

CREATIVE INSIDER

Issue 7 | January 2021

Welcome

Welcome to the first edition of your 2021 *Creative Insider*. May we take this opportunity to wish you all a belated happy new year, more specifically one that is safe, healthy and full of creativity. In our recent history, there has never been a time when imagination and ingenuity have been more vital in improving our mental health. We hope you enjoy this issue and take the opportunities provided to exercise your creative facility, crafting links and ideas in your own ways. In our current circumstances where we may often feel less in control, the act of creating itself forges new worlds controlled by the artist.

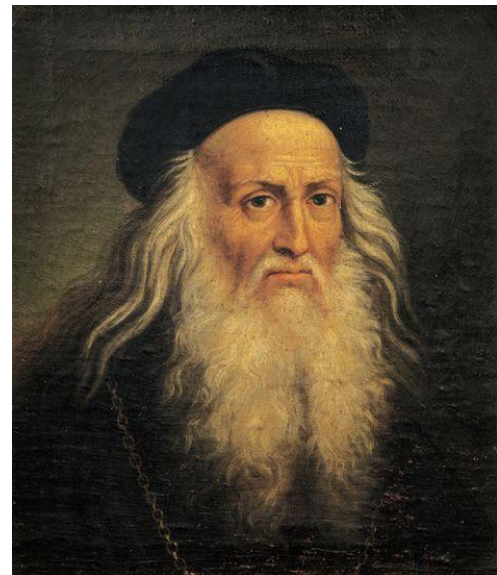
Why Create?

Scientist Albert Einstein told us that creativity is 'Intelligence having fun.' Novelist Maya Angelou encouraged us by adding that, 'The more you use it, the more you have it.' It is central how we develop and convey our identity and a powerfully effective way of communication.

Advertising tycoon David Ogilvy, also known as, 'the father of advertising,' observed, 'If it doesn't sell, it isn't creative,' showing us that from a business perspective, creative skills are absolutely vital.

Creativity can provoke your fear but writer Elizabeth Gilbert describes perfectionism as, 'The murderer of all things good.' Alongside our learning of 'how to get things right', we also need to be comfortable in getting things wrong, in taking risks and experimenting in a way that can sometimes feel more difficult as we get older. By exercising your creativity more regularly as a younger person, you will be more likely to maintain and flourish in your creative endeavours later on in life, both in the workplace and for your own personal pleasure, with huge gains in your mental health as a result.

Artist, inventor, engineer and creative genius Leonardo da Vinci (pictured above) was able to create such a wide breadth of incredible work partly because of the way that from a very young



age he was driven to feed his endless curiosity. As well as some of the most admired and priceless paintings such as *The Last Supper* and *Mona Lisa* (pictured left observing government guidelines!) he is responsible for conceptually inventing the parachute, the helicopter, an armoured fighting vehicle, the use of concentrated solar power, a calculator, and the list goes on. Had he not exercised his creativity throughout his childhood and teenage years, we may not have benefitted from any of these inventions that followed.

To watch some of Sir Ken Robinson's insightful TED Talk 'Do Schools Kill Creativity?' click on the link on the right.

<https://www.youtube.com/watch?v=iG9CE55wbTY>

In his TED Talk, Robinson tells us 'If you're not prepared to be wrong you will never come up with anything original.' It falls to us here at *Creative Insider* HQ to remind you of your limitless potential, and to coach and cajole you into exercising that most amazing part of your brain a bit more each day. Think of us as your Joe Wicks of Creativity. So this is us now laying down the gauntlet. What risks will you take today in exploring and creating? You can design, you can make, you can craft, you can bake, you can theorise, hypothesise... The only rule is you cannot repeat what you already know. (The photocopier has *already* been created...)

See Unseen



The Southbank Centre is currently offering up a free exhibition of logic defying images from photographer Suzie Larke.

