



The *Illustrator's* Guide to **PROCREATE**

How to create
digital art on
your iPad



Ruth
Burrows

GETTING STARTED



PROJECTS





Horses

Before bikes and cars, horses were a human's most reliable way of getting from one place to another. Riders did everything in their power to make sure their horse was happy and healthy, including saddling them with a host of superstitions.

HORSE SENSE OR NONSENSE?

- ★ The bigger the ears, the smarter the horse.
- ★ A horse with eye wrinkles will be a good jumper.
- ★ When braiding a horse's mane, make an even number of plaits, including the forelock, for luck.
- ★ If you want a good journey, ride a horse that snorts a lot!

RECIPE FOR A WISH

In the United States, if you meet a white horse, lick your thumb, press it in the palm of your hand, then stomp it with your fist and make a wish.



HOW DID THAT START? LUCKY HORSESHOE

Have you ever seen a horseshoe nailed above a doorway for good luck? Which way was it hanging? Some cultures say the two ends should face up in a U-shape to collect the luck inside the shoe. Others vote the ends should point down so fortune rains upon anyone passing underneath it.

Either way, it's believed the luck is way more powerful if you find the horseshoe instead of buying it. Possible origins of this old superstition include:

- U Horseshoes are crescent-shaped, and a crescent moon was thought to be lucky.
- U Horseshoes used to be made of iron, which Western Europeans once viewed as magical because it could withstand fire.
- U A horseshoe has seven holes, and seven is a lucky number in some cultures.



CHARMED! DALA HORSE

The Dala horse—or Dalahäst—is a good luck charm from Sweden. The red-painted wooden figurine was first carved centuries ago as a child's toy, but today it symbolizes wisdom, strength, and good fortune.

Rituals For The Win

Galloping across the finish line relies on a lot of good luck, so jockeys and racehorse owners often hold tight to the reins of superstition!

- ★ Never have peanuts in the barn.
- ★ Never take pictures before a race.
- ★ Never name your horse after a family member.
- ★ Either rub your new helmet and silks—that's the colorful uniform jockeys wear for a race—on the ground before wearing them, or never let your helmet and silks touch the ground to avoid a fall. You choose!

RHYME TIME

"One white foot, buy a horse;
Two white feet, try a horse;
Three white feet, look well about him;
Four white feet, do without him."
This old superstition mistakenly thought a horse could be judged by its socks—that's the white or black hair at the bottom of its legs.

Call Me Twinkletoes... Forever

It's considered unlucky to change a horse's name, so choose wisely!

Horsin' Around

If you find a horse with knots and twists in its mane or tail in the morning, pixies or elves may have visited and ridden it during the night!



Snow

JUST GO INSIDE

If you sit outside on your doorstep and knit during the winter in Iceland, it's said you will cause the icy weather to last months longer.

The Inside Scoop

In the Ozark Mountains in the United States, some people believe persimmons can predict the winter's weather. Split open a locally grown persimmon and take a peek inside the fruit...

Fork shape = mild winter with light, powdery snow

Spoon shape = lots of snow to scoop!

Knife shape = a bitterly cold winter that "cuts like a knife"

Fog Forecaster

In parts of the Appalachian Mountains in the United States, it's believed the number of foggy mornings in August will equal the number of snowfalls that coming winter.

COUNTING SHEEP

If you dream about white sheep in Iceland, expect snow soon.

Fun fact: Unlike other sheep, Icelandic sheep have two layers of fleece for double protection against extreme cold.



RECIPE FOR A WISH

In South Korea, a wish on the first snowflake of the first snowfall will come true.

SNOW DAY—HOORAY!!!!

If you live in the northern United States or Canada, you and your friends probably have a special ritual to convince Mother Nature to reward you with a snow day. Here are some ingredients for the perfect How-to-Make-A-Snow-Day recipe. The only problem? We don't know which ones work and in which order. Do you?

