

THIS IS ME: BELONGING

Virtual Exhibition exploring
'belonging', submission deadline:

Thursday 21st May

What is 'This Is Me: Belonging'?

The ClementJames Centre invites you to think outside the box. For the next few months we'll be inviting you to take part in our 'This Is Me: Belonging' event. This is an opportunity for you to explore and share what belonging means to you, personally, in a creative way. We welcome work from all ages!

Belonging can mean different things to each of us yet it is a common experience we all share. Whether it's a family, community, culture or religion, having a sense of belonging can be incredibly powerful.

In this pack, you will find some ideas for expressing what belonging means to you through a number of creative activities. Take part in as many as you like and delve into your imagination.

From May 21 - June 21 2020, we will be hosting a virtual exhibiton on our website(www.clementjames.org) where we'll be showcasing your work for the wider community to enjoy. Please note that the deadline for late submissions is June 15th 2020.

We look forward to seeing your masterpieces!

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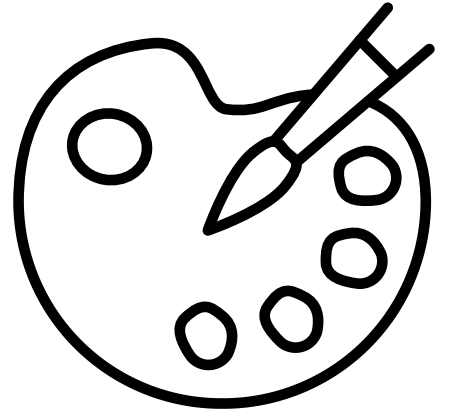
Page 5: Create!

Please note: All photos of the artwork received will be displayed in the 'This Is Me: Belonging' online exhibition. This exhibition is open to adults, children and young people. Therefore, all work submitted must be appropriate to be viewed by adults and children of any age. The ClementJames Centre reserves the right to withhold your piece of work from the exhibition if it is deemed unsuitable for all ages. This is at the discretion of ClementJames staff and will be handled on a case by case basis.

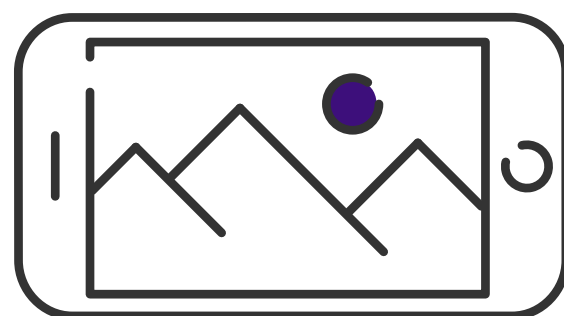
By submitting your work to the wellbeing@clementjames.org email address, you give consent for your work to be shared in an online exhibition hosted by The ClementJames Centre and for your work to be shared on The ClementJames Centre's social media platforms including Facebook, Twitter, Instagram, and The ClementJames Centre's website.

How To Get Involved

Create piece on the theme of 'This Is Me: Belonging!' It could be a painting, sculpture, dance, junk model, recipe, poem... The options are endless!



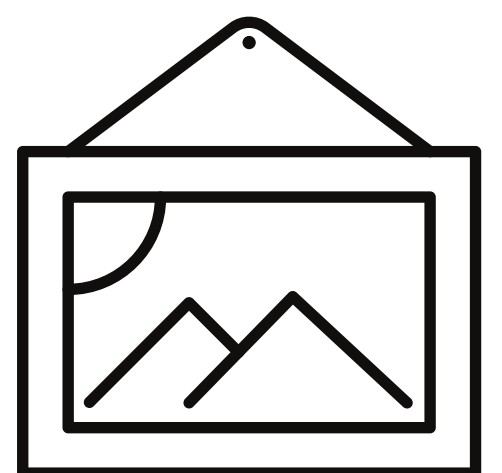
Take a picture of your creation
*include your name if you would like it to be shared alongside your work



Email photo attachment to
wellbeing@clementjames.org



See your artwork exhibited with other participants from the CJ community!



If you need some **inspiration**, these two videos on YouTube explore '**belonging**':

www.youtube.com/watch?v=ZgT-GQvwZ9k

www.youtube.com/watch?v=xfMXcAKxMRk

Activities

Activity 1: Creative Writing

Try writing a creative piece to explore what belonging means or looks like to you. It can be as long or short as you would like.

