



# HOW TO USE ART TO EXPRESS

by @cutecatcalls

Since the sisterhood picked up a paint brush, or a pen or even a finger tip, we've been expressing our feelings and telling our stories through the medium of art.



I started @cutecatcalls as way to use art to deal with the emotions I felt after I had been harassed on the street, as well as tell the story of what had happened. **It helped me not only process my feelings, but also connect me to others who'd been through what I have.** Now I draw other peoples stories to help them in the same way, but you can draw your own!

**Stuck on how to start?** Read the tips below on how you can start drawing your feelings and telling your story through art.

## YOU ARE NOT A BAD ARTIST

Don't be scared to start because of the fear of being "bad" at it. When you express yourself or your experience through art it is for YOU and no one else. If it makes YOU feel better, or you feel it represents YOUR STORY, you are doing it right.



## COLOUR

Colour is the easiest way to express emotion, because it already holds so much symbolism. Angry? Paint it red. Lonely? Scribble it blue. If you don't even know what to draw or write yet, just picking a colour up and freestyling can get you started and conquer any creative anxiety.

## WORDS

Yes, words are art, in fancy terms it's called typography. It can be **bold**, it can be thin, it can be small or it can be huge. Think of the difference between THIS and t h i s and how that sounds and feels. You can use this to give the words you write a voice. You can write what was said, or what you wish you said, the alphabet is your palette.


## SPACES

Does your story take you to a place? Did the surroundings impact how you felt? Sometimes it easier to start with the reality of your story, for example drawing a bus if it happened on the bus. Equally, if your experience made you FEEL like you were struggling in water, or alone in a desert, draw inspiration from those spaces too.

## FACES

We show our emotions and our personalities on our face. Whether it's tears or frowns, a bold lip or glasses, our faces are stories themselves. What did your face look like when it happened? What did someone else's face look like? You don't even need to draw a whole face, drawing key features that stand out in your mind, say huge eyes in shock, can be a way to express a moment in time.

## THINGS



Sometimes when you look back at an experience or feel an emotion a certain thing or object stands out. When your sad do you think about the comfort of your childhood teddy? When you recall an event do you remember focusing on the lampshade in the corner? It doesn't have to make sense to anyone looking in, if it's part of your story, draw it.