- * Flush one ice cube down the toilet for every inch of snow you desire
- * Place a white crayon on the windowsill or in the freezer
- * Yell "Snow Day!" into the freezer, then eat A LOT of ice cream for dinner
- * Wear mismatched socks to bed
- * Brush your teeth with your non-dominant hand, and sleep with one sock on
- * Wear your pajamas both inside out and backward
- * Sleep with a spoon under your pillow
- * Sleep with your feet at the top of your bed and your head at the bottom



Hair And Fingernails

GIVE IT A CURL

In parts of the United States and United Kingdom, it's said that eating bread crusts makes your hair curly. Do you think this was a tricky way for adults to get kids to eat all their sandwich?

The Full Moon Cut, Please

Want luxurious locks? In many countries, it was once believed that if you cut your hair under a full moon, it would grow back thicker and longer.

Tangled

According to an old North Carolina superstition, if you let a bird use a strand of your hair to build a nest in spring, you'll have headaches in summer. But what a nice, cozy home the bird will have!

It All Rinses Out In The Wash

We declare a no shower day! Washing your hair on the first day of the Lunar New Year is believed to wash away your good luck.



HONEY,
I'M HOME!

Hair We Aren't

Trim on a Tuesday? Think again! In India, barbershops used to be closed on Tuesdays because it was considered an unlucky day for a haircut. In Thailand, Wednesday was the no-go haircut day.

Tiny Nibbles

In Wales, it was believed if you cut a baby's fingernails before they were one year old, the baby would grow up to be a thief. Parents would bite them down instead!

RHYME TIME

"Beware of a man,
Be he friend or brother,
Whose hair is one color,
And beard another."

CUT CUT, SNIP SNIP

Sailors often wouldn't cut their hair or nails while at sea, as they were convinced that doing so would cause a storm. Imagine what the crew looked like by the end of a long voyage!

Nailed It

In Turkey, India, and South Korea, trimming fingernails or toenails after dark was once believed to cause early death. Why? Cute little nail clippers didn't exist centuries ago, so sharp knives were used to chop delicate nails. You do the math:
darkness + sharp object =
ouch! (and lots of blood)
ouch! + no medicine =
serious infection or death.



Socks And Shoes

Knot For You

Only give a gift of shoes to someone you don't like. In South Korea, gifting shoes is believed to make the recipient run away from you or break the friendship.

Sole-mates

In India, leaving your shoes sole side up means there will soon be a quarrel, and leaving your slippers upside down is considered bad luck in Syria, Egypt, Nepal, and Brazil.

Shoe-perstition

In the United States and the United Kingdom, new shoes should be kept off the table or else they'll bring bad luck. In other countries, the belief is that shoes shouldn't go on the bed.

THE SHOE WEATHER REPORT

In Japan, some kids loosen their sandal or shoe and then kick it up into the air. The way it lands is believed to predict the next day's weather.

- ☂ If it lands on its side, the day will be filled with clouds
- ☁ If it lands upside down, prepare for a mix of weather
- ☀ If it lands on the sole, here comes the sun



LEFT FOR LUCK

In the Appalachian Mountains of the United States, if you find a penny, you're supposed to tuck it in your left shoe for good luck. Some brides do this on their wedding day.

A Hole Note

A hole in your sock means an important letter is coming soon.

SHOELACE SUPERSTITIONS

If you find a knot in your shoelaces, then you're going to have a very lucky day.

If your right shoelace comes untied, then someone is saying good things about you.

If your left shoelace comes untied while you're walking, then someone is gossiping about you.

RECIPE FOR A WISH

If both your socks slip down, make a wish as you pull them up.



Colors

RED

Red is a very **lucky** color in many East Asian countries. Eating red beans in Vietnam and giving money in red envelopes in China are both believed to bring good fortune.

However, red is **unlucky** in Korea. Never sign a living person's name in red ink—it's as if you're wishing they weren't alive.



YELLOW

Yellow is a **lucky** color in Chile. Many students there dress in yellow clothing for exams.

Some surfers in South Africa and Australia won't use an **unlucky** yellow surfboard. They believe that "yum yum yellow" attracts sharks. But scientists now know that sharks are actually colorblind, so this superstition is a wipe out.

BLUE

Actors in the United States and the United Kingdom used to be told that wearing the **unlucky** color blue onstage would cause them to forget their lines. The truth? Blue dye was expensive, and theater owners didn't want to spend a lot of money on blue costumes!

