

The Yellow Book Selected Entrants



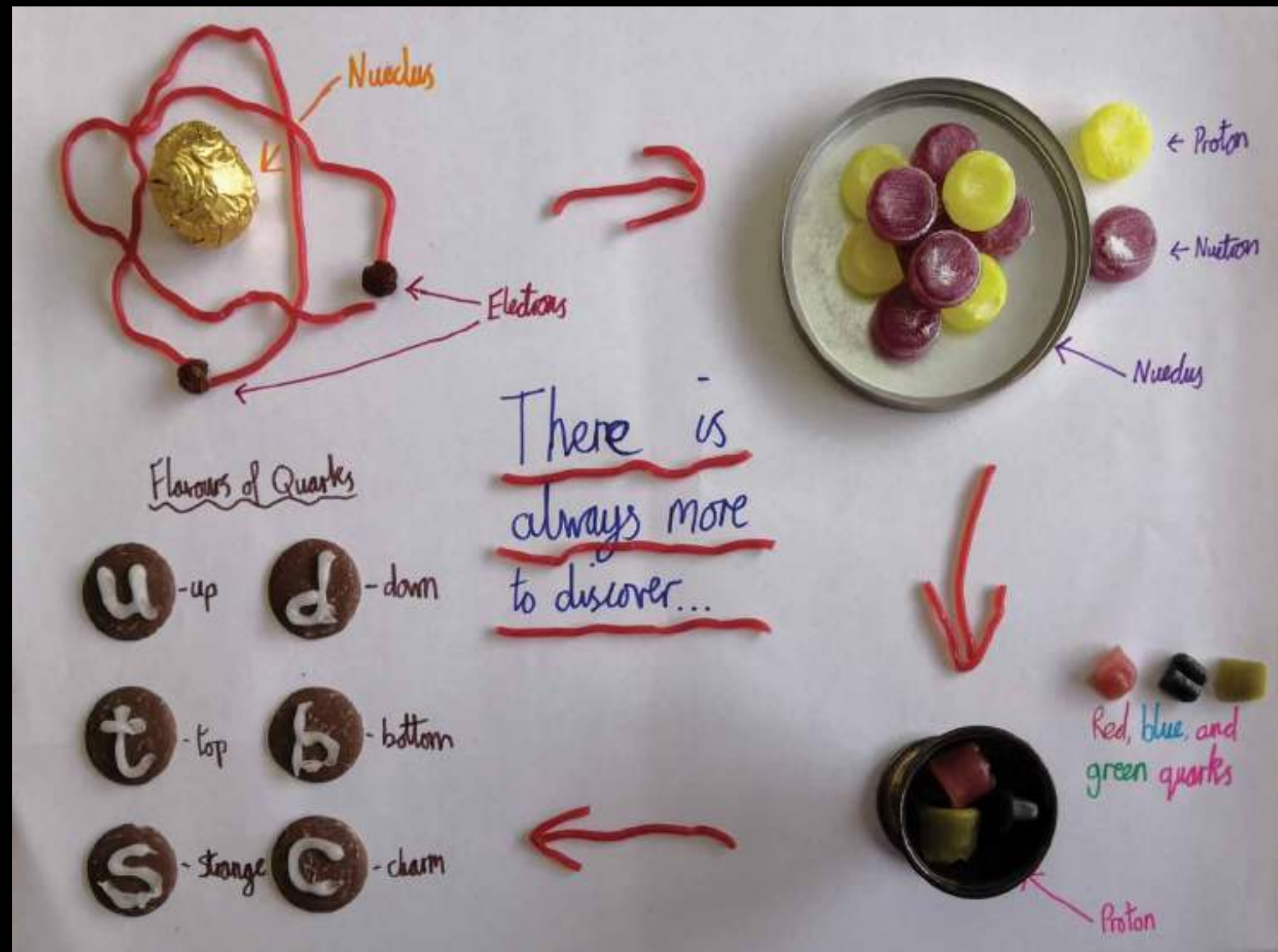
Even on life's greyest paths, the radiance of a single flower is a hint that sunshine is on its way.

Radiance
Vanessa Hunt

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I'm inspired by the thought that there is still so much left to discover about life and the universe we live in. I've represented this in the form of sweets!

Food For Thought
Lydia Johnston

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My son has profound hearing loss and recently underwent surgery for cochlear implants. It went well, however his recovery was tough. Putting my headphones on and listening to music helped me through some difficult times. Music is always there for us. It can comfort, inspire and help release emotions. This image is about connecting with music and nature. Both of which have come to the forefront of many people's lives over the last year.

