

Mindfulness with Lowry

Mindfulness allows us to accept each other, and what we are thinking. Art is a great call to attention – a symbol of your thought or an emotion you may have, that you can make visible.

Focusing on the history of our local area and in particular the mills, factories and tall chimneys. Take a look at this picture what does it remind you of?



This picture was created by an artist called Lowry. He was famous for drawing the landscape where he grew up and matchstick figures in his art work.

You can find out about Lowry using this link <https://www.bbc.co.uk/bitesize/clips/z3gkq6f>

[L.S. Lowry in his own words - KS2 Art and Design - BBC Bitesize](https://www.bbc.co.uk/bitesize/clips/z3gkq6f)

A short and easy to follow introduction to Lowry's style of painting and choice of subject matter narrated by Lowry himself. The artist explains his technique, how he selects his subject matter ...

www.bbc.co.uk

Lowry liked to draw scenes using pencil, of things that made him relax and this included the landscape which he grew up around. His work shows textile mills and factory chimneys rather than trees.

He was mindful that he had something to say through his paintings.

Use your creative skills to relax and become calmer as well as creating meaningful artwork inspired by L.S.Lowry.

Be mindful and create a sketch that has something to say.

You could draw a matchstick person, or lots of figures. Think about where you want to place them on your picture.

What will your landscape be? Could it be a favourite place? (At the beach, on the moors, in a park, your street or even your garden)

If you have colouring pencils or paint maybe you could add colour to your drawing.

While you are drawing you could listen to some music to relax!

Why not take a photo of your work and email it to us!