
Connections to Nature

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Statement

My project is about bringing the feeling of the sea inside the home to help create a relaxing environment.

The pieces I have made are designed to imitate the sea colours, textures and the way it reflects sunlight.

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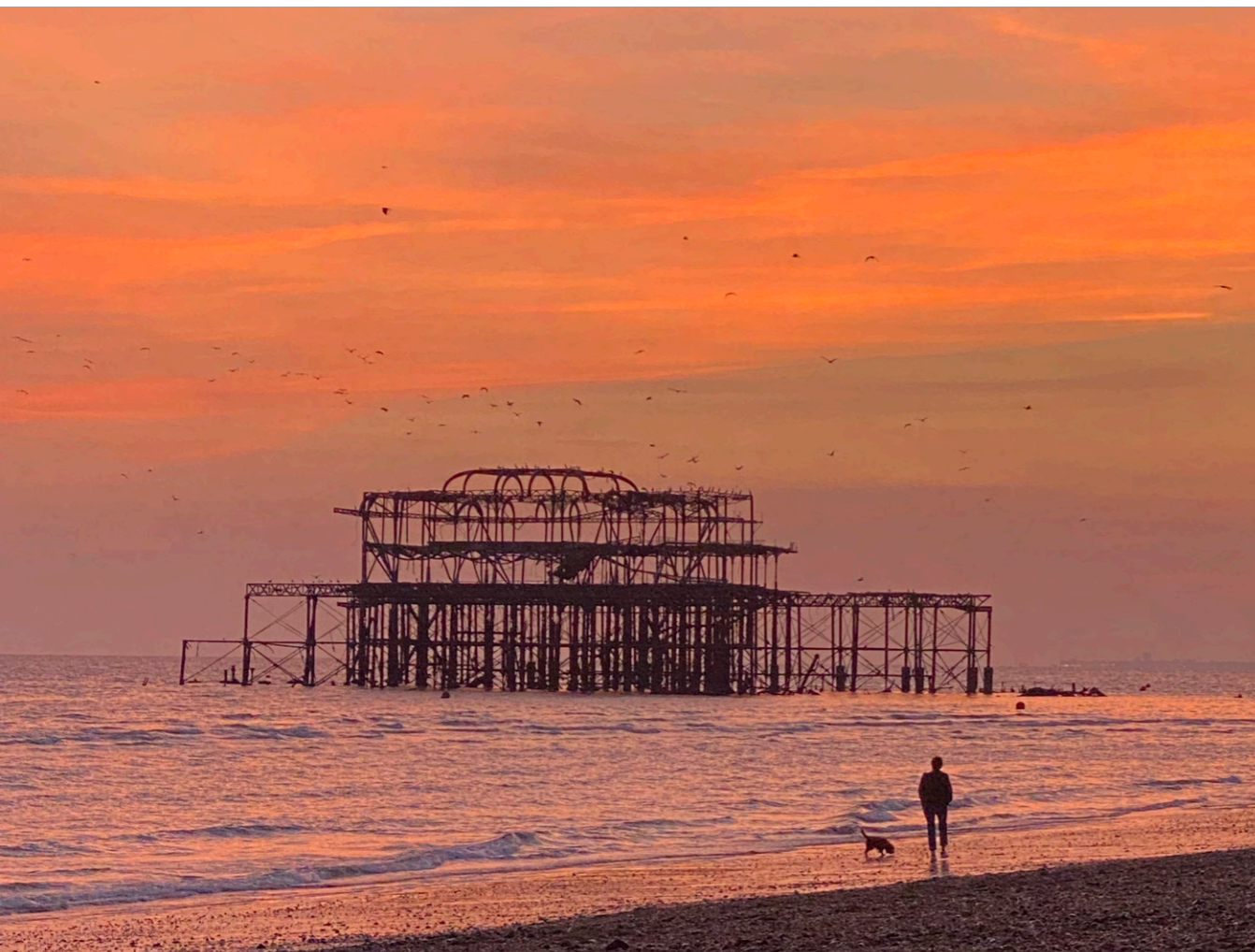
(Me and about)

I have always had an innate connection to nature, my whole life I have been in and around nature, whether it be long dog walks through forests and fields, or along rivers or around lakes.

