

# What I Ate in a Day

[By Tobi Meuwissen](#)

In this resource, appropriate across all ages, participants will create drawings of the things they consume in a day. They will work in a handmade sketchbook to create a variety of outcomes inspired by playful prompts. This drawing exercise could be dipped in and out of across a day at school or home, and could supplement conversations about nutrition and healthy eating habits.

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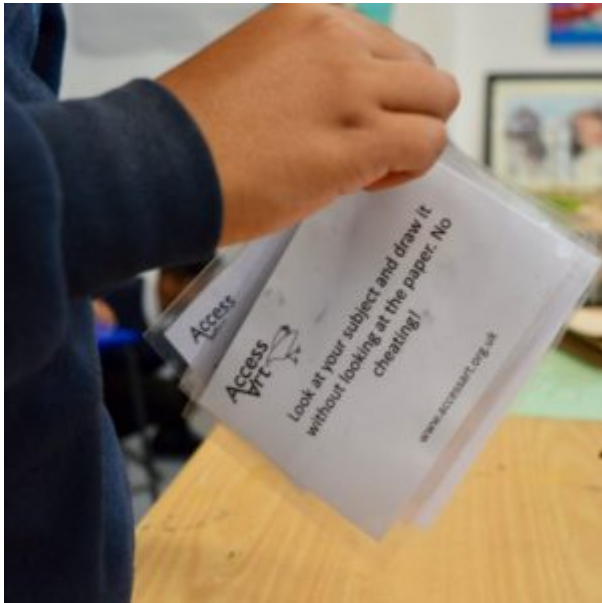
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## The Sketchbook Journey



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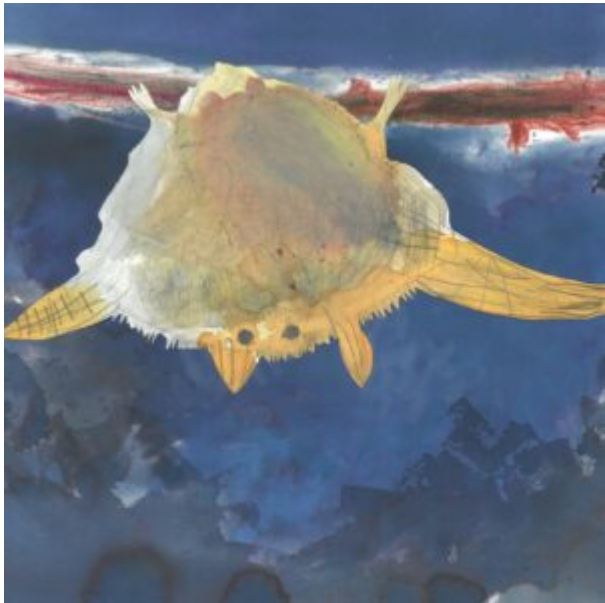
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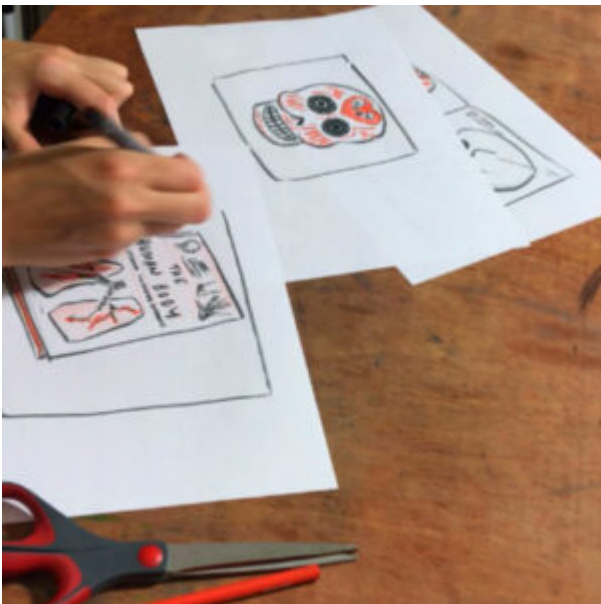
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Use a variety of different materials on calico as well as use new techniques such as wax resist

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Create simple and inexpensive sketchbook made up of old paper

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**Exploring A Midsummer Night's Dream: Recounting the Story**

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# Exploring A Midsummer Night's Dream: Costume Design for Bottom

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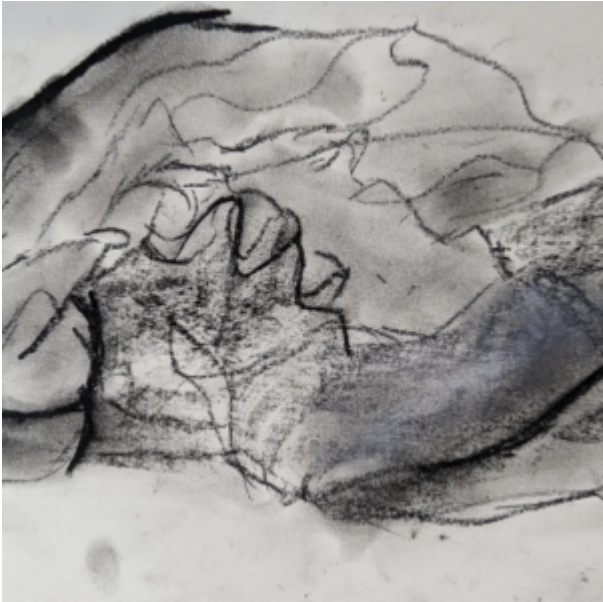
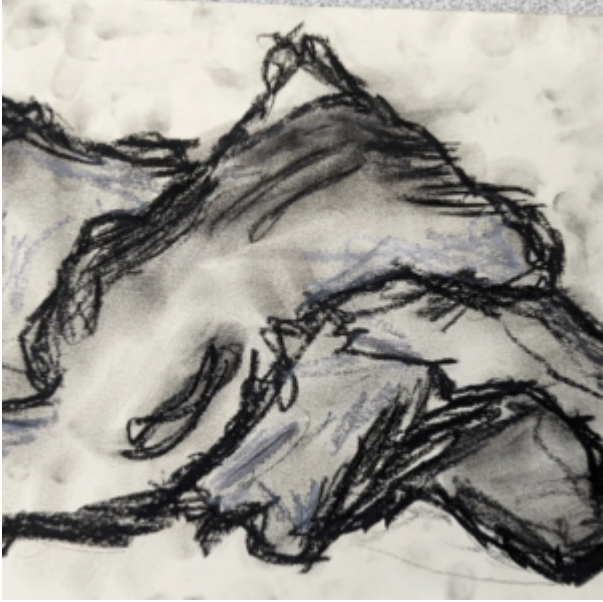


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## **Exploring A Midsummer Night's Dream Through Art: Ancient Greek Dress Portraits**

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# Anaologue Drawing

## What We Like About This Resource...

*“This activity highlights how visual communication can be used to convey emotion. When artwork is relatable in a human and emotive way it can be really powerful. Learning how to translate feeling into mark-making is a really important skill and can help children break down the essence of a range of their own emotions, and communicate it to others. Explore colour and a range of materials to enrich this experience.” – Tobi, AccessArt.*