When a bride gets married, an old British rhyme instructs her to wear "something old, something new, something borrowed, something blue." **Lucky** blue was supposed to bring everlasting love.

GREEN

In Ireland, green is the **lucky** color of shamrocks and the color worn by leprechauns.

Sailors once believed that having anything green on a boat was **unlucky**. After all, green is the color of land.

PURPLE

In Costa Rica, the **lucky** purple Santa Lucia flower is given as a gift on the New Year's holiday to attract money. Many Costa Ricans will keep a dried flower in their wallet all year long.

It was once considered **unlucky** to wrap gifts in purple paper or wear purple to the opera in Italy, because purple was for funerals. It's also a color of mourning in Brazil.

ORANGE

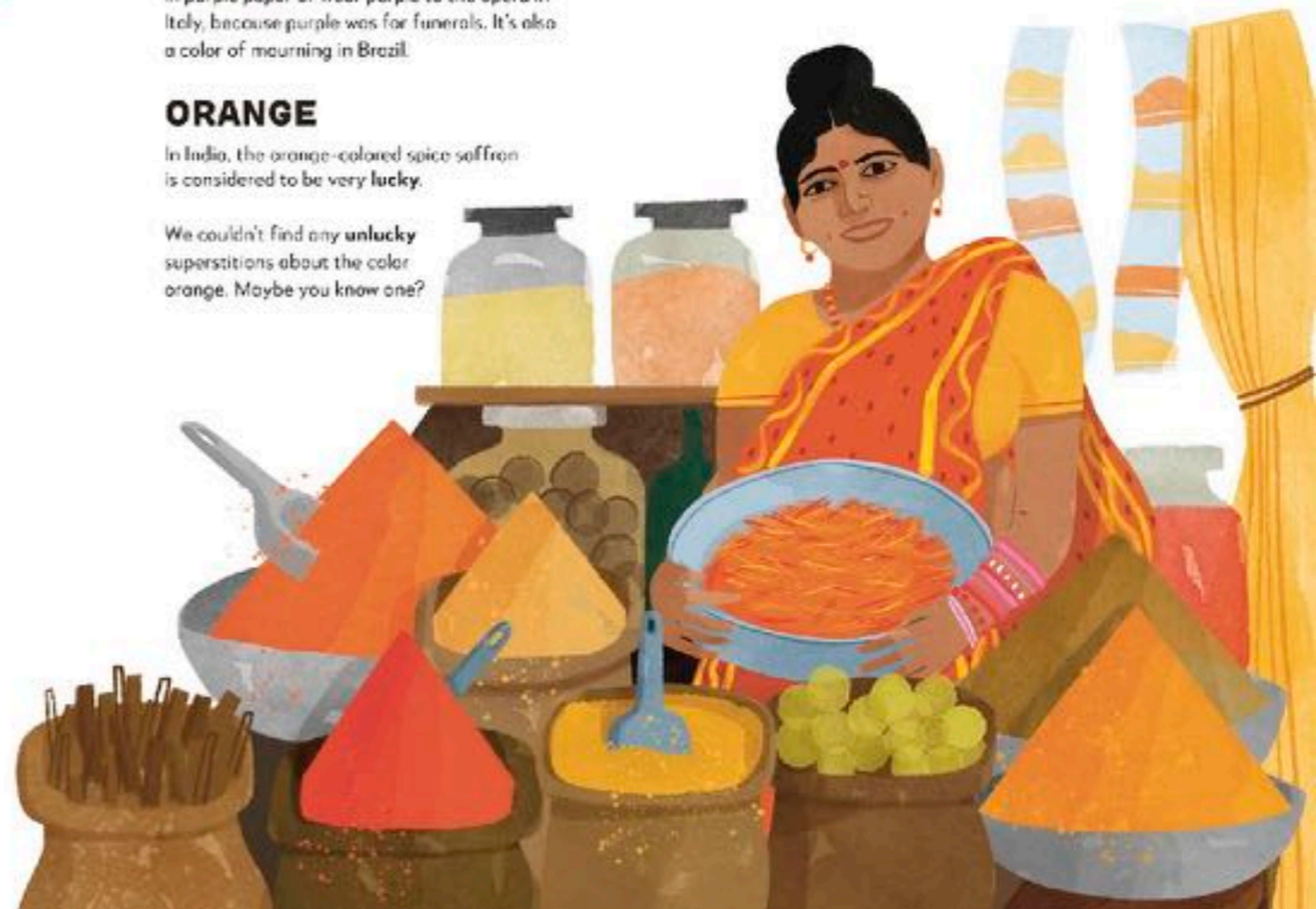
In India, the orange-colored spice saffron is considered to be very **lucky**.

