

# 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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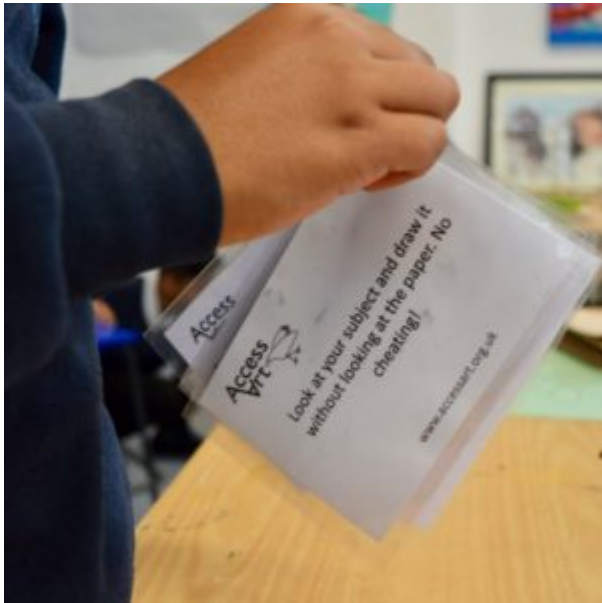
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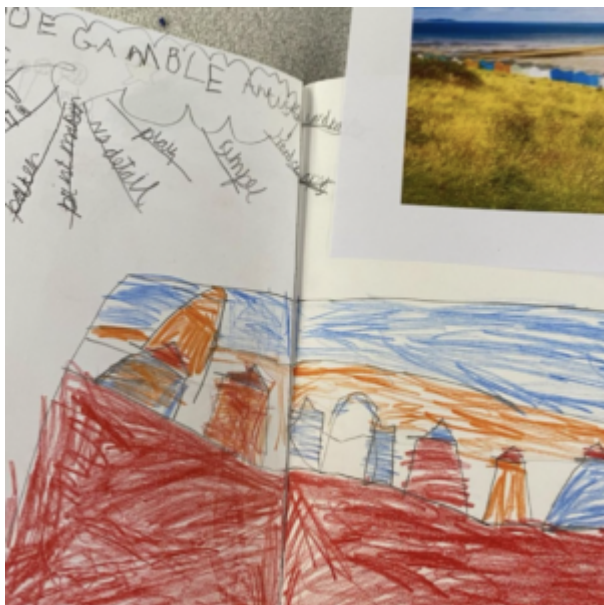
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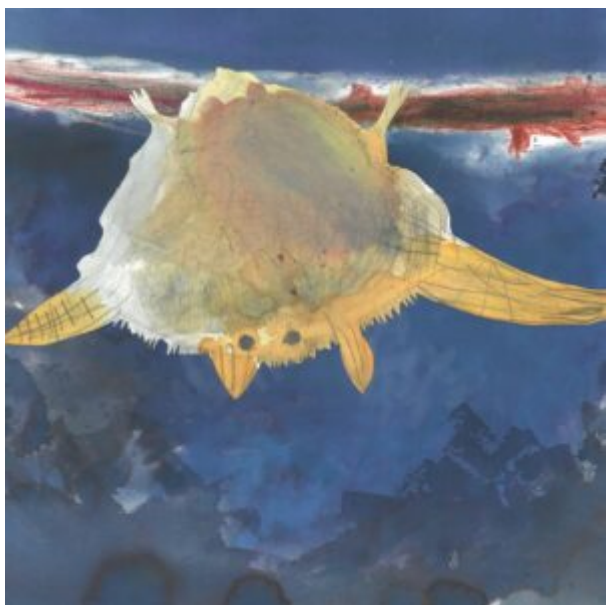
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“I really like how this resource provides lots of interesting and exciting ways for poster paint to be used. It combines observational drawing and painting with more abstract pattern providing a breadth of exploration. Giving learners the opportunity to explore the properties of poster paint as well as seeing how it responds to different materials will help to nurture imaginations as well as providing support for the development of basic skillsets.” – Rachel, AccessArt



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## Collecting Colour in my Moodboard Book

### What We Like About This Resource...

*"It's really nice to see that although Rachel Parker works quite digitally, her process from the beginning is very tactile. Rachels books act as a really great source of inspiration, helping to break down the creative blocks that we all get from time to time. Having a sketchbook dedicated to colour means that as well as working with colours that you already love, you can test new*



*colour palettes and see colours from a new perspective. I especially love how Rachel picks up on the different tones in colours by looking at the way light hits it in order build her colour palette around those supporting tones as well as big statement colours.” – Tobi, AccessArt*

