



ART AT HOME: *IRIS FOLDING & DRAWING/DOODLE* ~ Helen Dennis, Creative Center Hospital Artist-In-Residence, Mount Sinai West

Supplies

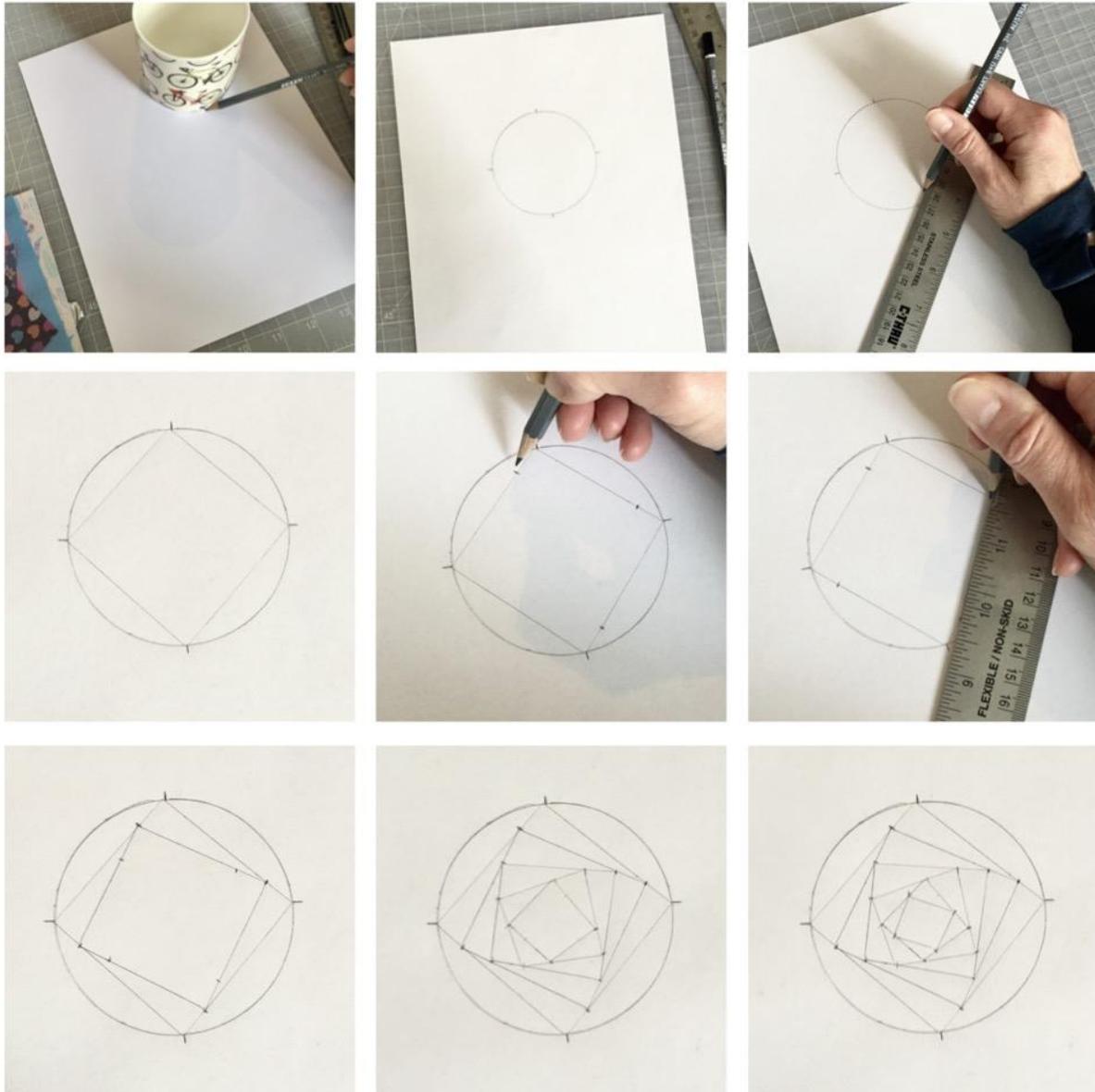
- 2 sheets of regular blank paper or card
- Colored paper and a little kitchen foil cut into 1inch strips.
 - ✦ Wrapping paper or magazine paper work well too
- Scissors
- Pen and Pencil
- Scotch tape
- Mug or something to make a circle template
- Ruler



Here are some detailed instructions, but hopefully the images will be most useful.

1. Make an iris folding template...

- Use the mug to make a circle on your blank paper.
- On the circle drawn on the paper using the pencil draw a dot indicating four points 12, 3, 6, and 9 o'clock on the circle. Using the ruler join these points to create a square.
- On the edge of the square place a dot approximately 1/2 inch from the corner, do this to every side of the square. Now connect the dots to create a smaller square.
- Repeat this multiple times until you have a small square in the center.



2. Prepare the paper

- Create a new circular template on the second blank sheet of paper and cut on the circle.
- Place the iris folding template (which you created in step 1) underneath so you can see it through the cut out circle. Fix this in place with a little tape.
- Meanwhile cut the colored paper into 1 inch thick strips



3. Placing the paper

- Take a strip of colored paper and fold it in half lengthways
- Line the folded edge up to the other edge of the largest square in your template and fix in place with a little tape at either end.
- Work your way around and do this to every side of the largest square visible.

- Now do the same to the next square visible and so on until you are left with a small square in the middle. Here you can place a piece of foil (or perhaps a small photo) to fill the square completely.

Note: It's fun to play around with the order of the colored paper and make patterns as you go.



4. The reveal... and Doodle

- Carefully detach the tape for the template and turn the page over.....
- Now you can turn your creation into a picture. I decided to make the circle a balloon and drew a lady carrying it. You can do anything here. Perhaps the circle is the center of a flower, the sun, bubbles..... let your imagination run wild. Or you can skip the doodle and keep it as a pure circle.