Listening
Emily Sephton

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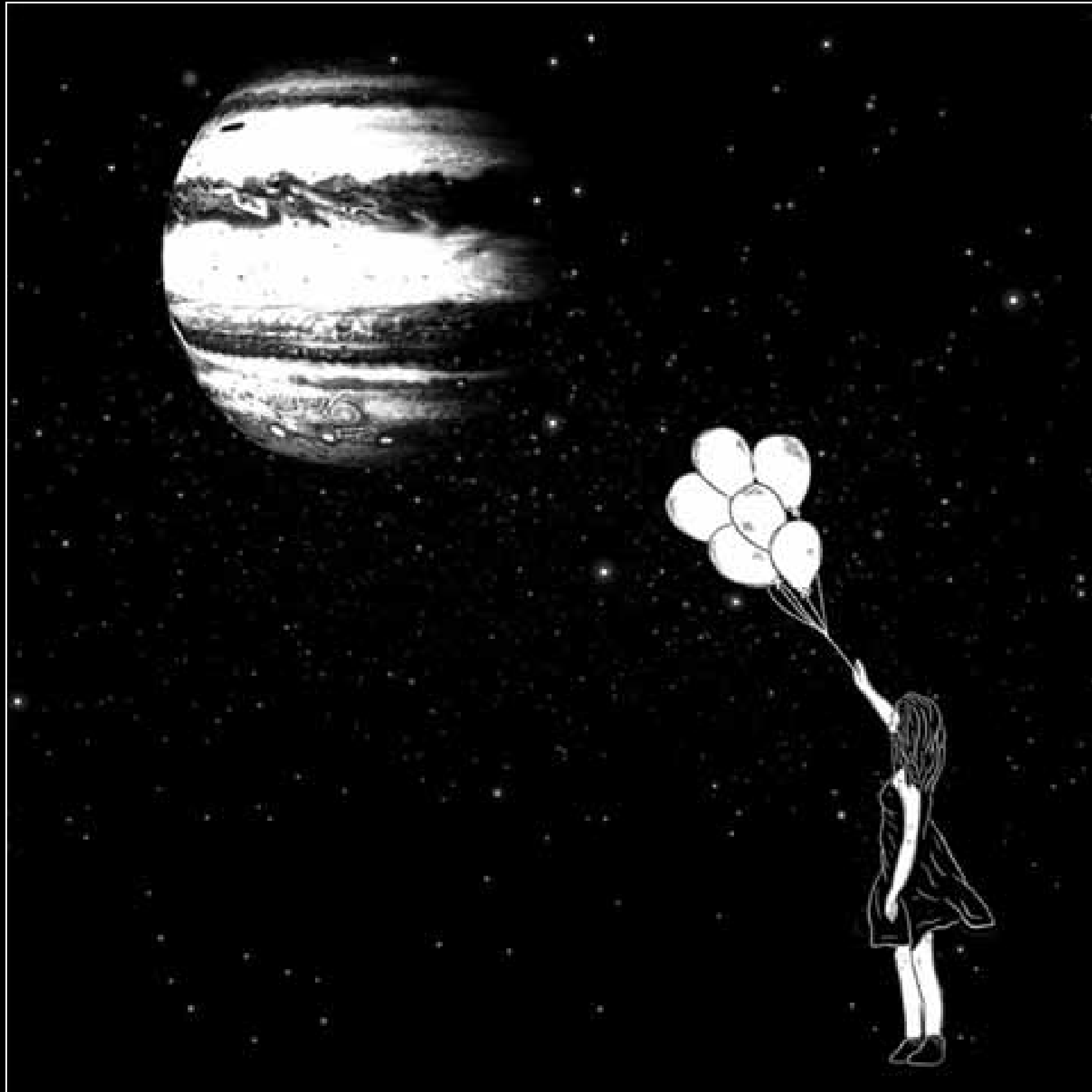
I kept a food bag from when I had to isolate upon arrival at uni. A month later I drew all over that bag, giggling hysterically as I scraped the bottom of the barrel for anything that brought me joy. This drawing was a step towards spring and summer in a year which began so horribly.

What Makes You Happy
Amy Bradbury

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The girl represents humanity drifting into space where other dimensions exist and pull us like muses into another heavenly world.

Awakening
David Holloway

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Growing up, the idea that a woman could go off travelling on their own seemed to be just that – an idea; something that I felt didn't happen often, nor was ever really spoken about. I have since travelled around multiple parts of the UK on my own, and found a sense of freedom I never knew existed.

Gracious Solitude
Sabina Howes

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**A sign of better things to come, spring is
on the way, a new day approaches.**

Light at the end of the Tunnel
Steve Simmonds

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**I learnt that starfish can
regenerate the whole body
from one severed limb!**

**Nature is Amazing
Gilli Fawcett**

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Seeds Ready To Fly
Kamilla Kwiatkowska

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Sleep, Crochet, Cat, Repeat

Keeping Warm
Helen Washington

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Taking time away from ‘busy’ is the most intimate and undervalued gift you can give to yourself. A daily intention to pause, reflect and give thanks.

Sunset Reflections
Lara Crowther

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Every environment - even ones we see everyday - has beauty and joy in it. Sometimes the beauty of growing things, reaching for the sun or exploding into colour; sometimes the joy someone found in creating a place or planting a place or decorating a place. This house didn't have to be blue, but it is, because that gave someone joy.

