

H is for...

Este MacLeod

Heart and Hygge

'Keep love in your heart. A life without it is like a sunless garden when the flowers are dead.' -- Oscar Wilde

Heart shapes are universally recognisable as a symbol or sign for love. Hygge is a Scandinavian word for a quality of cosiness, feeling warm, comfortable and safe that comes from doing simple things such as lighting candles, baking and spending time at home with your family.... and I'd add doing something creative such as today's project. It is a very basic and simple one, with a focus on using letters to create heart shapes. The whole alphabet can be used, concentrate on flowing round lines and curly forms. How you do this is up to you, but I would recommend using a base colour and explore it: for example blue: from turquoise to deep blue, or red: from pink to orange.



The heart shape is a familiar one, and a lovely form to doodle, an easy shape. All letters can be incorporated in the shape. Make interesting details and decorations on your heart. Here is a link for inspiration:

<https://www.pinterest.co.uk/estemacleod/heart-art/>

Creative Process

Using High Flow is ideal for this exercise but watercolour is also suitable. Use a watercolour paper or other thicker paper. 'Draw' with a pointed brush without drawing the lines in pencil first. Just explore the shapes and create twenty six (26) different hearts. The shapes and the method of creating links a bit to folk art - use this as inspiration if you like.



Objective

This is a creative and meditative process of drawing. The action should flow and come easily. It is important to play with the shapes that come naturally. What is your style? Loose or controlled? Do you like to create details? How can you make these shapes interesting and varied using a single colour?