Do you have a **story** you'd like to share? Is there a time or a place in your life where you have felt that you belong? Was it being part of a community? With family or friends? A faith group? A particular place in the world?

Do you have a **physical belonging** that is particularly special to you or holds significance in your life? Perhaps a childhood toy, a piece of jewellery, a book or some artwork?

...Or you might want to try **poetry**. There's no one way to write. Your poetry might be a few lines or a few paragraphs, it's entirely up to you!

Activity 2: Collage

We love collage art at ClementJames! If you do too, try creating some at home.

To take part in this activity, you will need the following (but feel free to mix and match your resources):

- Paper, magazines, newspapers, textile fabric, and glue.

1. Have a look through magazines and newspapers to find images and/or words which resonate with you. Cut or rip them out and start to arrange them on your sheet of paper. Then, when you are happy with your arrangement, stick them down.
2. You might want to add texture. If you have any textile fabric, you can use this to do so.

Remember! There is no right or wrong way to make a collage. It's something personal to you and can look any way you want it to look.

Activity 3: Recipe Sharing

If you enjoy cooking, try to think of a recipe that represents what belonging means or looks like to you and share it with us.

Try writing out your recipe and taking a picture of it to submit to us. If you'd like, you can also send us a picture of your dish with or without your recipe. We'd also love to hear why you have chosen this particular recipe.

Below are some starter questions you might want to think about when choosing your recipe:

1. What significance does it hold in your life? What does it make you think about?
2. Are you reminded of a person, pet, time or place when you felt a great sense of belonging? How does your recipe relate to this?
3. Is there a particular time when you most enjoyed making it?
4. Did you learn your recipe from someone important to you? Or maybe you really enjoy it cooking for other people?
5. Is it your favourite dish? Why is that? Is it the taste, colours or smell of this dish that represent belonging to you in some way?



Activity 4: Junk Art

Try creating a sculpture, portrait or word out of "found" objects in your home which showcase what belonging means or looks like to you.

Found objects are natural or man-made materials, or fragments of an object, which are "found" around either your home or outside. For example, bottle caps, newspapers, earth, flower petals, a piece of textile fabric, photographs, stones, eggshells, cardboard, pasta... the list is endless!

1. Look around your home for any objects that can be used to make your art piece. Your objects might be ones you don't use anymore, have forgotten about or you might use them all the time. It's up to you what materials you choose, they can be completely random or hold some kind of significance to you.
2. Think about what you want to create; is there a place, person (including yourself), type of food, memory or physical belonging you want to represent?

Once you have decided on what you are going to make, it might help to draw it first to have as a reference later.

Using a flat surface, start to organise your found objects into whatever it is you have decided to create and take a picture from above once you've finished your piece. You can also use an adhesive or string, if you have any, to stick your materials together.

Activity 5: CREATE!

It might be that you don't have any ideas for the activities we've created and that's okay! Not everyone expresses themselves in the same way so we encourage you to do what feels right. Whether that's **drawing**, **colouring**, **painting**, **graphic design** or **sculpture**, we look forward to seeing what you come up with!





THANKS FOR PARTICIPATING!

Thank you for participating in our This Is Me: Belonging event. We can't wait to showcase all of your hard work in our online exhibition. If you are planning to submit your piece to the exhibition and would like your name included, please make sure it is visible on your artwork before taking a picture of it.

If you would not like your artwork to be exhibited but would still like to take part, then please ignore the steps on 'how to submit your work'. Please do feel free to email us to let us know that you've been having a go nevertheless, we love hearing about all the creativity going on at home!

We look forward to sharing your pieces!

FRIENDSHIP THE SEASIDE
SINGING WITH OTHERS
MY BED LOVE LIVE MUSIC
UNIFORM SECURITY SOUL
GOOD FOOD MUM'S SOUP
LAUGHTER TEAM SPIRIT
HOLDING HANDS FAMILY
A GOOD CUPPA CULTURE
HOME INSIDE JOKES HEAT
COMMUNITY TRADITION
WARM HUGS LAUGHTER
HUSTLE AND BUSTLE JOY
CONNECTIVITY MEMORY
PEACE SPORTS ART

What does belonging mean to you?