Still Life paintings and drawings aren’t new, there is evidence of still life paintings found in Egyptian tombs and in Roman ruins. However, this type or genre of painting became very popular during the Renaissance period. The still life emerged in Naples as a genre in its own right around 1600, and flourished from the mid-1620s onwards.

Observing, really looking at what you can see is a good place to start. When we look closely, we can start to see the shapes, patterns, shadows and contours and how objects interact with each other.

Building confidence is important, lots of practice will help. This activity is an opportunity to look, talk, describe and compare.

**Challenge:**

Firstly, look around the house for a selection of interesting objects, these could include fruit, containers, flowers. Choose variety of sizes and shapes.

Clear a space on a table or flat surface.

Spread out the objects and really look closely at them. Try to describe the shapes.

To start with, why not try loosely sketching two or three of the objects.

Don’t worry about detail at this point, just concentrate on shapes.

Draw with a light pencil, this won’t be a complete finished piece.

This is an important ‘warm up’ exercise!

**You will need:**

Paper, sketch book, pencils, variety of objects.

Patience, many artists practice these activities over and over, to improve their skills!
Ask yourself lots of questions about the objects. What shapes can I see? Is this a regular shape? How does it feel? How does it compare to the other objects? Bigger, smaller?

Rough, smooth, shiny, dull, crispy, reflective? Loose sketching, practice looking, make your eyes do lots of work!