



High Peak 5 Ways to Wellbeing Community Bunting Project

Making Fabric Bunting using paint and masking tape resist method

Project eARTH participants have been invited to contribute to a community celebratory bunting project inspired by the **5 ways to wellbeing**. To make our bunting we are using masking tape and paint on triangles of fabric.

You will use the tape to draw with (create a line where there will be no colour) to create decoration and or words on the fabric based on the theme of the week. You will paint over it in the colour that represents that element and then remove the tape once dry. Your design will be revealed. This is a resist method a bit like batik.

You might be asked to share your bunting with the community, so we are giving you enough materials to make 2 x sets of bunting, 1 set to keep for your home or garden and 1 set to give away.

The local invitation:

High Peak has a fantastic community spirit and we would love you to share your experiences of any, or all of the above, with other members of the High Peak community. **Giving** others an opportunity to feel **Connected** to one another. We are asking you to create your very own 5 ways to wellbeing bunting.

We would love it if you could display these in your windows (at home or work) within the High Peak for other community members to get out and about being **Active** to look at your creations. Feel free to share on social media too. Who knows by **Taking Notice** this could provide the motivation that someone else needs to start thinking about their own 5 ways to wellbeing.

If you have never heard about the 5 ways to wellbeing or have never made bunting, or never made bunting using masking tape resist, then this is an opportunity to **Keep Learning**.

Before we start let's remind ourselves of the purpose of the 5 ways to wellbeing:

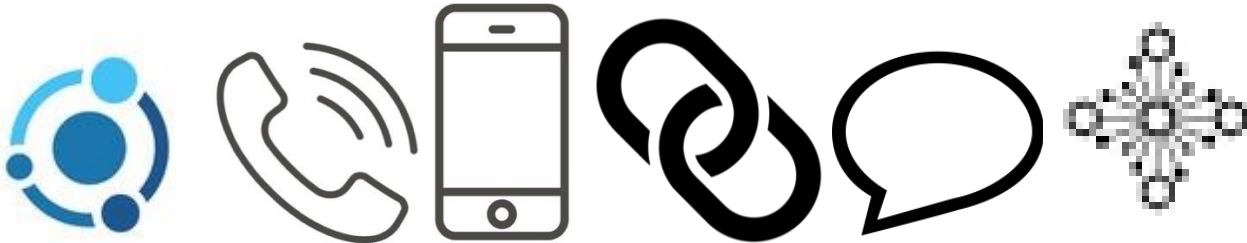
They are simple and proven actions that individuals can introduce to help them find balance, build resilience and most importantly boost mental health and wellbeing.

Connect Be Active Take Notice Keep Learning Give

Week 1 Connect – pink pink pink

There is strong evidence that indicates that feeling close to, and valued by, other people is a fundamental human need and one that contributes to functioning well in the world. It's clear that good social relationships are critical for promoting wellbeing and for acting as a buffer against mental ill health for people of all ages.

Here are a few examples of simple **connection** symbols you might find inspiring:



Week 2 Be Active – turquoise turquoise turquoise

Regular physical activity is associated with lower rates of depression and anxiety across all age groups. Exercise is essential for slowing age-related cognitive decline and for promoting well-being. It doesn't need to be particularly intense for you to feel good - slower-paced activities, such as walking, can have the benefit of encouraging social interactions and provide a level of exercise.

Here are a few examples of physical **activity** symbols:



Week 3 Take Notice – green green green

Reminding yourself to 'take notice' can strengthen and broaden awareness. Studies have shown that being aware of what is taking place in the present, directly enhances your well-being and savouring 'the moment' can help to reaffirm your life priorities.

Heightened awareness also enhances your self-understanding and allows you to make positive choices based on your own values and motivations. You can 'take notice' of what is around you, how you or others are feeling, the change in seasons, the weather, how something really tastes, what you enjoy doing, makes you laugh, the beautiful flowers and insects we share our world with.