Lifting the Blues
Kenneth Huggett

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This scene seemed such a good metaphor for all the things going on at present - a sign to remember the sun is always shining behind the clouds - Rainbows are often seen as signs of positive change - a beautiful scene to witness during lockdown - #ArtLiftingLockdown

Hope Through The Storm
Will Johnston

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I painted this in watercolour based on a Kingfisher that raised my spirits when I was out walking. The process of painting it was very relaxing and helped enormously during lockdown. I'm a total amateur with no art training and hadn't painted using watercolour for around 40 years so I urge everyone to try. You never know what you might be able to do.

Kingfisher
Jeannie Atha

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Painted during the lockdown I returned to this subject after a smaller, simpler piece I made in 2014. It measures 29 x 46 inches and is an acrylic work.

Maybe Next Year
Paul Dexter

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A digitally illustrated piece inspired by the daily task of finding entertainment within our own homes during lockdown. Without the ability to travel or even leave our homes, we are forced to reconsider our daily lives and reimagine things which may have seemed mundane previously in order to find joy in the ordinary.

Holiday From Home
Bridget Stanger

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**Floral illustration to
say Thank You.**

**Thank You
Sue Bee**

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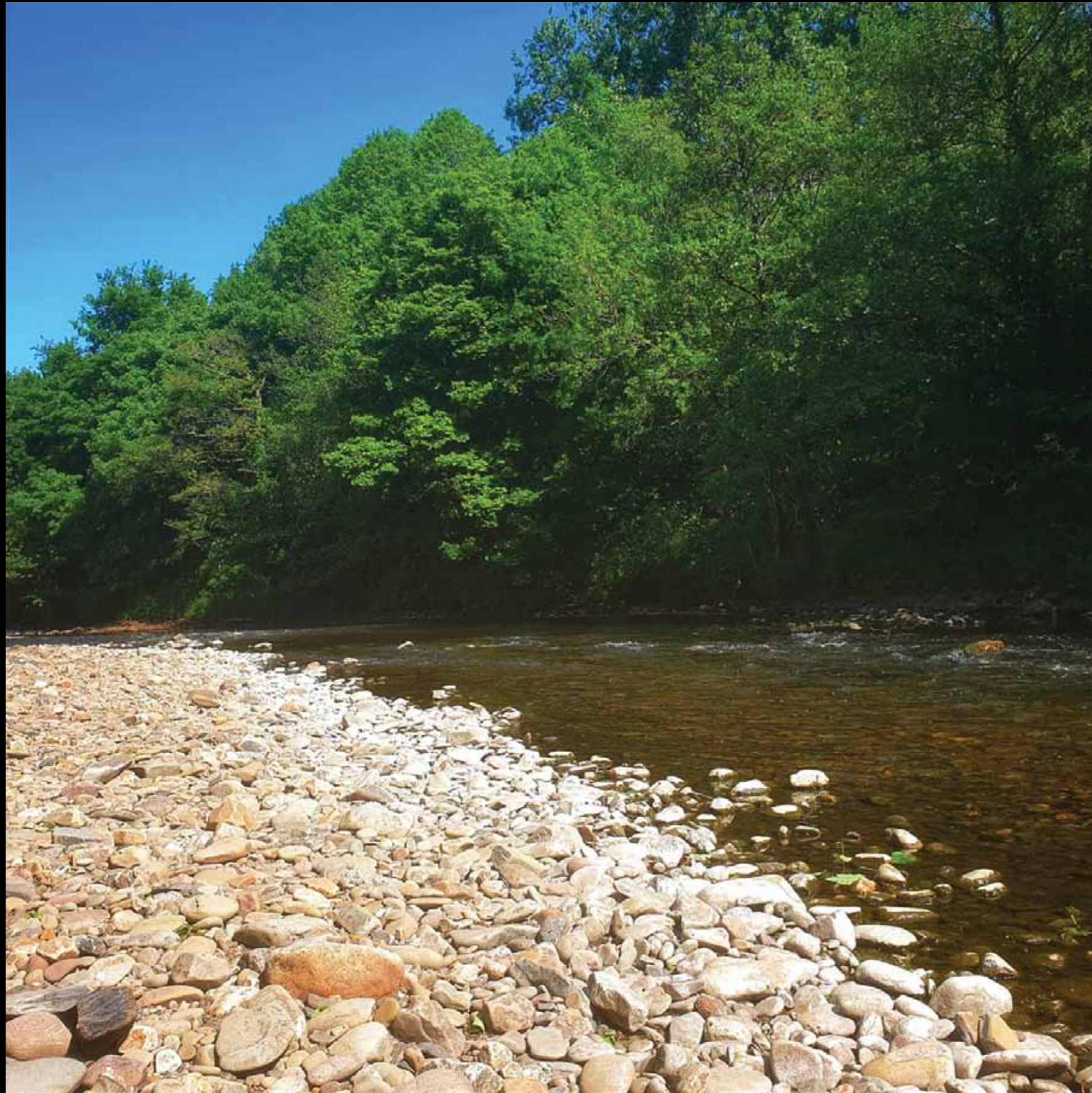
Despite it being the first evening of the pandemic lockdown and the fear and uncertainty it brought, the beautiful sunset provided a reassuring warm calm glow.