We couldn't find any **unlucky** superstitions about the color orange. Maybe you know one?

COLOR ME LUCKY

In Thailand, there's a lucky color for each day of the week. Some older Thai people still wear the color connected to that day.

Monday → Yellow
Tuesday → Pink
Wednesday → Green (daytime) or Gray (night)
Thursday → Orange
Friday → Light Blue
Saturday → Purple
Sunday → Red



LILLA'S ART
Menagerie



7th
FEBRUARY
2023









HIGH STREET

ROPE WALK
THE ANCHOR

Back Lane

Jilly

Village green

COMMON
LAND

THE
CROWN





KING CHARLES

III

**6TH
MAY**

2023

**GOD
SAVE**

**THE
KING**



BUY LESS CHOOSE WELL



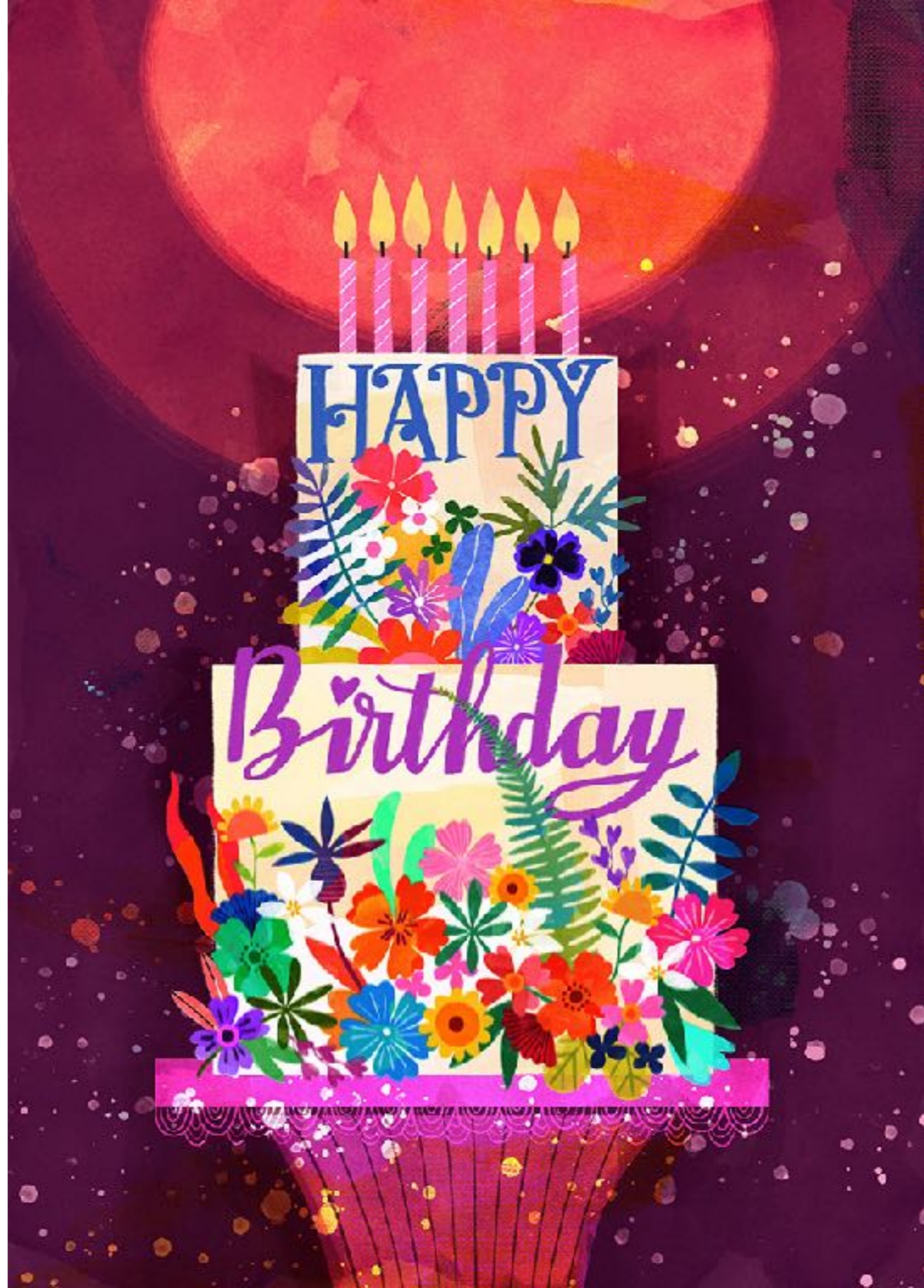
Vivienne Westwood



SHOP











ART FOR PROTEST

ART ACTIVISM
PROJECTS YOU CAN
DO FROM THE
COMFORT OF YOUR
KITCHEN TABLE



MAKE
YOUR
VOICE
HEARD



PROJECT EXAMPLE 1:
HAND PAINTED BODY
POSITIVITY PLATE



PROJECT EXAMPLE 2:
THRIFTED, HAND
PAINTED PRIDE
JACKET



PROJECT EXAMPLE 3:
SUSTAINABILITY
BANNER MADE FROM
RECYCLED TEXTILES



RUTH BURROWS

USE YOUR 

CRAFT



SKILLS
FOR GOOD

12 PEACEFUL PROTEST PROJECTS
YOU CAN MAKE AT HOME USING
RECYCLED AND THRIFTED ITEMS.


RUTH
BURROWS





PROJECT II

BODDY

POSITIVITY

In this project we will create a piece of artwork to celebrate the uniqueness of you!



PRIDE JACKET

In this project we will repurpose and upcycle a plain old denim jacket into a bright, bold and fabulous garment you can wear to celebrate the LBTGQ+ community.

Step 1. GO → THRIFTING



Why not?