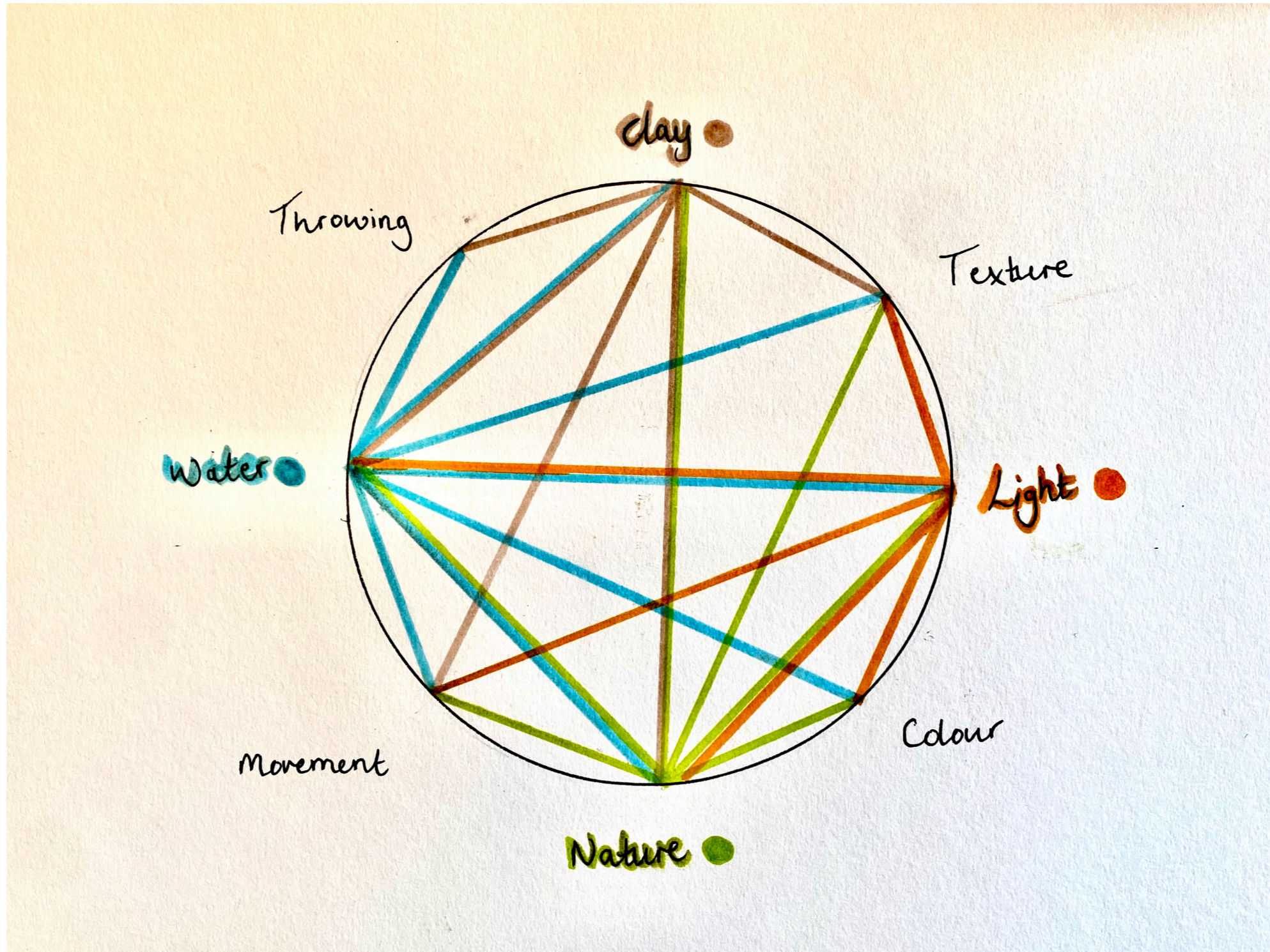
But since living in Brighton much more of my time has been spent at the beach and swimming in the sea.

Throughout this project I have refined my throwing skills while challenging myself by exploring new techniques.

