



# Playful patterns:

## Connecting with others

Wellbeing activity by young people from MYTIME, Credu Young Carers and Place2Be's Art Room



# Introduction

This activity is for primary aged children as a way for them to unwind, have fun and connect with others. Making time for these things can be the first step to looking after our mental health and wellbeing.

This activity can be done independently, but we recommend taking the opportunity to work together with someone else!

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## **This activity was designed together with young carers in Wales and England**

They shared insight into their lives and how challenging it can be to look after someone else as a young person. Words such as “hard, frustrating, stressful, and tiring” were used to describe their experiences alongside a range of meaningful emojis and images. They also recognised the unique qualities and skills gained at an early age from being young carers, for example: “we help people, ask us for help”.

The young carers wanted an Art Room activity that was interesting, messy, flexible, and above all else: fun. They were interested in diverse art materials (such as pastel, paint, clay, cardboard, and fabrics) and in making their own art while chatting with others. They wanted the activity to be roughly 20 minutes long and open to children and young people in general, whether young carers or not.

This Playful Patterns activity can be made with just about any materials from pencil to paper, to paint, and even clay. There is also plenty of freedom to be messy! It can be enjoyed alone or with others, and there are interesting things to discover from experimenting with art materials to make stencils and patterns. It provides a chance to take a break from daily responsibilities and do something fun for oneself.

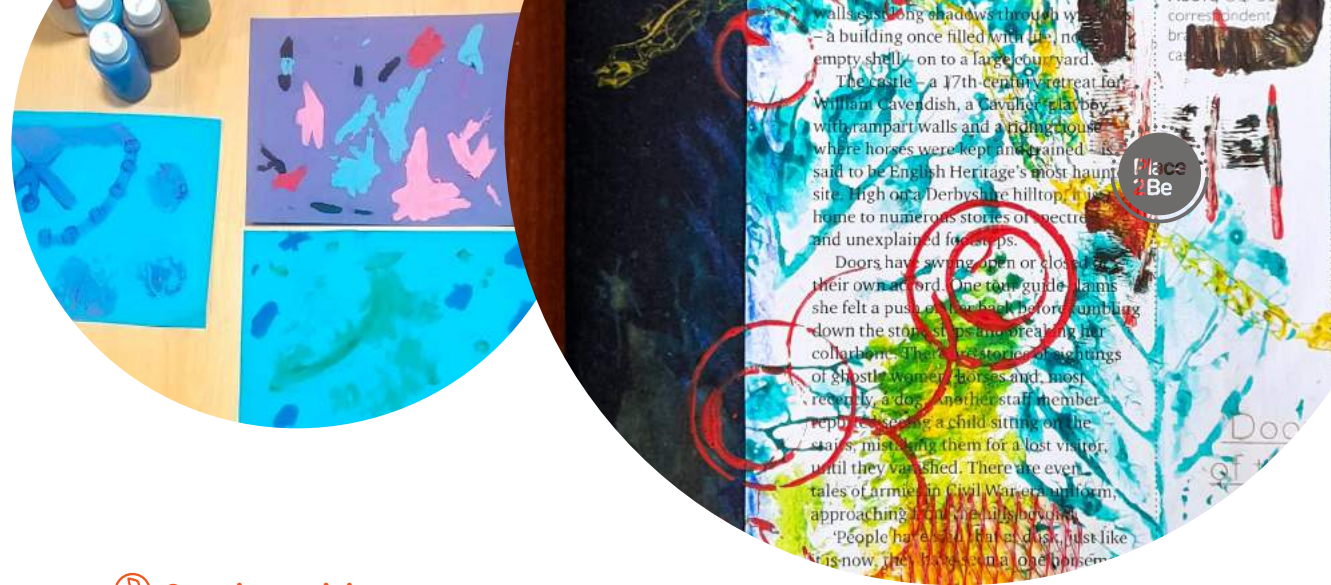
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## **MYTIME and Credu**

The Art Room has teamed up with MYTIME and Credu young carers to create this project. MYTIME Young Carers, work relentlessly to raise the awareness of young carers in society, strive to provide varied support to all young people carrying out a caring role at home or living with someone with a need or

condition, to ensure that they have the support they need. Credu supports young and adult carers in Mid, West and North Wales. Credu’s mission is for all young and adult carers to enjoy well-being as they define it, be recognised and valued and have choices, voice and influence.

# Express with patterns and textures



## Imagine

- ▶ Watch this [quick demo video from The Art Room](#) to see some different ways of making prints and patterns with collected objects.

## Inspiration

You might like to listen to your choice of music whilst making art, you might like [this feel good playlist](#) created by the Art Room team.

## Materials

- A collection of objects found outdoors or in household recycling
- Thick paint is highly recommended, but any combination of art materials will do from pencils, pastels, or even air-drying clay, if available!
- Plain or recycled paper / card, or fabric (most paints will wash out unless they are fabric paints)
- Glue and scissors are handy - but not necessary

## Creative activity steps:

This project involves collecting things that can be used to make interesting and fun patterns.

1. Find a variety of objects outdoors and in household recycling that you imagine could make a cool pattern

Ideas: they could be bottle tops, dry leaves, netting, or newspapers.

When thinking about what to use, be aware that these things might get messy. This can be done alone or with a friend or adult.

2. Choose a background surface to print onto like a piece of paper, card, fabric or air-drying clay.
3. Use the collection of objects to try some of these options:


This too can be done alone or together with someone else using the same surface.

- Paint over one of your objects with a layer of paint (not too thick or thin) and press it against the surface just like a stamp.
  - Place an object behind a thin surface and rub over it with pastel, crayon, and/or pencil.
  - Glue recycled objects, fabric, paper, and/or netting onto the page.
  - Make a stencil by cutting shapes and letters out of paper.
  - The collected objects can also be pressed directly into air-drying clay to make a tile. Once dry, it can be painted onto.
4. Your creation can be left as it is or stuck on to something that's yours, like a notebook.

# A little extra game:

Use your collected objects to make funny faces with different expressions. You can photograph the faces and arrange the photos as you like.

## More from The Art Room

Looking for more creative projects? Visit our [website for more Activities from The Art Room](#)  for families and adults working with children, including projects like Calm: Soothing Worries, Tuning In: Mindful Listening, Weather: Noticing Feelings, or The Creative Gardener: Nurturing Self-Belief. They are free to download and can be done at home, in the classroom or youth settings.

## Explore:

If you like, talk about these questions together with someone else:

- Were there any art materials and patterns you enjoyed experimenting with most?
- Did you do any parts of this activity with others? How did connecting with others make you feel?
- Can someone else guess what was used to make your patterns and textures? (If leaves were used, you can look up the plant it belongs to).

## Royal Patron HRH The Princess of Wales

Place2Be is a national charity working in England, Scotland and Wales.

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