



WELBECK

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Xavier Leopold

*Xviart*

ART

FOR THE HEART

A fill-in art journal  
for a happy, confident you!



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Hi!

I'M XAVI

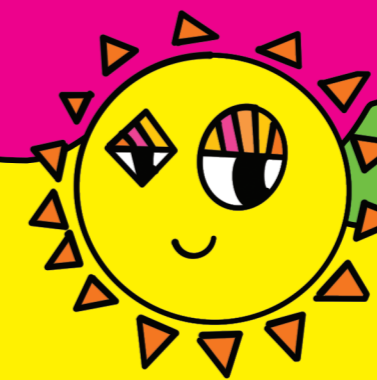
Welcome to my book!

My name's Xavi and I'm an artist... but I only picked up a brush for the first time in 2020! I didn't have any training in art, but I knew I wanted to express myself. Soon, I was creating paintings which showed everyone how I was feeling. Before long, my art was hanging on people's walls, and I was even exhibiting my art in galleries!




But best of all, making art really helped feel me better. It let me express my emotions and got me through some tough times. Art really is for the heart - everyone should be able to make the art they love.



# Making ART FOR THE HEART



**YOU** can make art that expresses how you feel, what you love, and what you want to say about the world.

-  Art doesn't have to be perfect.
-  It doesn't have to follow rules.
-  It doesn't have to be made by 'artists'.

It just has to be something  
YOU love making!

It might be drawing, painting, model making, or anything else. **MAKING ART MAKES YOU FEEL GOOD.** It can help you work out how you feel, or let other people know how you feel. It can energise you, comfort you, or help you feel calm.

This book is full of cool activities to get you drawing and painting **YOUR** way. So if you've ever wanted to make some cool art, but didn't know where to start, this book is for you!



# How to use THIS BOOK

Why not start right now and colour this in?

1

You can start at the beginning and fill in everything about YOU in the first chapter. Then work through each chapter in turn.

2

Or just leaf through the book and do any activity you like! It's up to you. You can use pencils, pens or paint to complete your art.

3

Every activity is just a starting point. If you want to do any of the activities in your own way, then do it!

...why not colour him in too!

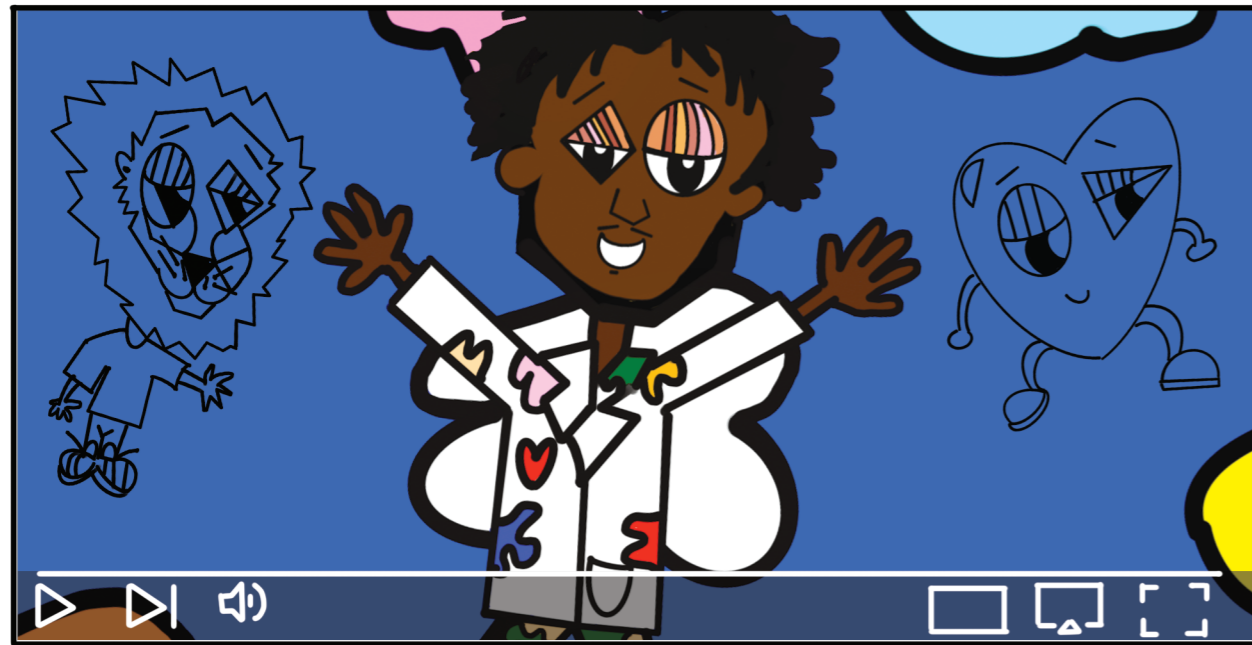
4

You don't have to draw or paint in the book - you can trace any shapes onto a separate piece of paper, and work on them separately.

