



Zentangle Art

by Kathleen Knight



Women's &
Children's Hospital
Foundation

Originally born in the UK, Kathleen Knight spent most of her childhood in Peterborough, South Australia surrounded by nature. In addition to attending to pets, Kathleen cared for rescued animals including rabbits, reptiles, joeys and a young emu - *I don't believe there was ever a time when I didn't have an animal in my care. I would sit for hours chatting away to my pet chickens in their rusty old chicken coop or feed the abandoned lambs and ride the friendly old mountain goat.*

Kathleen was very close to her father, a self-taught landscape painter. This inspired her to be creative at a young age, and later study at the University of SA Art School majoring in Printmaking and Minor in Painting and Drawing. After raising a family of her own, Kathleen continued her creative practice and study; completing a Diploma in Visual communication and Graphic Design and a Cert 3 in Applied Design, where she uses her new-found skills to create this exhibition.

Kathleen approaches her current art making quite intuitively. Starting with a single idea, she sketches a single concept (eg an animal) and then



lets her imagination (and pen) take her on an adventure across the page. Kathleen finds this process meditative, using various shapes and repetition which organically unfold into a story or a game. *Take for example 'Paradise', I started with the chameleon climbing up a palm tree and before I knew it, I found myself on a wonderful journey, images collected from memories when I visited the rainforests off north Queensland. Once you start you can't stop, images just keep popping up in your mind and I just have to get them down. I spend hours in a hypnotic state ignoring everything around me just placing pen to paper. Before I know it, I'm adding in creatures hiding amongst the jungle of plants. It becomes a game, taking the viewer into an exciting magical world, trying to collect all the creatures of the rainforest along the way.*

Patterns are key to Kathleen's drawings, she collects patterns from all forms of nature and applies them in unexpected ways. Generously applying detailed pattern and imagery in her pieces, Kathleen prefers to balance this with only using black and white colour, as she believes it captivates viewers young and old to discover their own stories.

Kathleen also teaches Art Classes for children where she combines her passion for art and her vast technical knowledge, encouraging children to develop their creative skills and explore their endless imagination.

 [instagram.com/kathleenknight930](https://www.instagram.com/kathleenknight930)

Left image: detail of *Paradise*

Below image: detail of *A trip to the zoo*



The Women's & Children's Hospital Foundation (WCH Foundation) raises funds in support of the Women's and Children's Hospital in Adelaide, South Australia. The WCH Foundation is committed to ensuring that mums, children and their families have access to the very best in medical care, hospital facilities and support services at a time when they need it the most.

The WCH Foundation has developed a number of Arts in Health programs to integrate art into the life of the Hospital to improve people's health and wellbeing. We try to make the environment more 'child-friendly', making it look better and helping to make the time spent in hospital 'feel better'.

The Arts in Health program delivers a range of activities throughout the hospital across art forms such as: Visual Arts, Digital Media, Music and Performing Arts, Public Art, Literature and the Therapeutic Arts (Play Therapy, Art Therapy and Music Therapy). From providing pencils and colouring books in waiting areas, to managing Gallery spaces and art displays in the Hospital, collaborating with Hospital School on book week activities and working closely with the Play Therapy Team, the Arts in Health program delivers smiles and fun throughout the Hospital.

The WCH Foundation's Gallery program coordinates five galleries in the Hospital, providing a space away from the stresses of treatment to distract, entertain and inspire, improving the visual environment. The artworks displayed in the exhibition spaces come from a range of sources – internally from hospital staff, patients (women & children) and their families, through specific Arts in Health activities and externally from local artists and art collectives.

This exhibition was planned and exhibited on the lands of the Kaurna People, we pay our respects to the Kaurna Elders past and present and to the Elders of the lands this brochure reaches.

Cover image: Kathleen Knight, detail of *The meeting place*



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