Travel to a different town and take a friend to explore new thrift shops. Make it into a mini adventure!

Step 2. What you need:

Some or All of these items!

- Acrylic Paint
- Fabric Medium
- Iron or Heat Press
- Needle and Thread
- Paint Markers
- Sequins / Feathers
- Found Embellishments
- Scissors and Glue



Use acrylic paint mixed with fabric medium to paint designs on the jacket. You can sketch it out first with a pencil or marker if you like. Appliqué or glue fabric patches to parts of the design and go mad with whatever you have in your craft stash to make this a truly unique, one off piece!



WEAR IT WITH...

Tip:

Acrylic paint can be set by applying heat to the inside of the fabric



SAVE OUR SEAS ★

PEBBLE PAINTING

In this project we will paint pebbles, creating mini artworks to highlight the beauty of our oceans and how they are being destroyed by plastic pollution and overfishing.

Step 1.

What you need:

- Smooth Pebbles - Find these in your garden or pick some up at the craft shop. Don't take them from the beach!
- Acrylic Paint
- Brushes
- Acrylic Paint Pens - Posca or Similar
- Acrylic Sealer - Mod Podge or Similar



Look for inspiration online or out in nature. You can use a pencil to lightly sketch out your design or dive right in with the paint and pens.

Think about your message.

Tip: Seal your design with an acrylic sealant to make it durable and long lasting.



Why not?

Volunteer for or organise a beach clean up. Educate yourself on the impact of ocean pollution.