Just have fun, be creative  
and get your art on!

# Join in ONLINE!

See Xavi in action! On the Xavi Art Club Youtube channel, you'll find lots of fun videos to get you creating your own cool art.

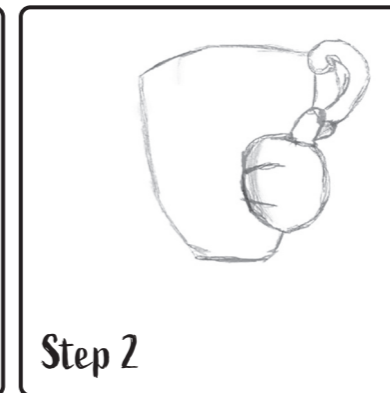


Watch Xavi paint his own amazing art!

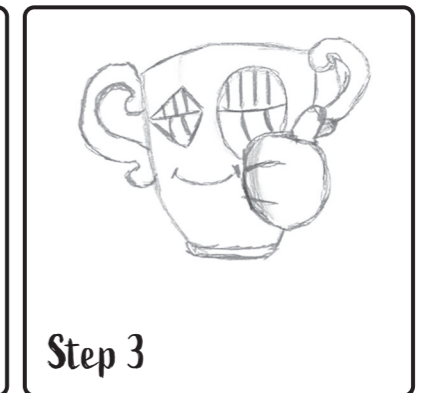
Find out how Xavi drew the pictures in this book!



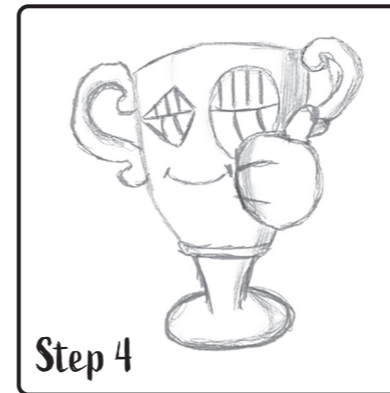
Step 1



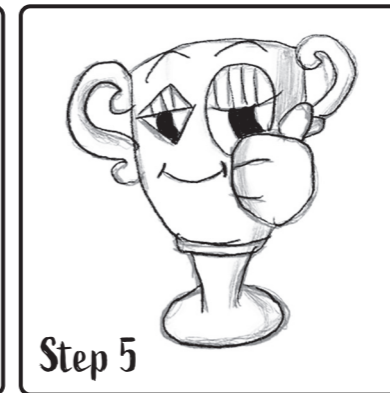
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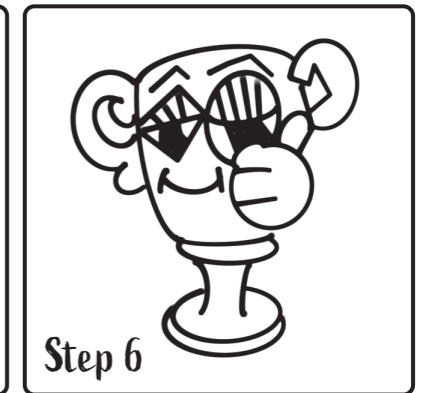
Step 3



Step 4



Step 5



Step 6

Watch Xavi create his art in time-lapse videos ...

Get even more tips on how making your own art can help you stay happy and motivated!

GO TO: [YOUTUBE.COM/C/XAVIARTCLUB](https://www.youtube.com/c/XAVIARTCLUB)



PART 1



# ALL ABOUT YOU

## WHAT MAKES YOU – YOU?

Use these pages to write and draw everything about YOU. What you look like – your friends and family – where you live and where you go to school.

Don't forget to put in everything you like – all the sports, books, games and TV shows that fill up your brain. This is your space to say what really makes you special!

