

Create the Recipe of You with Kate Pullen

This activity is like a cross-section between drawing, colouring in, and self-reflection. It will give you the opportunity to consider what makes you wholly unique, whilst creating one delicious piece of art.

Materials

- Paper A4 or A3
- Note paper
- BIC Intensity Writing Felt Pen, Colouring Felt Pens, Premium Pencils and Dual Tip Felt Pens
- Grey lead pencil
- Eraser

Step 1

I always find that a brainstorm session can be really handy before starting a piece. This can be quick and messy, it's just about getting ideas down. So, if we're making the Recipe of You, take a moment to jot down some of the things that feel quintessentially you.

Step 2

Next, select some colours that reflect your personality. If you find working with colour a little bit daunting, I recommend sticking to just four. Whether you choose to use markers or pencils, that's up to you!

Step 3

While those thoughts of different personality traits are simmering, let's spruce things up by pouring colour on to the page. Colouring in the kitchen items, stars, and maybe even the speech bubbles allows us to ease our way into the piece (plus it'll look fab).

Step 4

Now we need to add our ingredients! There are six important items needed for this particular recipe, so have a look over your earlier brainstorm and pick the elements you feel best define you. So often we struggle to talk about ourselves or recognise our own achievements, so don't be afraid to give yourself a bit of a pat on the back here, because you're lovely!

Step 5

Alongside your ingredients you might like to add some extra illustrations that help reflect your different personality traits. For example, if you began with a handful of kindness, you might like to draw a bunch of flowers. And if you added a pinch of 80s movie references, maybe you'll draw a film camera.

Step 6

I've left the best 'til last – your name! Now that you're fully warmed up, that big ol' space in the middle of the page is just for you, and you can draw your name in any style you like. Have fun with it! There is no wrong answer.

TIP — When creating your name, have a look at the ingredients you included in your recipe and think about what style best suits them. For example, soft and rounded letters are often associated with feelings of openness and generosity. Or maybe you are wonderfully extra, and you need lots of flourishes and a more calligraphic style. If you're a bit nervous, start in grey lead until you're more confident about the final look.