Sunset on Scooters!
Ian Batters

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**Nature - Take a walk
to feed your soul.**

The Calm of the River
Mair Eleri Davies

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I used all my favourite acrylic blues to cover this old canvas making a mysterious textured sea, then filling it with a highway of coloured fish cut out of old paintings. The bright orange is a perfect complementary colour so the rising shoal of little fish lifted the whole picture as well as my mood! Collage is easy, fun and therapeutic!

Under The Sea
Sally Ann Dyer

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I have recently taken up dotting - this tealight holder is the third item I have completed. As a perfectionist, embracing this deceptively simple craft has helped me calm my mind, focus on what's in front of me and learn to relax and live with the imperfect.

Calming Dotting
Maggie Baird

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This is how I feel when going for my allocated exercise to our local park 'Pishiobury Park'. Happy with buttercups. We must all try and look for the best in life how ever hard it is. Back home is tough, but when the sun is shining how can you not smile!

Smile Shadow with Buttercups
Sarah Harvey

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Here is my second free portrait of an NHS worker - for #portraitsforhsheroes This is Sarah Lord who is a Nursing Assistant after a very long shift, and works for the St. Clare Hospice. She's doing an invaluable job. Thank You - We bow to you.

Sarah Lord
Sarah Harvey

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A selection of cotton scarves which I printed using natural leaves and dyes: ecoprinting. Love the whole process of collecting leaves outdoors, preparing them, the dyeing process and the sheer delight in unwrapping the bundles to see the natural detail captured on fabric.

Capturing Nature's Details
Maggie Baird

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A little piece of beauty

**Holiday
Fiona Mills**

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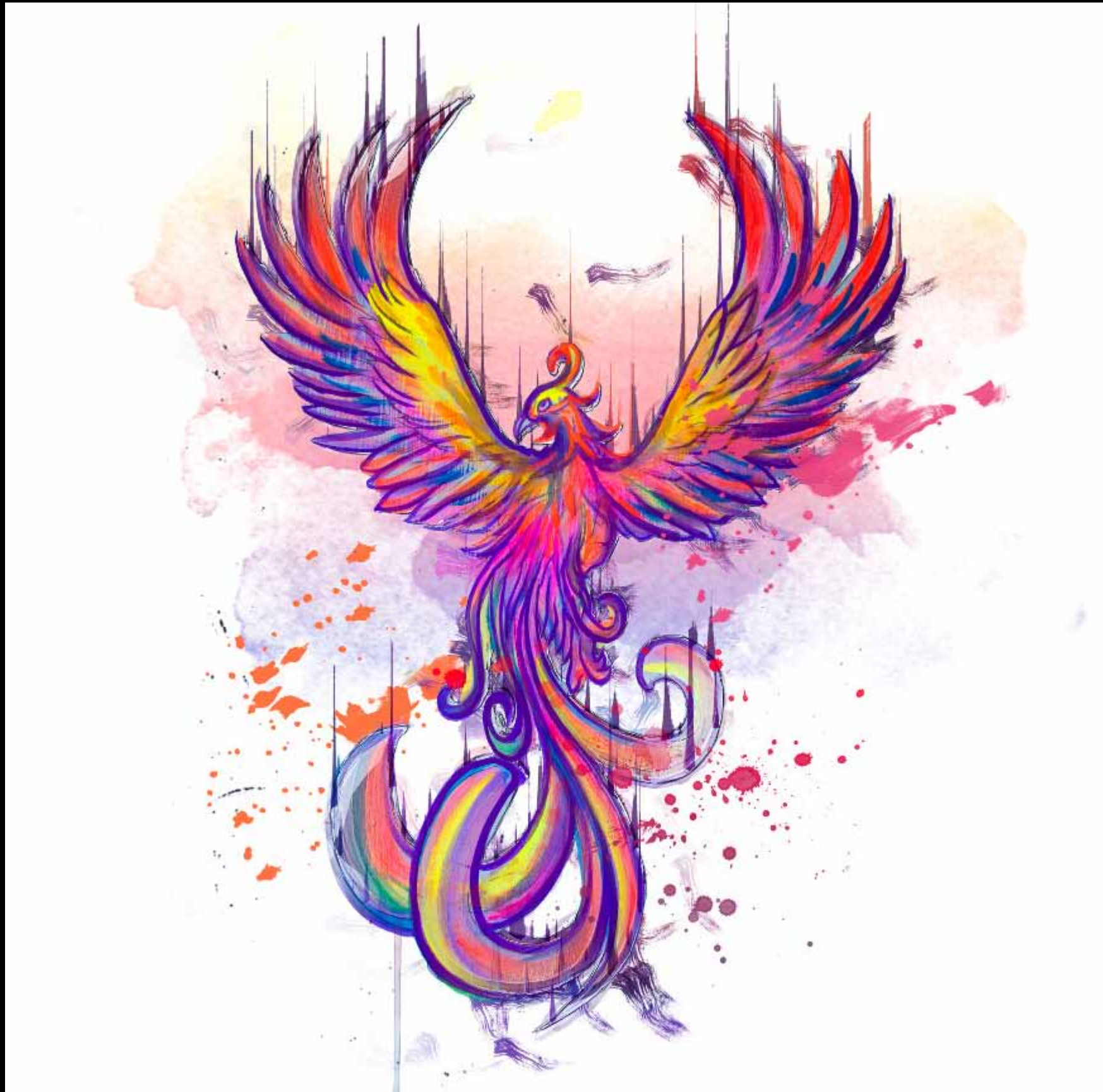
Let us hold hands together and grow great beauty like that of the trees

Tree of Hands
Paula Howells

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The phoenix used to arise from the ashes when it died. My artwork represents a metaphor of reviving the soul from an illness or old self, and becoming a beautiful, reawakened person.