Summer Plans

By Jessica Shaw

Sunny, barefoot summer days

Backyard-cookout fun

Playing hide-and-seek with friends

Hitting a homerun

Hula-hooping in the yard

Eating cherry pie

Picnic blankets at the park

Fireworks in the sky

Jigsaw puzzles on the floor

Fishing at the creek

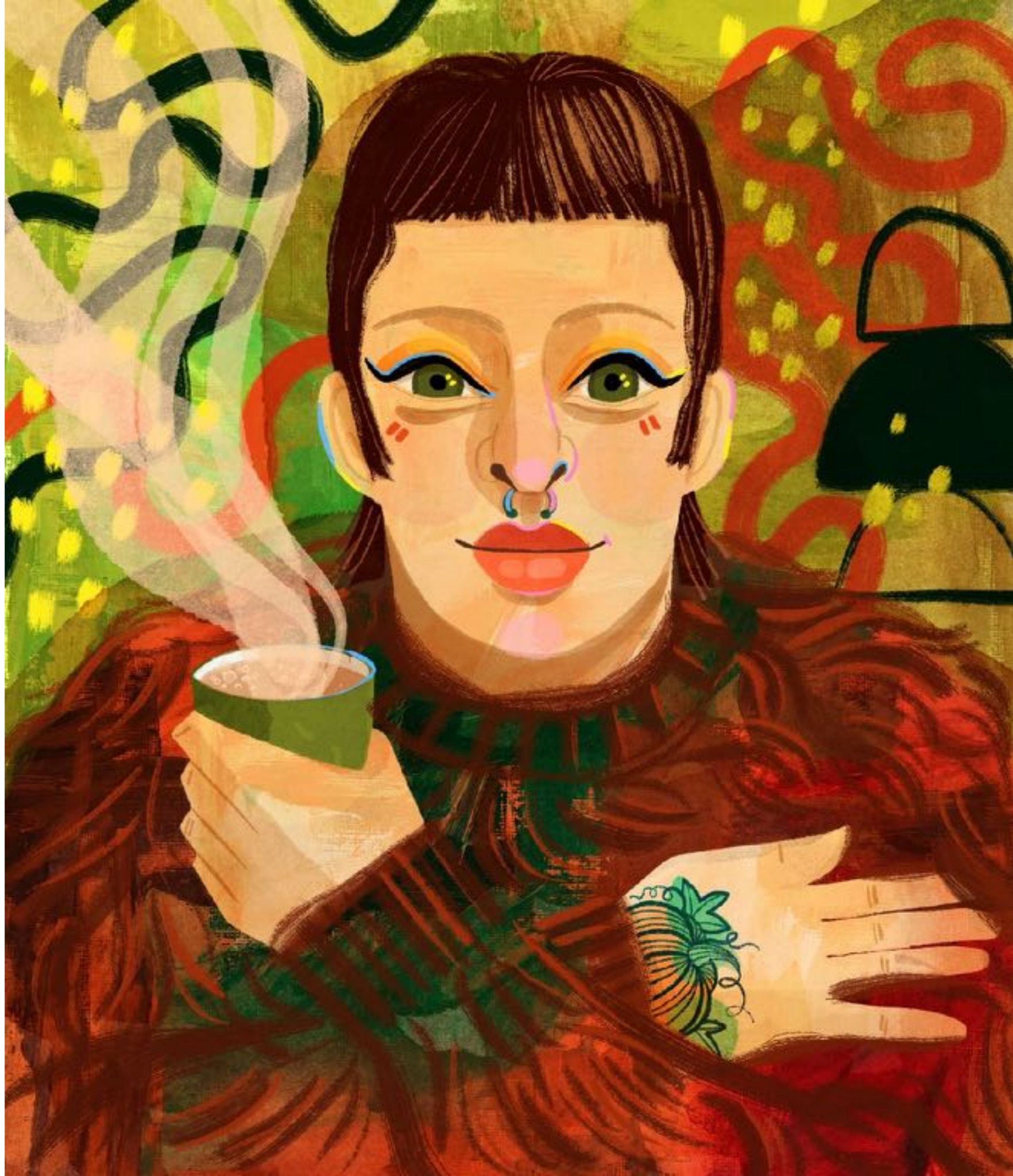
Mom won't have to hear, "I'm bored" ...

At least not till next week!



Illustration: crek







◀ THANK YOU ▶

A decorative banner with a variety of colorful geometric shapes, including triangles, circles, and lines, in shades of blue, pink, yellow, and red, positioned below the "THANK YOU" text.