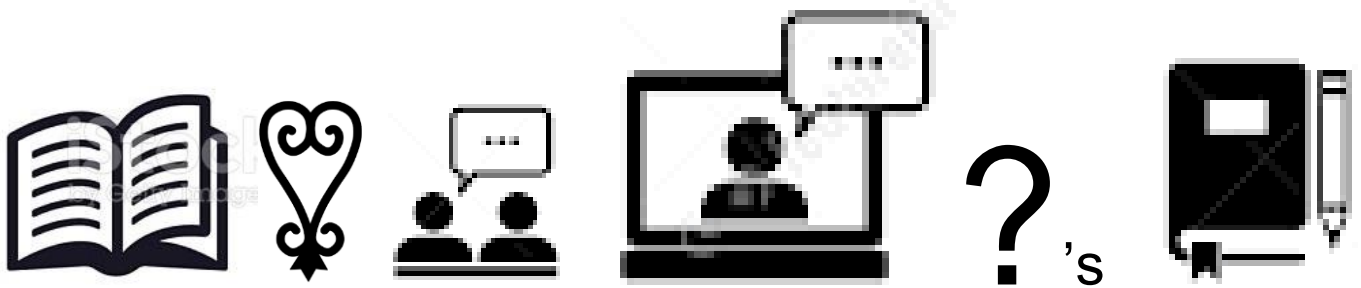
Here are a few symbols representing **Taking Notice**:



Week 4 Keep Learning – orange orange orange

Continued learning through life enhances self-esteem and encourages social interaction and a more active life. Anecdotal evidence suggests that the opportunity to engage in work or educational activities particularly helps to lift older people out of depression. The practice of setting goals, which is related to adult learning in particular, has been strongly associated with higher levels of wellbeing.

Here are a few symbols that represent learning and you might come up with your own about something you have learned...

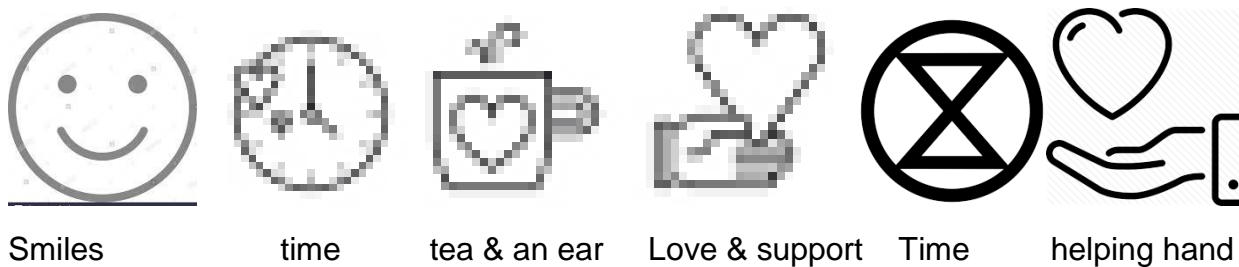


Week 5 Give – purple purple purple

Participation in social and community life has attracted a lot of attention in the field of wellbeing research. Individuals who report a greater interest in helping others are more likely to rate themselves as happy.

Research into actions for promoting happiness has shown that committing an act of kindness once a week over a six-week period is associated with an increase in wellbeing.

Here are a few ways to visually represent Giving but again you might find your own way to represent how you give to others and the world.



Week 6 – sew it all together as in section no. 5 of the following instructions.

Instruction sheet

Making Fabric Bunting using paint and masking tape resist method

I would suggest you do a practice triangle before you start so that you can understand/learn how to use the tape to draw with and help you think how you might design symbols for the triangular bunting.



- Remember where the tape is, there will be no colour as in fig.1
- You can use scissors to cut up the tape and create very intricate designs
- You might use your fingers to tear the tape and create a very simple design as in Fig. 1.1

Fig.1



Fig.1.1

What's in the bunting kit? (Fig.2)

Polycotton Fabric – enough to make 10 bunts (triangles) + spare fabric

1 x 25mm bunt template (triangle) to draw around

4 x metres of ribbon to sew the bunts to, when complete

2 x brushes for paint

5 x coloured paints, 1 for each of the 5 themes - with pva mixed in so it can withstand being weathered outside if needs be.

Masking tape – 12mm x 50 metres

Sketch book to do your designs in

1 x ruler

Needle and thread



Fig.2

You will also need:

Scissors – sharp fabric scissors are ideal to cut more than one bunt at a time, but everyday scissors will cut the fabric with a little perseverance, patience and thumb strength. Scissors can be used to cut the masking tape too. (You should have scissors from our felting project).

Pencil/pen – to draw around your template (pencils also in previous kits).

Something to protect the surface under the bunts when painting them such as newspaper, old table cloth, cardboard box, plastic bag opened up

A pens/pencils to do your designs in your sketchbook

You should have enough fabric to make a practice bunt – I suggest you have a go before you start designing as it may affect how you think about and design what goes onto your bunting.

1. Using your fabric and template to create the bunts

We bought the poly cotton sheeting fabric, because it takes the paint well and masking tape adheres to it.



Fig.3

You have enough fabric to make 10 bunts and a spare if you use the template

Triangles (Fig.3) are a great shape for bunting and you get more out of your fabric.