Rising
David Holloway

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This is a portrait of Giang lying on a floor upside down. I try to draw a portrait as often as I can, every day when I'm feeling well enough - I think of it as my daily art therapy and I do believe drawing and painting helps my mental health more than anything else I do.

Giang
Helen Leigh-Phippard

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I love spending time in my bee garden and act as if they are spirits of my beloveds. The music inspired this piece as I pondered: if everyone believed this, perhaps they would be adored; cherished, talked to not feared and more would be done to save them?

If Bees Were Spirits
Teigh-Anne Shave

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A connection with nature is important to me to foster a sense of wellbeing. Friendly nature spirits reside in woodlands, and reward those who look after the forest.

Heart of the Outwoods
Lauren Foster

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**The hope and promise
of a new day.**

**Lockdown Morning
Thea Arnold**

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Gaming has helped me to tackle problems and obstacles in my life and given me an escape from my problems, it is a place where I feel most happy. Through games I feel like a different version of myself and I enter this “portal” into a different dimension.

The Portal
Spencer Langford

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When the world is upside down, it can be hard to stay upright. Find your climb and start from the bottom, even a tiny step brings you closer to the top. Your mind is stronger than the climb itself, and you will make it to the summit.

Start Your Climb
Samantha Jones

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During lockdown skating allowed me to get exercise and helped me get through being locked inside all the time.

Casino Skates
Henry Eccles

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Breath-Taking
Isabelle Billings, Age 10

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A representation of mother nature being in its most calm, natural state. Everything around you is breath-taking. My art portrays a reflection of how precious our surroundings can be if we just take a minute to stop, calm down and breathe and know that everything is under control.

Harmonious
Jaida Salmon

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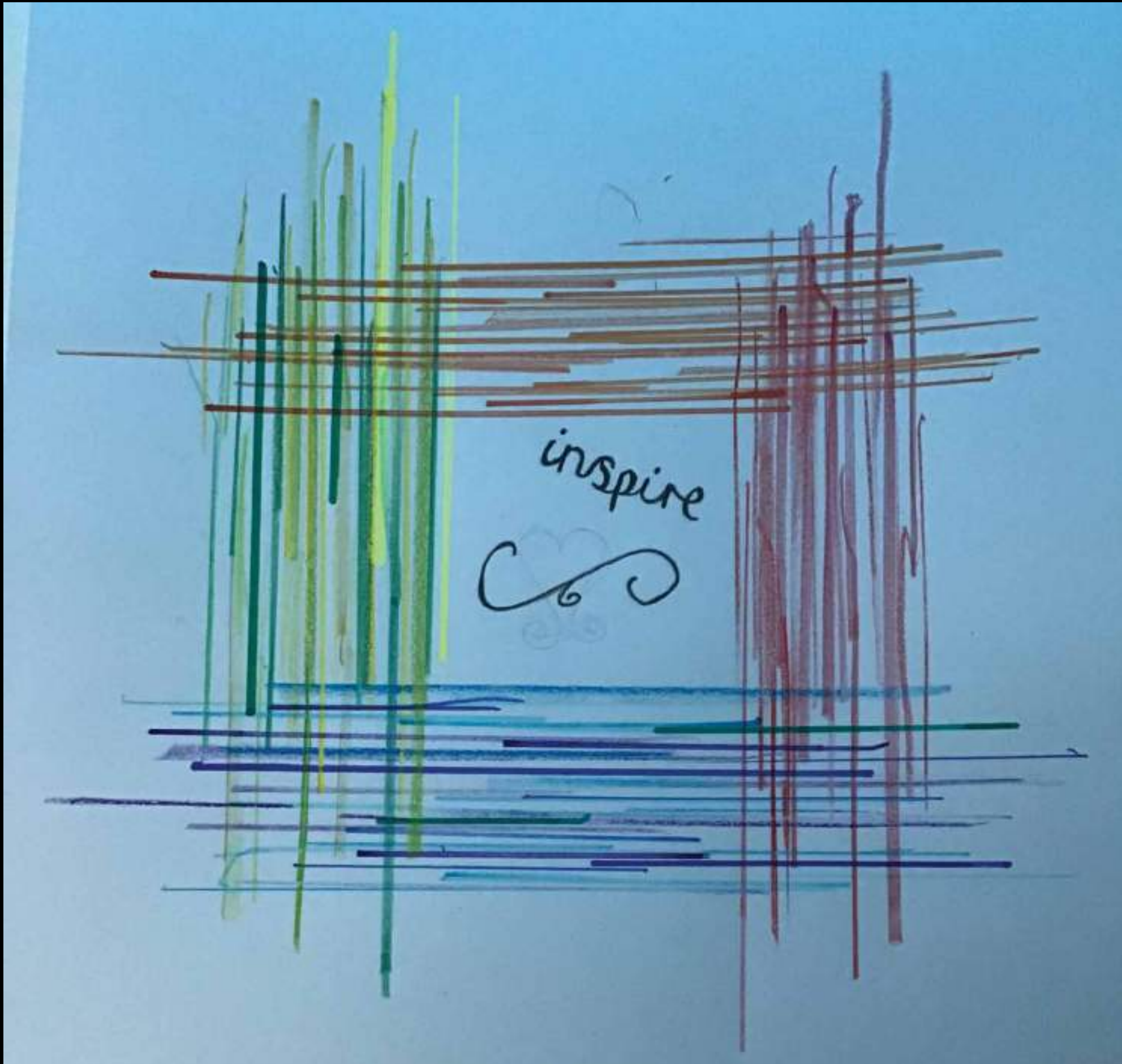
In my design, the headphones are a reference to the importance of music in my life and it's ability to lift me up even in the worst moments. The headphone wire gradually transforms into wisps of smoke that direct towards a space shuttle blasting off to space. I have always been fascinated by the vastness of space and incredible objects that exist outside of our reach. Looking up to the sky and thinking about all the stars we can and can't see is breath-taking. The space shuttle represents this fascination for everything that exists beyond our planet.