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# Collecting Colour

## What We Like About This Resource...

*“It’s great to see how a simple exercise such as colour collecting, which can be done in a classroom setting, is also used in a professional capacity. This gives the activity a clear context and purpose. It’s nice to see Rachel’s decisions being made in real time, it demonstrates how artists are constantly reflecting on and self evaluating their own decisions. Rachel also shows us that she sometimes gets colour palettes from photos that she’s taken herself, this is really exciting because it demonstrates how the artists experience is central to their work. Students will be able to bring their own experience and personality to this activity by having complete control over what their colour moodboard becomes.”*  
– Tobi, AccessArt

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# How Colour Collection Inspires My Work

## What We Like About This Resource...

*“Rachel’s work is so vibrant and full of joy, it’s really exciting to see how she starts to form creative ideas around colour. Rachel highlights the importance of colour trends but also gives herself the opportunity to create her own trends which adds a level of playfulness and personality to her colour exploration. Seeing her colour books translate into fabric demonstrates a real clarity in her decision making process.” – Tobi, AccessArt.*

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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.

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## Exploring Macbeth Through Art: Storyboards

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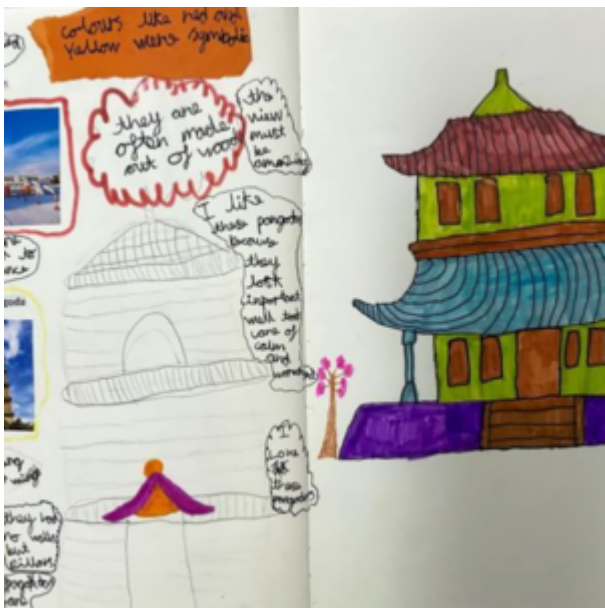














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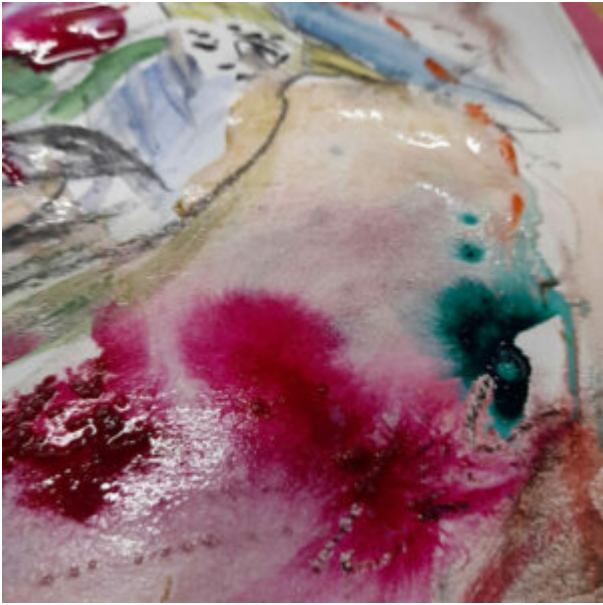
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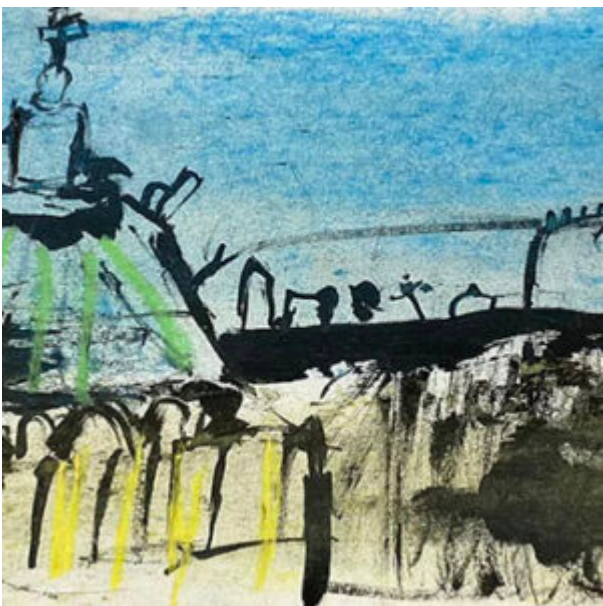
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