STILL LIFE IN REAL LIFE

MATERIALS:

- Tool for drawing (such as pencil, chalk, or crayon)
- Blank material (such as paper, canvas, cardboard, or sidewalk)
- Objects (anything that can be moved and kept stationary, such as cans, plants, or rocks)

STEPS:

1. Arrange items in a way that is interesting to you, to create a still life display.

2. Observe the shapes, textures, and colors of each object.

3. Use simple shapes, and if available, any colors on hand, to draw what you see. Do your best, and try not to judge yourself! Drawing is for everyone! There is a lot to be gained and learned when practicing.

4. Make a mental note or write down what you notice about the objects that you may not have noticed if you didn’t observe them while drawing.

5. Consider applying still life concepts to the next meal that you prepare. How can you arrange the foods on your plate in a way that is interesting to you, and also practical? Perhaps you can take a picture of this dish and try to draw it - after eating the food - most important!

CHECK IT OUT!

*How to See, How to Draw: Keys to Realistic Drawing* by Claudia Nice is available to read online with the use of your library card. This book has exercises and ideas for developing drawing skills. Another book available for digital checkout, and one that might provide inspiration for creating artistic plates of food using whatever is available is by Ari Bendersky and called *1000 Food Art & Styling Ideas: Mouthwatering Food Presentations from Chefs, Photographers, & Bloggers From Around the Globe*. Additionally, try checking out the website “Art is Fun! Learn How to Paint and Draw with Thaneeya”¹ for more ideas and support around creating visual art.

¹ https://www.art-is-fun.com/still-life-paintings

Nourishing Literacy offers food, literacy, wellness, and life skills programming to youth and intergenerational groups. Nourishing Literacy has been created by the Free Library of Philadelphia’s Culinary Literacy Center, Honeypie Cooking, and the Nourishing Literacy teaching team.