Using the template to create triangles next to each other, as in Fig.5, means that for every two triangles you will get a third triangle in between.

If you use the straight edge of the fabric as the shortest edge (top) of the bunt (Fig.4) it will save you fabric, energy and cutting time.

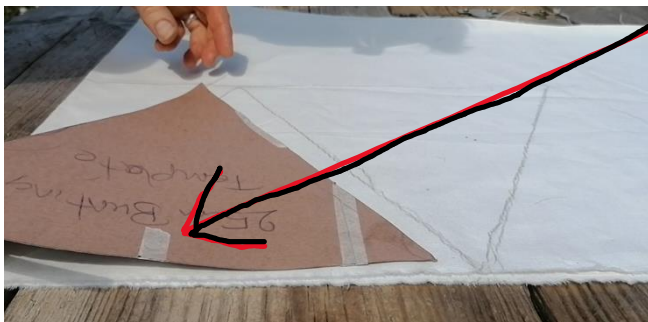


Fig.4



Fig.5

Draw around the template and keep drawing around it next to itself on the fabric (Figs.5,6, & 3). For every triangle you draw, you are part making another triangle.

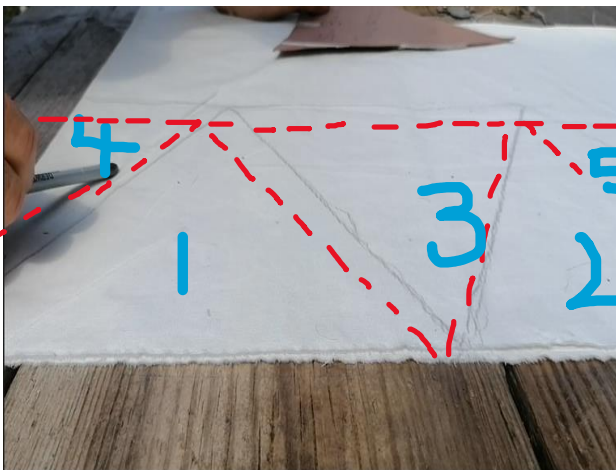


Fig.6

Use your best scissors to cut out the fabric bunts/flags. If you fold the fabric then cut through both layers at the same time it can save you time (Fig.7).



Fig.7

2. Creating decoration on your bunts using masking tape



Masking tape is a great way to get clean painted edges in your decoration.

No one usually draws using tape so there are no real design rules – anything goes. You can create simple patterns, words and even try intricate drawing but if you try to make too much detail it may get lost. And remember you have to remove all the tape once it has dried.

Fig.8

Masking tape is made from paper and can be easily torn with fingers or cut with scissors.

I cut or tear lots of strips of masking tape about 10cm long and attach it to the edge of a table or chair before I start so I can keep focussed once I start working on my design.

You can cut the masking tape in half lengthways to make smaller or more intricate shapes.

I have recently used selo-tape out of desperation which also worked but is a lot chunkier in design (Fig.9).

If your tape is too short, just add more on the end.

You can create lines, curves, circles (Figs.8,9,10,11) and squarish dots (you can of course create round dots if you patiently cut them out with scissors or a craft knife).



Fig. 9

Circles can be produced using small bits of tape next to each other as in Fig.10 or just by bending the tape as you go along (Fig.8) but bending can leave a less clean edge and sometimes lets the paint go underneath.

I **always** push the tape down with my fingers before painting to ensure it is going to resist the paint.

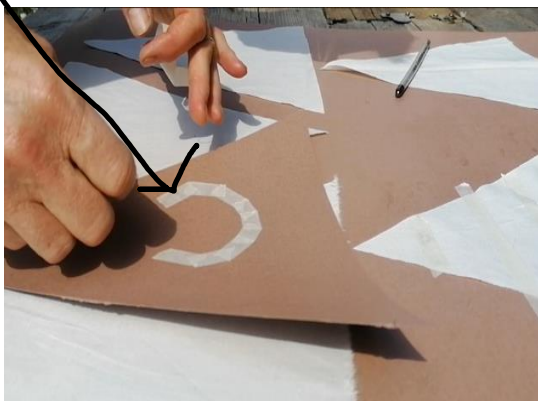


Fig. 10



Fig.11

3. Painting your bunts/flags

Ready mixed paint is very easy and cheap to get hold of and goes on fabric really well. It is great for indoor use but will most probably fade if you wash the bunting. If your bunting is for outside use, it is important to add a fabric medium to your ready mixed paint (unless using fabric paint) to ensure it is water resistant.