Take Off
Jamie Rootham

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**I think colours make people
happier and inspire people.**

**Lined Rainbows
Erin Russell, Age 11**

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**Playing my music to make
everyone happy**

**Noah Being a Pop Star
Noah Carter, Age 6**

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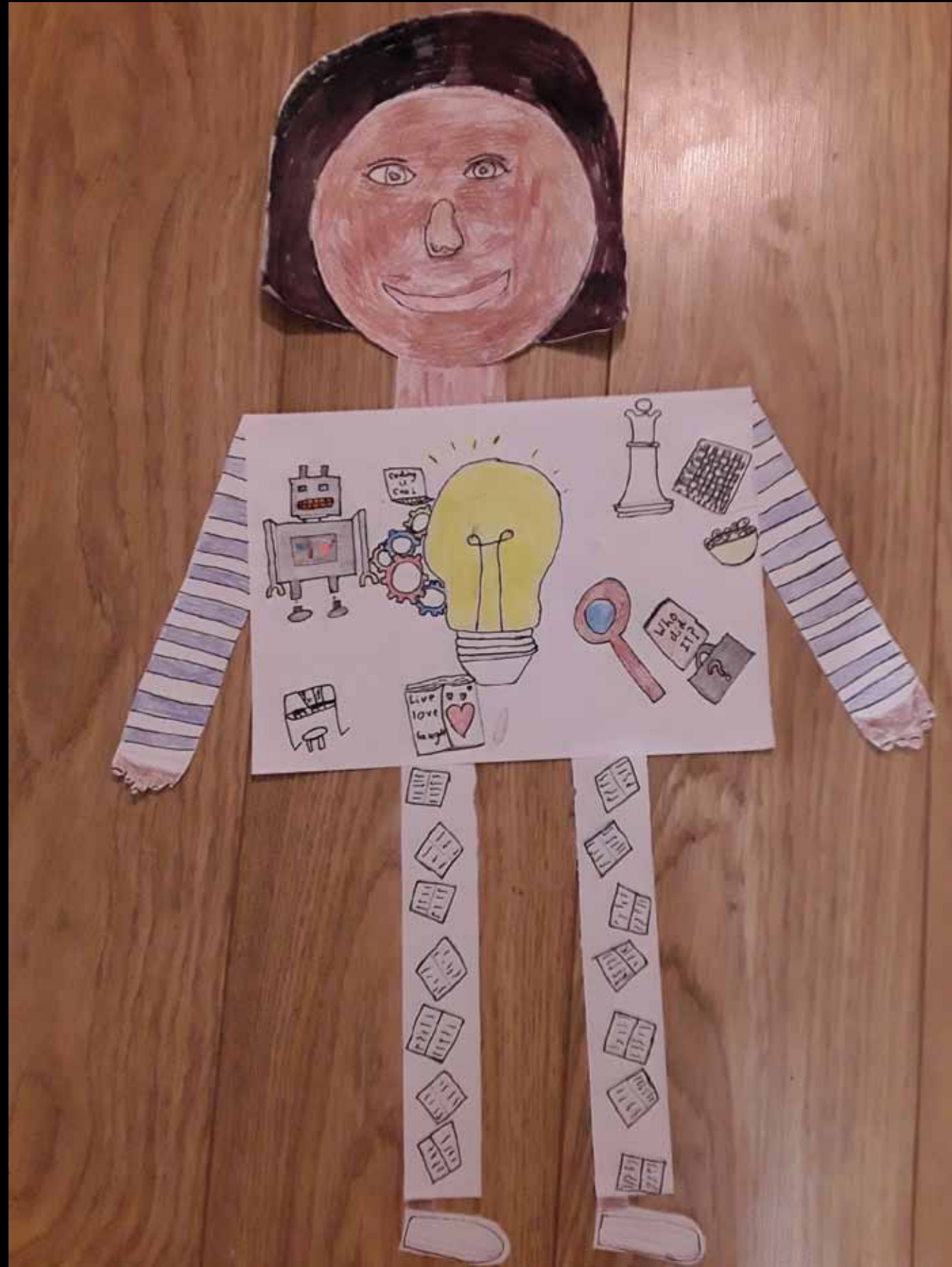
Baking makes me happy because you can do whatever theme you want and be creative . I feel relaxed when I am cooking and I get to lick the spoon at the end!

