

Arc helps vulnerable adults and young people to manage their mental health by exploring what it means to live well and experience a creative journey to increased resilience, confidence and independence.



We Are Mini Dreamers

What you'll need



Special Project!

- Scissors
- Collage materials
- Glue stick / PVA
- Small matchbox / Dreambox net (pg 4)
- Pens and pencils
- Other crafty bits

This week's activity is 'We Are Mini Dreamers', inviting you to express your dreams through creating your own mini world inside a matchbox sized dreambox that you can send to us to be part of an exhibition in Stockport! It is inspired by our 2018 borough-wide project 'We Are Dreamers', but this time we're collaborating with The Doll's House Art Gallery and the opportunity to be part of a miniature exhibition celebrating our collective dreams. Let us guide you through creating a dreambox of your own design... It's your world, you make the rules!



Links

- * pinterest.co.uk/arccentre/matchbox-art
- * TheDollsHouseArtGallery.co.uk
- * instagram.com/wearedreamersstockport

Thank you to MA intern Fatimah for helping us to develop this activity.

CLICK HERE

Explore more arts activities at www.KeepingUsTogether.org.uk



We Are Mini Dreamers

About The Project



This is a very special and exciting project to encourage you to dream and look ahead, to use creativity to focus on the positives of emerging from our collective restrictions. You don't have to send us your dreambox, but we would love to exhibit our dreams all together in the 1:12 scale The Doll's House Art Gallery, at Arc in June and at Stockport Memorial Art Gallery in the autumn.

Drop it off in the letterbox or send it to arrive at Arc at Hat Works by **June 7th 2021** to be exhibited in the collective exhibition!

**Arc Centre, Hat Works,
Wellington Mill, Wellington Road S,
Stockport, SK3 0EU**



Take a look at the We Are Dreamers Instagram and webpage to see big versions of dreamboxes

The Doll's House Art Gallery is a 1:12 scale, visitable art gallery in Greater Manchester, UK. Gallery Manager Lisa Fitzgerald and Head Curator Mini Maxine share a passion for arts for wellbeing and opened the gallery during the first UK lockdown of the Coronavirus pandemic, with aims to entertain, distract, boost the mental wellbeing of anyone who wanted to get involved, and to support artists during a difficult time. Initially this was in the community of Levenshulme, Manchester and through online spaces.



 **@TheDollsHouseArtGallery**
TheDollsHouseArtGallery.co.uk



We Are Mini Dreamers

Creating your Dreambox



Step 1 Research & Inspiration

Let's get started! First, take a look at how other artists have used mini boxes to create art:

 www.pinterest.co.uk/arccentre/matchbox-art

 www.instagram.com/giantdollshouse

 www.instagram.com/correspondencecollective

 Search: Miniature Art, Tiny Art, Shadow Box, Diorama, Matchbox Art, Shoebox Art...



The Doll's House Art Gallery did an open call for miniature art - perhaps the techniques the artists used will inspire you! www.thedollhouseartgallery.co.uk



We Are Mini Dreamers



Creating your Dreambox

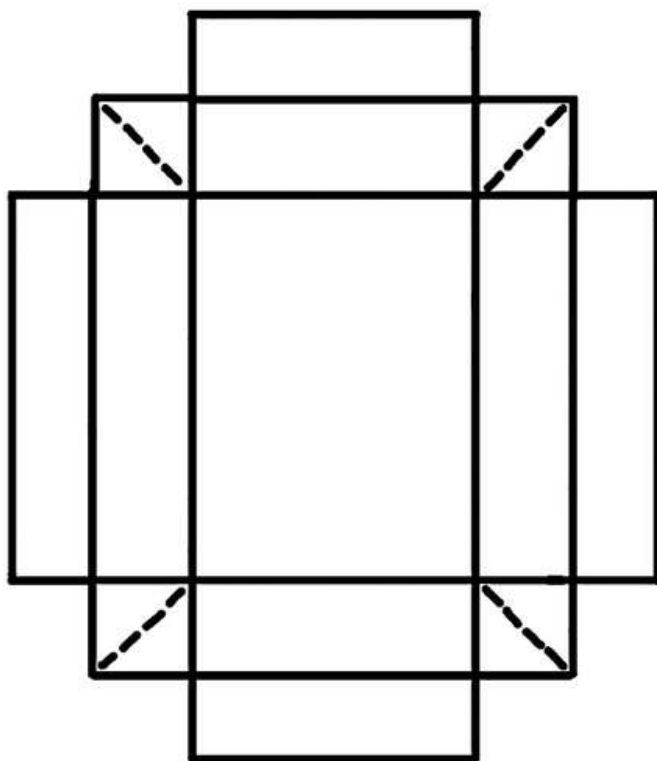
Step 2 Create your Dreambox

Follow this template to create your dreambox and see the space you've got to work with.

