your materials handy!

So, grab a drink and get ready to “Find Your Quiet”

# The 12 days of Christmas prompts

1. CHRISTMAS COLOURS
2. WINTER COLOURS
3. WORDS
4. DECORATIONS
5. HOLLY
6. TREES
7. SILHOUETTE
8. LIGHT
9. ICE
10. STARS
11. SNOW
12. NIGHT



The Prompts can be done in any order although the earlier ones will get you started more easily.

The prompts can be anything you want them to be but if you want some help check my Instagram or Facebook for ideas as well as some of the ideas below...

1. CHRISTMAS COLOURS: **Idea:** Create an abstract piece using classic Christmas colours—red, green, gold, and white. For example, draw squares or shapes and fill each with different shades of your Christmas colours.

2. WINTER COLOURS: **Idea:** Paint a background in winter colours like icy blues, cool whites, and subtle purples. Try blending these colours to represent a snowy field at dusk or a frosty morning.

3. WORDS: **Idea:** Illustrate wintry or festive words, such as “Joy,” “Peace,” or “Frost.” Experiment with different typography styles, adding snow or holly embellishments around the letters to capture the holiday spirit.

4. CHRISTMAS DECORATIONS: **Idea:** Draw or paint a close-up of a decorated Christmas ornament, capturing the shine and reflections. Try drawing a string of lights or a cluster of baubles with reflections of the surroundings.

5. HOLLY : **Idea:** Create a study of holly and ivy leaves. Focus on capturing the rich greens and reds or a more abstract approach by painting a repeating pattern

6. TREES: **Idea:** Draw or paint a Christmas tree or winter trees, focusing on their snow-covered branches. Consider a simple silhouette of a tree in winter or a row of trees.

7. WINTER SILHOUETTE: **Idea:** Paint a winter landscape at dusk with silhouettes of trees, animals, or houses against a gradient sky. This could include a reindeer standing in the snow or a snowman outlined against a sunset.

8. STARS: **Idea:** Create a dreamy winter night scene with stars twinkling in the dark sky. Pair the stars with snowy hills below or a silhouetted tree line to ground the scene

9. ICE: **Idea:** Paint or draw the texture of ice, focusing on its cracks, layers, and transparency. You could illustrate a frozen lake with reflections or an ice-covered window with frosty edges.

10. LIGHT: **Idea:** Draw or paint a group of candles burning in a dark room. Focus on the warm glow from the flames and the way the light reflects on nearby surfaces, creating a cozy winter feel.

11. SNOW: **Idea:** Create a scene of falling snow over a quiet landscape. Use soft blues, greys, and whites, with the snowflakes layered in different sizes to give depth and a sense of gentle snowfall. Try a repeated pattern or make paper snowflakes.

12. NIGHT: **Idea:** Paint a dark winter night with a clear sky full of stars or depict a moonlit snowy field. What animals are out at night? Add subtle colours for a magical, serene feel, and include shadows to create depth.