Baking
Olivia Walker, Age 8

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This image is a representation of me and what lights me up from the inside out. My passions and interests that spark joy in me and how I like to express myself.

My Happy Place
Sophie Mehta, Age 10

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**My friends make
me feel inspired**

Besties
Fiona Pegden, Age 10

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Using metallic pens and coloured tape I created a setting sun backdrop. On every other ray I have drawn things that I love and inspire me - music (I love playing and listening to the piano), sports, cityscape at night, mountains and a forest.

Sunset on my Inspiration
Isla Grundy, Age 10

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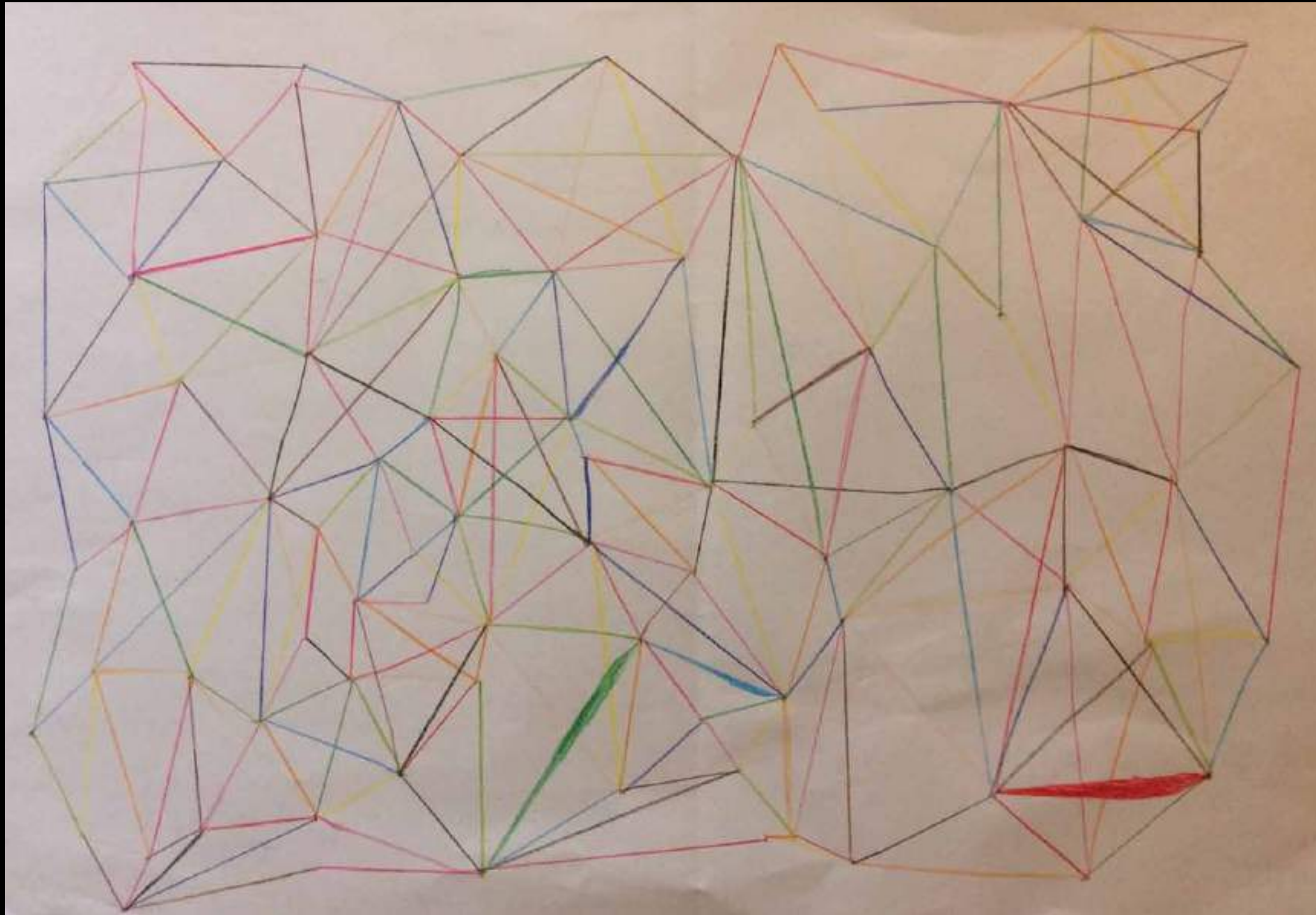
I am painting a piano
because it makes me
feel happy

Piano
Niamh Hodgson, Age 4

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**This picture shows how
everything and everyone
is connected.**

Everything is Connected
Louis Considine, Age 9

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**I like to get muddy riding my
bike with my family.**

Riding My Bike
Larry Evans, Age 7

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**I did a portrait because
it makes me feel
amazing and relaxed.**

**Amazing and Relaxed
Lola Ramsden, Age 8**

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I put football and people cheering.
And I play with my dogs and I play
with my lego. Then I always go
outside on my bike.

