



PATHWAYS TO WELLBEING

Kitchen cupboard Portrait!

THE HOLBURNE MUSEUM

Thomas Lawrence comes to the Holburne. The West Country child prodigy of the 1780s, would have been the TikTok or Influencer of his time being very good at using his social networks, celebrity and the media to grow his career and his reputation. From a young age he became known for his drawing and painting ability, capturing striking likenesses and becoming his family's main source of income. Born in Bristol then moving to Bath, via Devizes, he ended up in London at the age of 17. From there he wrote to his mother saying 'excepting Sir Joshua Reynolds, for the painting of a head I would risk my reputation of any painter in London.' By the age of 23 he'd been appointed Painter-in-Ordinary to King George III and had 10 paintings in the Royal Academy's Summer Exhibition.



At the age of 14 he drew brothers Samuel and Abel Dottin (*left*), now part of the Holburne's collection, along with the study sketched in oils (*above*) of Arthur Atherley for the painting (*below*) of the Etonian son of a banker and wealthy heiress who went on to become an MP for Southampton. This painter's portraits add to the Holburne's Regency portrait collection.

The Activity

Painting portraits using coffee and other store cupboard staples.

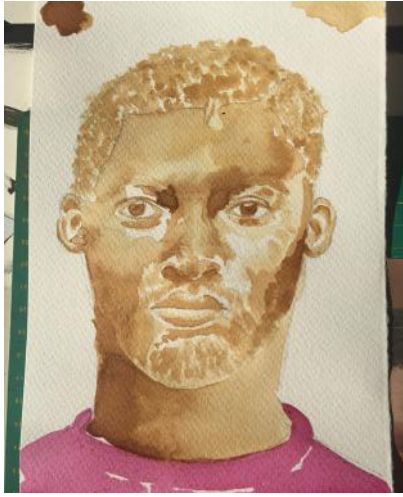


Thomas Lawrence
Julia, Lady Peel
1827, Oil on canvas
The Frick Collection

Thomas Lawrence (1769-1830)
Portrait of Arthur Atherley as an Etonian
1791, Oil on canvas
Los Angeles County Museum of Art



Activity Sheet designed by Susie Walker



What you will need?

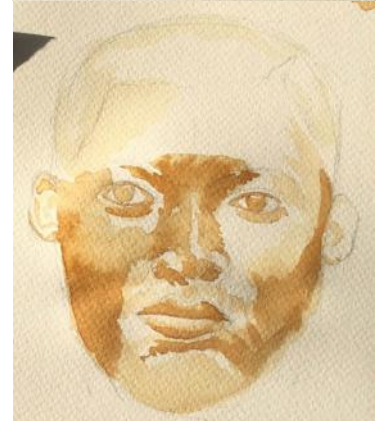
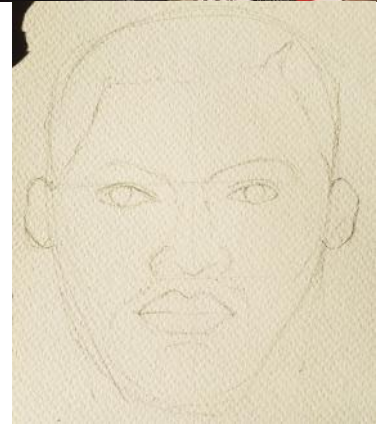
- Paper or card to paint on
- Pencil
- Paintbrushes in different sizes but one will do
- Instant coffee; Beetroot juice (from the jar); Turmeric to make a paste; Soy sauce; or anything you have in your store cupboard that you might like to try.

How to paint your portrait

1. Start with your inspiration, either use photos from magazines/newspapers or ones you've taken OR do a self portrait - you'll need a mirror for that!
2. Have a look at the drawing with the proportions of the face on the next page for reference. See the eyes are half way down the face for example (*see next page*).
3. Draw the vague shape of your face, neck and shoulders the size you want it on your page.
4. Draw in the main features - eyes, nose, mouth, hairline - using a few light lines.

Look carefully at your image, the light and shadows, you are not going for an exact likeness but having fun with the image and the ingredients

5. Mix a small teaspoon of coffee with water in 3 different strengths and paint a little test to see what colour they are.
6. Starting with the lightest, start adding your detail, building up the colour to make your features bolder and to add shading.
7. Keep looking at the features in your image, look at where they are in relation to the other features and look at the light and shade. You can try other foods like beetroot juice to add other features like I've done if you like.
8. **HAVE FUN!**



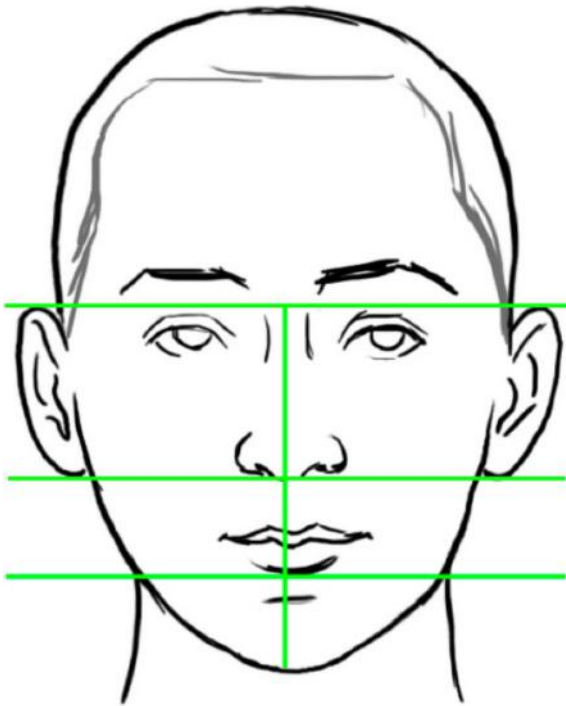
Share a photo of what you make

Send it to e.blythe@holburne.org and checkout
Instagram #changing_lives_through_art
to see some of the things people have made this week



How to draw a portrait

Facial Proportions



- The eyes are about half way down the face
- The bottom of the nose is halfway between the eyes and chin
- The bottom of the lips is half way between the nose and chin
- The top of the ears are level with the eyes
- The eyes are approximately one eye apart

These are guidelines, really look at your face as you are drawing to get the features in the right place and the right size in relation to each other



Links to -

How to video of Portrait with Coffee - <https://youtu.be/CBzkWMJFNuA>

Maria Aristidou - <https://www.youtube.com/watch?v=l8HladqbTnQ>

Maria Aristidou article - <https://www.buzzworthy.com/maria-a-aristidou/>

Portraiture tips - <https://mymodernmet.com/portrait-painting-tips/>

More Inspiration

The work of artist Maria Aristidou



Top Tip! - Don't feel you have to paint everything. These portraits by Maria Aristidou show how she uses the white of the page as well as the coffee to create her portraits. Look at the highlights and leave these white, building up layers, drying between if it helps and adding bolder lines and detail as you go. Don't be scared of splatters and coffee cup marks, they add character to your image. See the links to her videos on the previous page.



What next?

You can use instant coffee or ground coffee, whatever you have in the cupboard. Now you've mastered painting with coffee you can try using other store cupboard ingredients to create your paintings. On the left I've got samples of

1. Soy sauce
2. Chilli sauce
3. Beetroot juice
4. Tomato ketchup
5. Turmeric paste
6. Dijon mustard

All these can be seen on my sample sheet in the picture. Why not have a go and see what you can paint with these. You may decide to try a landscape or still life with the different colours and textures you get from different ingredients.

If you want to see what everyone is creating
just search for
[#changing_lives_through_art](#) on Instagram