I want to bring the feeling of the sea into the home using a combination of colour and light with the intention to imitate the sea's surface



My Connections

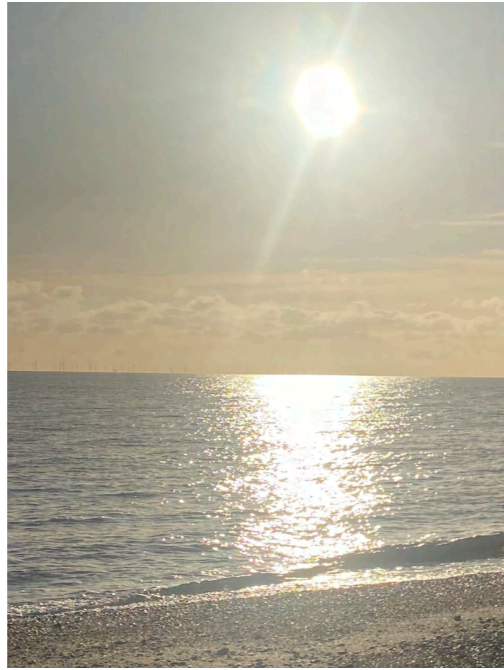


Sea and Light - at different times of day



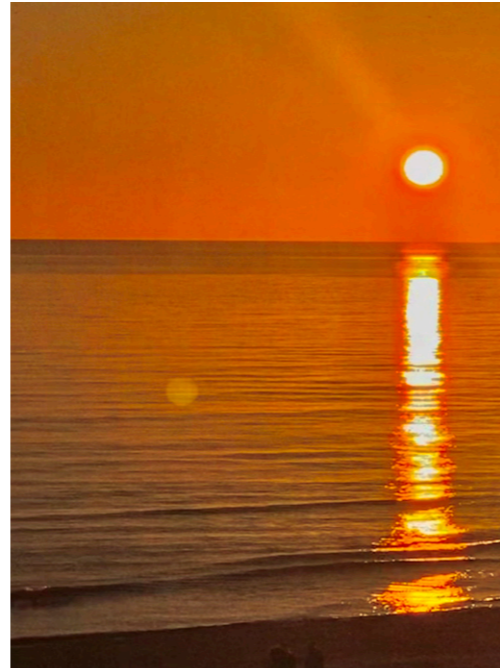
Early Morning - Sunrise

Low light hitting fronts of waves



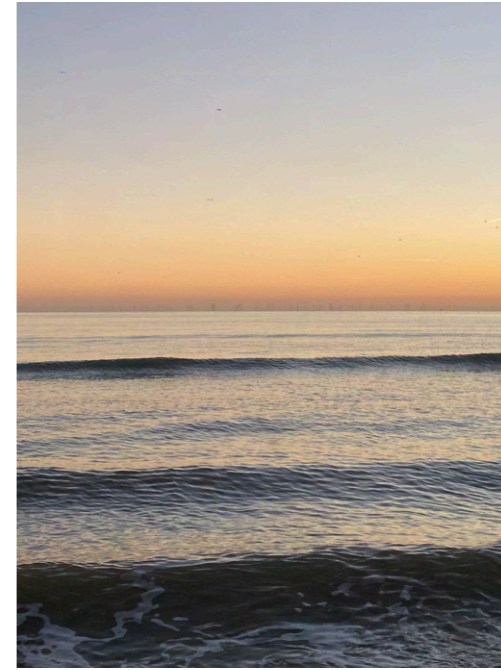
Midday

Light hitting water directly from above



Sunset