Play
Alex Moujir, Age 7

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**I feel happy and lovely
when I'm dancing**

**Dancing
Sophie Flowitt, Age 5**

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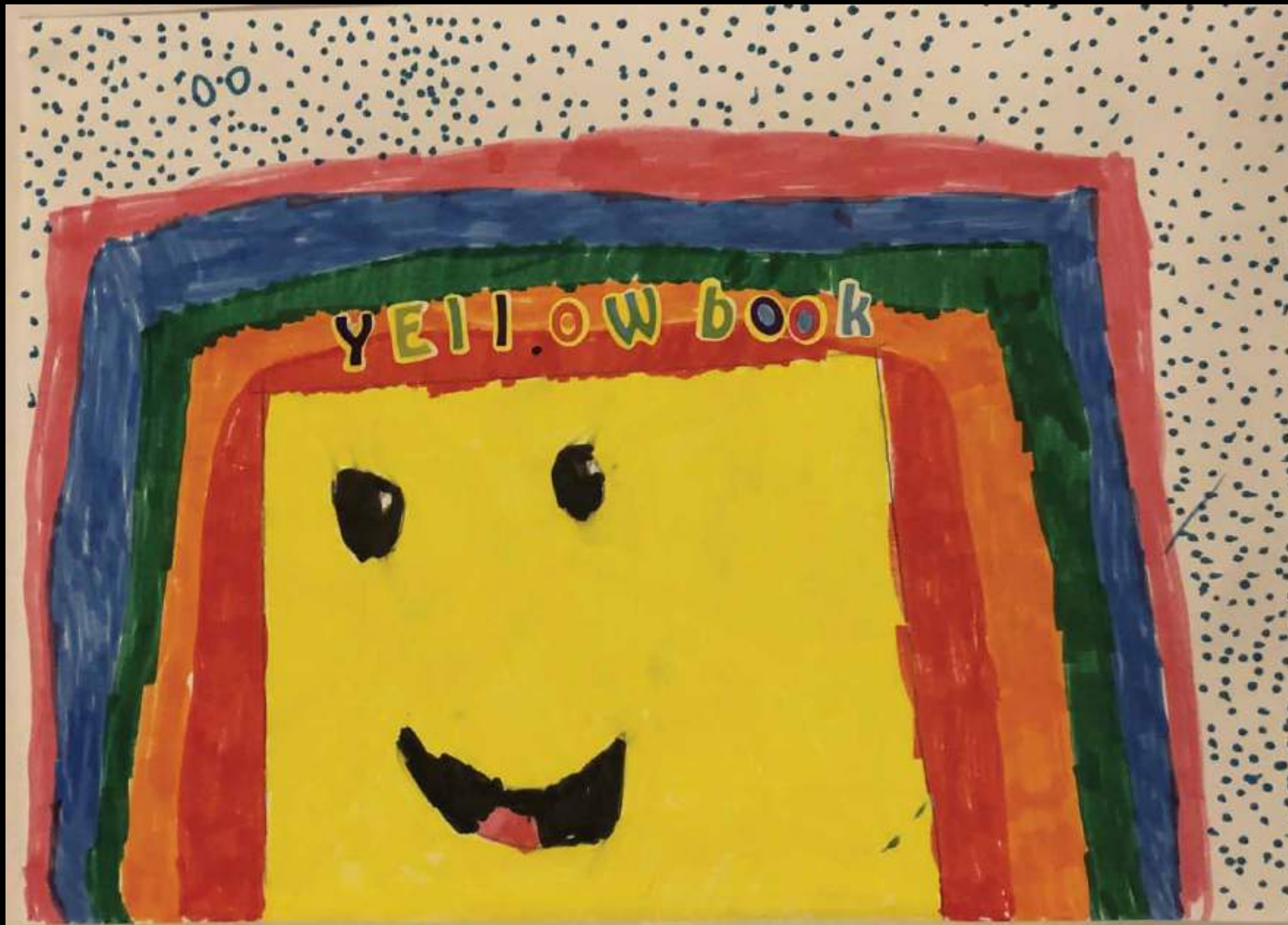
I love the feel of my cats fur
when he cuddles me.

My Cat's Fur
Charlie Blakemore, Age 6

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The song and colour of The Yellow Book make me happy when I hear and look at them just like rainbows! What do you like? What's your thing that you like? Be happy

Rainbow Book
Mia Regoli, Age 7

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My friends inspire me to be the best person I can be. This image was taken on an afternoon stroll with a friend that pushes me to improve every day despite the challenges I face.

Afternoon Stroll
Sibin Mathew

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