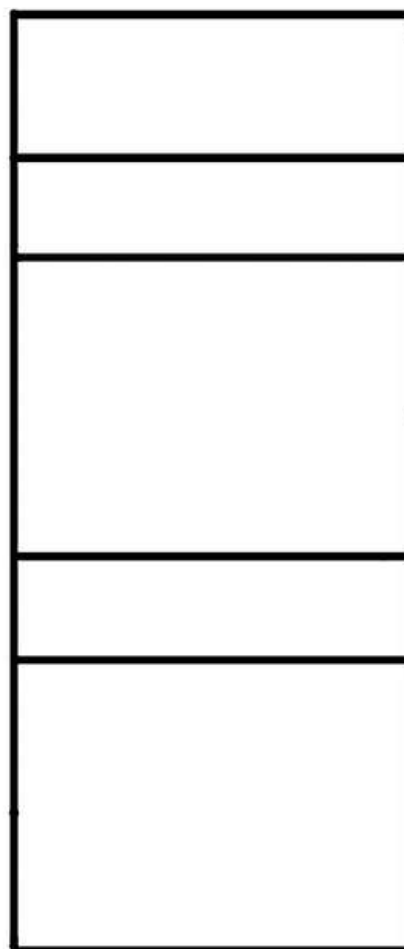
- Print it out A4 at 100%, or trace it from a screen matched to A4
- You may want to print onto light card if you have any or double up parts of the box with more paper to strengthen it initially.
- Don't stick it together until you are sure you need to, you might want to draw on the sides while its flat so wait to stick it together at the end / when you need to!
- Or you could just use a small matchbox!

Dreambox

Built size 5 x 3.7cm



Sleeve (Optional)



We Are Mini Dreamers

Creating your Dreambox



Step 3 Develop Your Theme (if you want to)

Your box could represent your future plans, hopes or dreams... You may want to just be free and go with the flow, but if you'd like to explore a dream theme, perhaps start by writing a list based on these questions:

- What do you dream of or aspire to do?
- What have you been longing for over this extraordinary year?
- Do you have a new found passion hobby that you can't wait to explore further out in the world?
- Are you longing to go somewhere?

“To accomplish great things, we must not only act, but also dream; not only plan, but also believe.”



We Are Mini Dreamers

Creating your Dreambox



Step 4 Planning & Design

Next, have a think about the visual ways your chosen theme could be represented. For example, if your dream involves nature, how could that be represented? Perhaps sketch some designs of your dreambox which may help you to think about the mediums or materials you could use.

Think about the shape and different parts of the box and how you could use them:

- The back / background
- Could you use the box's depth to create a scene?
- Could you use the walls as a kind of frame?
- Could you spill out from the edges?
- Could you layer up?
- Could you be inspired by the box itself to create something that's rectangular, boxy or contained?
- Why not make more than 1, a triptych even?! Could they connect or even overlap?
- If you're doing the activity with younger children, perhaps ask them what they missed, are looking forward to or want to do in the future and help them to design it. They could use simpler mediums such as crafty bits or mixed media.



We Are Mini Dreamers

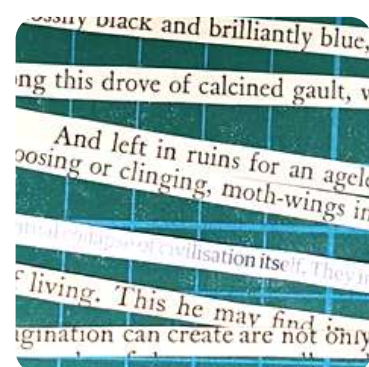
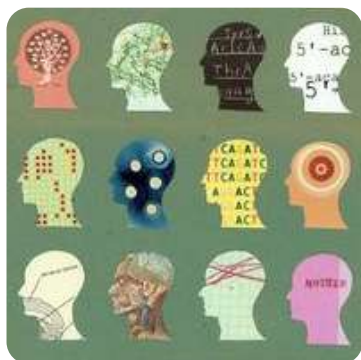
Creating your Dreambox



Step 5 - Get Creating!

Next you can start making your parts and depending on your theme and design there are lots of 2D and 3D materials or artforms that you could use:

Textiles, collage, recycled materials, painting styles, crafty bits, mixed media, photography and printouts, sculpture, found objects, mini museum, poetry... You could think even further outside the dreambox and include music, pop-ups, electronics, moving parts or something like that!



You don't need to create your complete design all in one go. If you're creating separate parts or layers you could create different parts at different times. It might be easier to create separate parts to add to the box rather than trying to paint on the box itself.

You could also decorate the sleeve and the outside of the dreambox, perhaps with collage, paint or cutting out shapes. However, remember that the box may be mounted on the wall of The Doll's House Art Gallery so the back may not be seen and the sleeve may not be included, but that doesn't mean you can't decorate the outside to enjoy later!



We Are Mini Dreamers

Creating your Dreambox



Step 5 - Looking For Specific Art Ideas?

Here are just a few of our Keeping Us Together activities that you could try to create your dreambox. You could do them miniature or try the full size activity (eg mark making) and cut into smaller parts to use:

Activity 1 Blackout Poetry

Activity 2 Mark Making and Collage

Activity 3 Exploring Drawing

Activity 5 Ink Cherry Blossoms

Activity 6 Make Your Own Clay

Activity 9 Paper Puppets

Activity 11 Putting On De Stijl

Activity 12 Cardboard Sculptures

Activity 13 Street Art

Activity 14 Embroidery Mottos

Activity 18 Mini Fabric Cushions

Activity 21 Mindful Mark Making

Activity 22 Pop-Up Cityscapes

Activity 23 Drawing With Scissors



When you have all your parts you can bring them together to create your piece!

www.KeepingUsTogether.org.uk

CLICK HERE