In a series that expresses inner struggle and a sense of loneliness,



Unseen guides us through a journey that many of us can easily connect with in these challenging times. In the video that accompanies the works, Larke interviews her subjects, talking to a performer who suffers from anxiety as a bi-product of his stammer (pictured below), someone who has lost a loved one and someone who struggles with agoraphobia. She also explains some of her own challenges, noting its value for artists as, 'When you've gone through difficult times yourself it increases your ability to empathise.'

<https://www.southbankcentre.co.uk/whatson/art-exhibitions/unseen?eventId=862252>

'Missing Something' – S. Larke

Why not document your own story in response to the challenges from Covid-19

too? You could begin by using your phone for the photography, then use a similar format to create your own video guide with commentary.

Light in the Darkest Months

Understandably, many of us right now are feeling much more inspired by the world outside our walls. If you're also missing the cheer of those festive lights from back in December, you could light up your own imagination by taking your daily exercise with your family along the river.

Up until January 31st, the Tate Britain will be lit up for its winter commission, turning the very traditional building into a place of swirling lights and colour which can be seen best from the south bank of the river at Vauxhall.

Remembering A Brave New World by Chila Kumari Singh Burman combines Hindu mythology with Bollywood imagery, colonial history and personal memories. The commission was designed to coincide with the Hindu festival of Diwali and the artist describes it as, 'A celebration of new beginnings, the triumph of good over evil, and of light over darkness.'

To find out more about the installation and the artist, click on the link in the box below.

<https://www.tate.org.uk/whats-on/tate-britain/exhibition/chila-kumari-singh-burman>

Continue your walk along the south bank as far as Royal Festival Hall and you will be able to see a second installation called **Winter Light**.

Available until the end of February, organisers describe the collection as bringing together artworks that take inspiration from, 'Light, colour and the poetics of space.'



For both installations, the lights are turned on for your contemplation and enjoyment each day from dusk onwards. Depending on the time of day, these generously open spaces can be busier than others with similar space, so please bear this in mind. Students are reminded to make sensible choices in keeping safe and avoiding any places where groups are congregating.

For *Not So Grimm* Times...

Year 7 Drama students who worked through the Grimm Tales scheme of work back in Term 1, this one is for you.

Our generous friends at The Unicorn Theatre have released videos of more of their reworked traditional tales for you to watch this spring to complement your own work.



https://www.youtube.com/playlist?list=PLfRny0NepZ01dVt_G90tllz-pFVtmVNFq&utm_campaign=12094087_Schools+Spring+2021+Update+-+Secondary&utm_medium=email&utm_source=UnicornTheatre

. Whilst you created your own stories of *Sam's Secret Journey*

Through the Forest, this time the challenge is for you to take inspiration from the actors in the videos and narrate your own tales entitled '**Lockdown Limbo**'. Any work produced can be sent to Ms Valmarana or Ms Hall via google classrooms or **ShowMyHomework** to earn up to 100 creativity merits.

A Spotlight on The Old Vic Theatre



With all the drama of a scene from *Eastenders*, **The Old Vic** has come to our rescue once more with a huge bank of resources for this lockdown.

<https://www.oldvictheatre.com/join-in/education-hub/wellbeing/wellbeing-exercises>

Choreographer and theatre director Lizzi Gee presents a series of wellbeing exercises that could develop confidence and better

prepare you for your online learning each day. Videos come under the headings of **Mindful Movement**, **Breath Control** and **Body Awareness**, and can be accessed via the link in the box above.

Meanwhile, **The Old Vic's Study at Home Guide** provides a wide range of resources, practical tips and insight into making the most out of your lockdown learning experience.

<https://www.oldvictheatre.com/join-in/education-hub/careers/study-at-home>

For KS4 students interested in careers in the creative industry, check out the free online workshops also available on their site, with helpful introductions to working in **Sound Design**, **Directing**, and **Writing Music**, to name but a few.

<https://www.oldvictheatre.com/join-in/education-hub/workshops>