Deep orange light at a low level



After Sunset

Low light with the remaining colours in the sky reflecting on the surface



Night

Moonlight hitting the surface from directly above

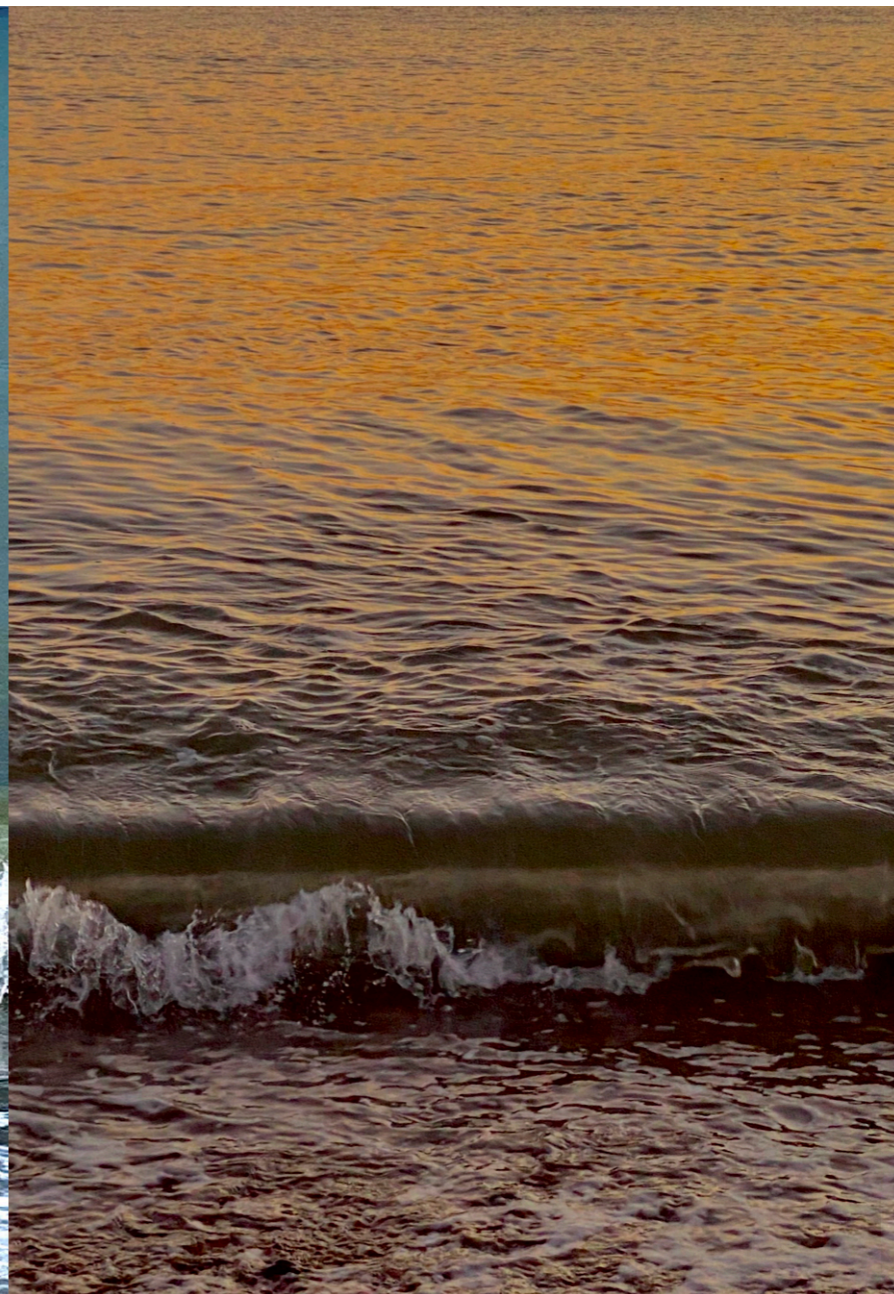
I studied how different times of the day can effect the colours and light reflections on the sea's surface.

My favourite times are just before and after sunset due to the contrasting orange and blue colours created by the reflection of the sun and sky

