WELBECK

Published in 2022 by Welbeck Children's Books
Part of Welbeck Publishing Group
20 Mortimer Street, London W1T 3JW

Text and illustrations copyright © 2022 Xavier Leopold

Xavier Leopold has asserted his moral right to be identified as the Author of this Work in accordance with the Copyright Designs and Patents Act 1988.

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronically, mechanical, photocopying, recording or otherwise, without the prior permission of the copyright owners and the publishers.

A CIP catalogue record for this book is available from the British Library.

ISBN 978 1 78312 762 7

Printed in Heshan, China

10 9 8 7 6 5 4 3 2 1

Author and illustrator: Xavier Leopold
Consultant: Sarah Davis
Design Manager: Matt Drew
Editorial Manager: Joff Brown
Production: Melanie Robertson

PICTURE CREDITS:
Erik Svoboda/Shutterstock.com, Carabus/Shutterstock.com, Lovely Mandala/Shutterstock.com

FSC
www.fsc.org
MIX
Paper from responsible sources
FSC® C020056

Xavier Leopold

Xviart

ART FOR THE HEART

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

CONTENTS

1. All About You 14

2. Think Positive 26

3. Live Well 38

4. Get Active 50

5. Do What You Love 62

6. Be Your Best 74

7. Speak Out 86

8. Let It All Out... On Paper 100

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.



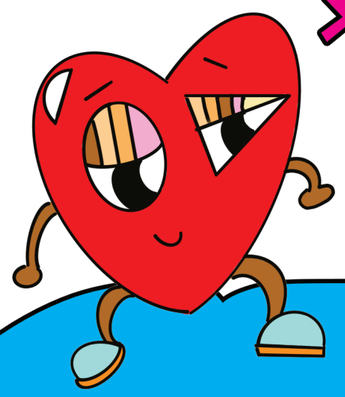
Making ART FOR THE HEART

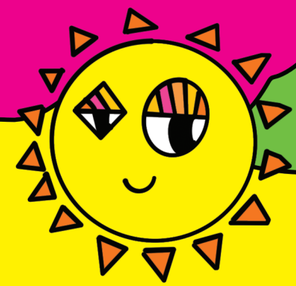
Art doesn't have to be perfect.

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!





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

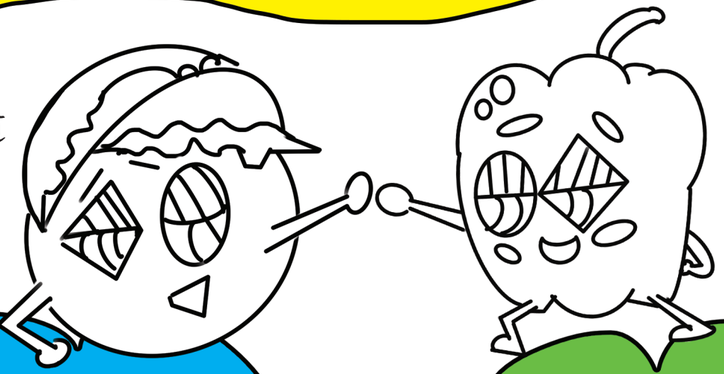


It might be drawing, painting, model making, or anything else. **MAKING ART MAKES YOU FEEL GOOD.** It can help you work out how you feel, or let other people know how you feel. It can energise you, comfort you, or help you feel calm.

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!

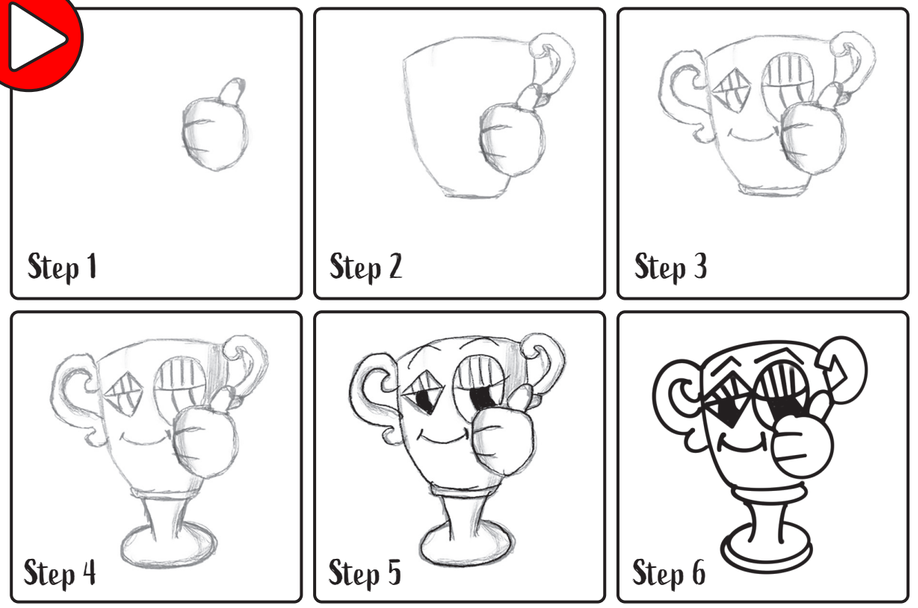
Join in ONLINE!

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!



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**

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!

