

## **Museum of Self - Keeping a Visual Diary**

A pre-recorded online 5 day course

Tutor - Katie Sollohub

Course fee - £160

This year more than ever we have been confined to our homes, many of us turning to it as a subject matter, for its familiarity, and personal significance - whether comforting, or claustrophobic. But if you are finding drawing yet another tea pot just a little uninspiring, this 5 day course will give you a fresh way of looking at the everyday, and aims to encourage a regular practice on a small scale. All the work will be done in a sketchbook, with guided exercises and suggested self-study throughout. It can be seen as a way into a new subject, making you see your home life with new eyes, maybe inspiring more work to develop from it. Or, it might help you rediscover the joy of keeping a sketchbook as a visual diary, for no other purpose than the process itself, a record of these times. There will be 5 sessions, which you can choose to do in 5 consecutive days, or, take your time, and see how much work can come out of each online session, let the sketchbook fill up over days or even weeks.

### **Course Details**

There will be a mixture of exercises and meditations to guide and inspire you: experimenting with materials as well as exploring ideas, finding ways of starting, planting seeds for growing a creative practice. For each day there is approximately a one hour film of exercises and demonstrations. We will begin with the ordinary, an object in your pocket, getting in touch with where you are right here and now. From this anchor point you will be invited to explore your own home, create your own story, visually through observation but also through memory and association. Using only a small, portable selection of materials, you will be free to move about your home, find your favourite spots to sit and draw or dream. As you let things unfold, taking time to explore, you may be surprised at what connections you find, what inspiration awaits you, in the every day.

In the process of making this film, I have been enjoying my own process of free flowing creative 'thinking' through doing. Sometimes it is the material that leads the way - an ink line, a cut edge, a splash of pattern. Sometimes the idea takes over - a memory of my morning walk, the act of cleaning my teeth, a collaged photo of my own work stuck into this new context. I have found myself rediscovering recurring thoughts and images, subconsciously connecting to what is important in my practice. I shall certainly be continuing with the sketchbooks I started here.

I am so excited to be offering this course as a pre-recorded session as I can imagine you all in your own homes, something that would be impossible in a studio based course. I can feel you seeing your spaces afresh with new eyes. I can picture you moving about your homes, sitting in a sunny window, lying on the floor, climbing a dark staircase, drawing what you see and feel as you move and respond.

Sometimes with all the best will in the world it is hard to just get on and do it, the thing we most value, our creative practice. In this course, there are no excuses, nowhere to go, no special equipment needed (the concertina book is fun, but scrap paper would also be fine) - all you need do is show up, turn on the video, and follow my prompts.

It has been a joy to make, and I hope you will enjoy your own journey around your home. Please do share with us at the Seawhite Studio, and fellow students on the course, any images or thoughts that arise as you work your way through your sketchbooks, and any subsequent work that emerges out of it.

### **Materials that you will need**

If you need to stock up with materials then Seawhite are still delivering orders.

<https://www.artesaver.co.uk/> Use the discount code EB10 for a 10% discount on your order

A couple of concertina sketchbooks. Seawhite sell these. Here is a link to their webpage where you can purchase them. <https://www.artesaver.co.uk/catalogue/results.aspx?search=concertina>

### **A selection of the following;**

chalk pastels, oil pastels, inks (black or sepia is fine), charcoal, pencils, graphite stick, an eraser, posca acrylic pens, biro, felt tip pens, white oil pastel and/or oil bar, a couple of tubes of gouache, a glue stick, scissors, masking tape, needle and thread.

### **Course Structure -**

**day 1** - pouring ink, markmaking, taking a line for a walk, notice what you notice around your home, writing about home. Holding objects, starting with what is in your pocket/on the table, in your handbag - telling their story, different ways of drawing them, round them, with them, by touch, with words

**day 2** - taking a line for a walk - exploring your own home, using memory and visualization techniques, as well as observation. Start to think about your daily routine, and the places in your home that are significant for you

**day 3** - Collage, colour, space, shape and narrative - playing with placement, context and composition.

**day 4** - Edit and make space for a few of your favourite things - paint over, make lists and thumbnail sketches, generating ideas for visual research - eg clothes and identity, signs and symbols, pattern and repetition

**day 5** - Pattern and repetition as a unifying thread through your sketchbook - and as a starting point for a fresh sketchbook. With 2 sketchbooks on the go, each can inspire the other, and so the conversation continues.