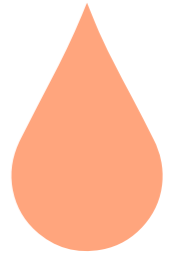
Sea Surface Texture/colours



The blue tones of the sea change to a pale green where it breaks into waves

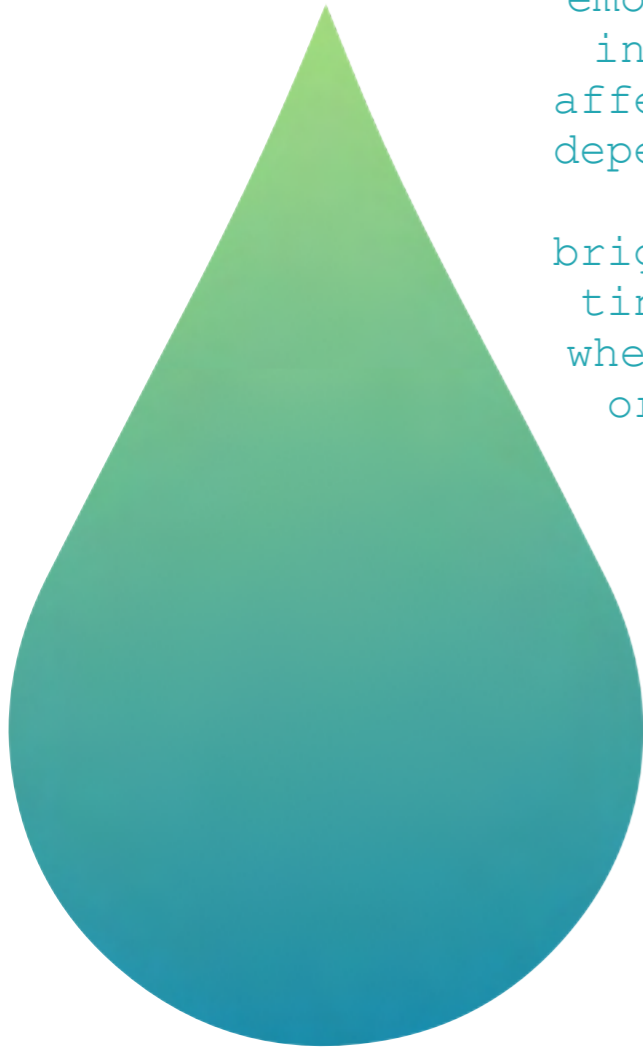


The low level of the sun highlights the texture on the waters surface more, changing the high points to coppery tones



Colour

Different colours can evoke different emotions. The way in which we are affected by emotions depends largely on the colours' brightness, shade, tint or tone and whether it's cool or warm toned.



Cool Colours:

"Are you looking for a peaceful and calming environment? You might consider using green and/or blue. These cool colours are typically considered restful"

[http://www.arttherapyblog.com/
online/color-psychology-
psychologica-effects-of-colors/
#.Ynlmbi_TW-o](http://www.arttherapyblog.com/online/color-psychology-psychologica-effects-of-colors/#.Ynlmbi_TW-o)

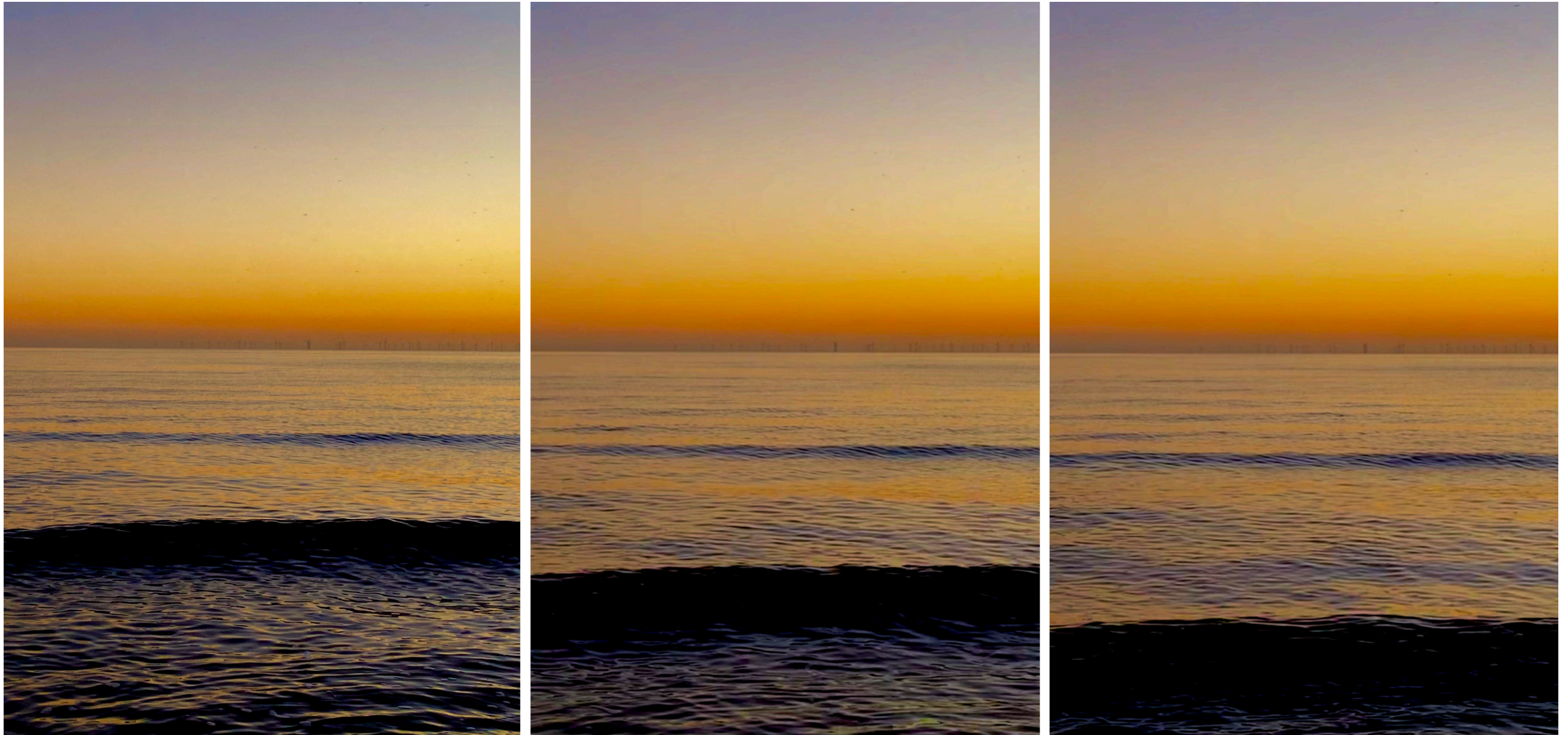
Warm Colours:

"Sunlight is yellow; orange and red are the colours of fire; both personify the feelings of comfort we get from warm colours"

[https://homeguides.sfgate.com/
feelings-warm-colors-
give-96689.html](https://homeguides.sfgate.com/feelings-warm-colors-give-96689.html)

Movement / Flow

Texture also has an impact on our emotions. Different textures give off different emotional responses. Smooth, soft, and warm textures evoke feelings of comfort and calm. I intend to use glazes that reflect these in order to create a relaxing environment.



Rolling Waves

Looking at the water surface and the soft gentle flow of the waves.

Light

“Light creates more than just visual effects (image, shape, intensity, perception, contrast, etc.); it also has biological and psychological effects that can impact the health and wellbeing of humans.

It can improve mood and stabilise our circadian rhythms, helping us get a better and deeper nights sleep.”

<https://www.tcpi.com/psychological-impact-light-color/>





Benefits of Sunset

“Other than providing you with Vitamin D, the benefits of gazing into the soft sunlight are manifold:

It helps improve energy and immune function.

It stimulates healthy brain function.”

<https://wander-women.co.uk/sun-gazing-its-benefits/>

It puts you in a better mood.

“Research shows that sunsets have many psychological effects that enhance the long-lasting satisfaction of in life and physical benefits and have been proven to relieve stress.”

<https://www.agoldlining.com/post/reasons-why-you-should-make-time-for-the-sunset>

"Mindfulness is a technique you can learn which involves noticing what's happening in the present moment, without judgement. You might take notice and be aware of your mind, body or surroundings. Mindfulness aims to help you: become more self-aware feel calmer and less stressed"

<https://www.mind.org.uk/information-support/drugs-and-treatments/mindfulness/about-mindfulness/>

Mindfulness

Throwing

I love throwing; the feeling
of the smooth clay flowing
between my fingers,
connecting me to nature, as
well as helping me be in the
moment



