

DAY 5

#TEXTURE HUNTERGATHERER



Liz Atkin is an artist and mental health advocate based in London. She has Compulsive Skin Picking, a complex physical and mental disorder, but she reimagines the body-focused repetitive behaviour and anxiety into drawings and photographs. Liz raises awareness for Compulsive Skin Picking, and has given away more than 18,000 free #CompulsiveCharcoal newspaper drawings to commuters on public transport around the world. Liz has started focusing on tiny texture details on her daily exercise walk. It's a soothing and mindful way to keep present, grounded and in the moment.

Do

Become a #texturehuntergatherer wherever you are. Notice tiny texture details by seeing or feeling them, and capture them however you like - in a photograph, quick sketch or in writing. Can you find interesting textures in nature or in your home? What can you see or feel in your food, clothes, wallpaper...?

If you have more time...

Could you create drawings, paintings and prints of the textures that have caught your attention?

Think

Notice what your eye was drawn to. What did you find? Where did you find it? What words would you use to describe the textures?

Share

Share your work in a way that suits you - online, or offline.

Search #CreateToConnect to see what others are up to.



@liz_atkin

@LizAtkin

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Resources

If you want to photograph your found textures you'll need a phone or camera.

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Examples to inspire today's challenge...

Liz has been extending the textures she's found into colour palette collections, and to inspire new charcoal and pastel drawings!