We have added PVA as a medium to help make your paint become more water resistant, so able to stay outside without fading too quickly. It might still fade if washed.

DO NOT iron the front of the bunting once painted with paint and PVA, it could stick to your iron - always iron the fabric at the very beginning if you want it very flat.

Some things to do before before you start painting ...

The 5 ways to Wellbeing has a colour theme that should help us create bunting that represents through colour, as well as symbolising the elements we are referring to:

Connect is Pink

Learning is Orange

Taking Notice is Turquoise

Be Active is Green

And Giving is Purple

It is important that we try to stick to the correct colour for each themed flag, so that when they are all hung together, they create a pattern in themselves as well as represent the themes properly.

You have all these colours in your kit.

Place some protection (newspaper, cardboard, old oil cloth tablecloth) underneath your bunting and use a little tape to secure your bunts onto the protection (Figs.14,15,16).

Paint each bunt one colour. Brush paint over **all** of your bunt, don't forget the edges and do paint over the tape.

Remember that where the tape is, it will be the colour of the fabric when finished, white in this case, so you will always have a minimum of two colours on your bunting (including the fabric colour).

The tape will be peeled off later.

You can paint straight over the masking tape, make sure you have pushed the tape down before starting to prevent leakage underneath. The edges of the tape will ensure a lovely clean (ish) edge (fig.1)

When it is almost dry - move the bunt so that it doesn't stick to the protection underneath – see note 4 below



Figs.14,15,16

4. Removing the tape

Once your paint has dried, peel off your masking tape (figs.17,18). This is the best bit, lots of people find it relaxing and exciting.

If using just ready-mix paint, then this is dreamy and it all just comes off lovely. But when you have added pva medium to the paint or are using acrylic paint be aware that the back of the bunt might stick to the protection (newspaper etc). I try to move mine to another bit of dry newspaper when it is still a bit tacky to prevent it sticking. When it does stick, I wipe the back of the bunt with a wet cloth to soak and rub most of the newspaper or card off.



Figs.17,18

5. Sewing the bunting

Hand Sewing

You have thread and a needle in your kit so you can hand sew the bunting to the ribbon, also provided - a running stitch is perfect for this job.

Helpful tips

Placing the ribbon on top of the bunt gives it a nice even finish on the front

Halve the ribbon so you have enough for both sets of bunting

Place the bunts evenly, but leave enough ribbon at the ends to tie it to something

Use pins or pegs to hold the bunts in place whilst you sew them

Make sure you have a knot at the end of your thread before you start sewing

Start sewing at the back of the bunt so the knot is not visible from the front

Use a running stitch - in and out - in a straight line as in fig.19 which is a view from the back

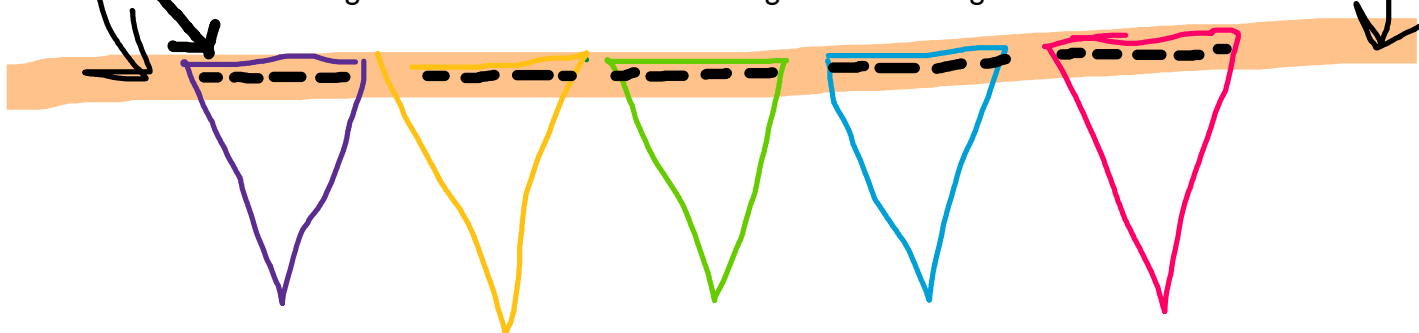


Fig.19 Back of the bunting and where to sew the bunts to ribbon

Machine sewing

If you have a sewing machine, then pin and sew the bunts to the ribbon provided. I use a zig zag stitch for speed and strength, but a running stitch will also do the job.

Nb. Be aware that the ready mixed paint on its own can leave a coloured powdery residue on your machine and may get into the mechanics of it.

Enjoy and feel free to share your creations, High Peak Community Arts