Raku test tiles



Using a combination of blue, green and white raku glazes

Glaze test

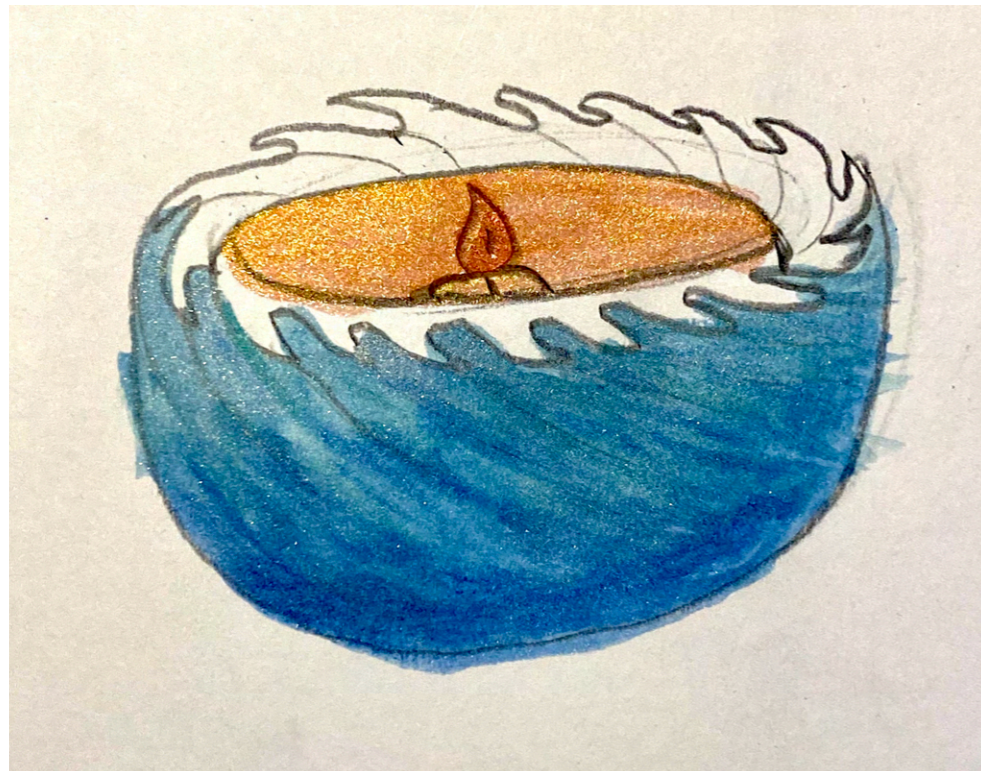


Using a combination of blue,
green and orange glazes

Designs

Lighting designs based on my
thrown forms

I was able to create designs
that highlight the qualities
I want to portray using
techniques obtained through
research and testing.



Wave Form



Enclosed Form

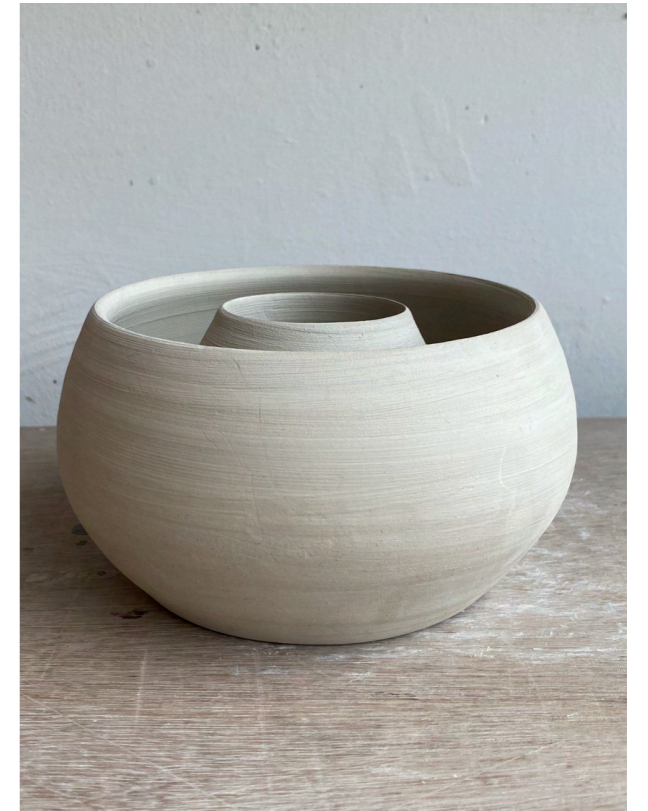


Thrown Forms

I experimented throwing double-walled enclosed shapes, playing with the fluidity of the clay which led to wave-like forms.



Rounded Shapes



Rounded Double Walled Form



Rounded Double Walled Uncontrolled
Wave Form



Rounded Double Walled Controlled
Wave Form

Burnishing



Using smooth stones I collected from the beach

Raku Firing



Pieces after firing, before cleaning



Raku Firing



Lighting



I chose to use small candles instead of electrical lighting since it's more in line with my natural project. The flickering flame highlights the raku glazes.

Raku with Candle



Bibliography

Slide 9:

<http://www.arttherapyblog.com/online/color-psychology-psychologica-effects-of-colors/#.Ynlmbi-TW-o>

<https://homeguides.sfgate.com/feelings-warm-colors-give-96689.html>

Slide 10:

<https://wander-women.co.uk/sun-gazing-its-benefits/>

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Slide 12:

<https://www.tcpi.com/psychological-impact-light-color/>

Slide 13:

<https://www.mind.org.uk/information-support/drugs-and-treatments/mindfulness/about-mindfulness/>



