

Creative Entitlement and Wellbeing

AccessArt have worked collaboratively with young people for twenty five years on projects, in schools and workshop sessions.

Underlying all our work, is the belief that everyone is entitled to expressing themselves creatively and a recognition that creativity is a part of each and everyone of us, which needs to be nurtured, recognised, protected and developed.

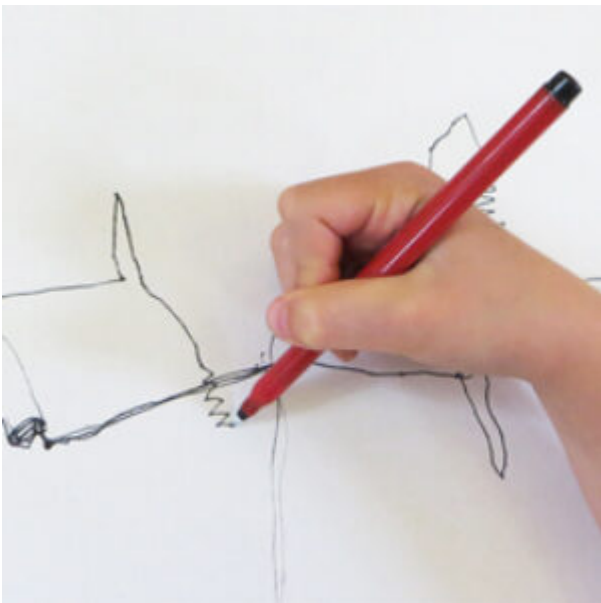
The creative ego is delicate and is easily knocked if people feel their creative endeavours judged or misunderstood, causing a sense of not feeling able to participate in the production or creation of art. This often results in the unfortunate result of not being able to take making, drawing and creative processes into adulthood.

At AccessArt, art is recognised, not as a subject, but as a bespoke and personal language used to transform, understand, express and construct the world.

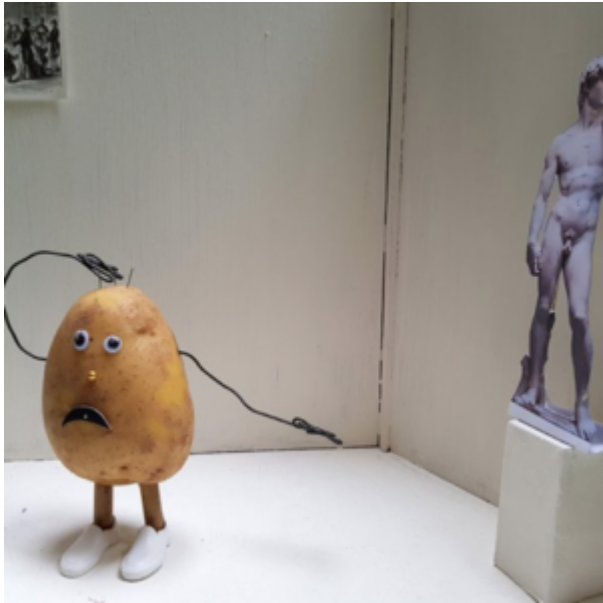


explore resources with a focus on entitlement and wellbeing...

Session recording: Drawing for wellbeing



digital wellbeing week



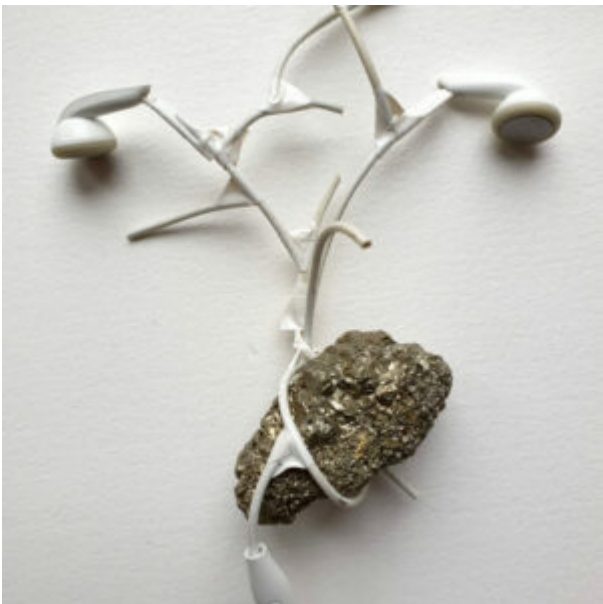
Drawable!



Let me inspire you



warm ups and ice breakers



mark making and sound



Drawing as a Tool for Wellbeing at Chesterton Community College, Cambridge



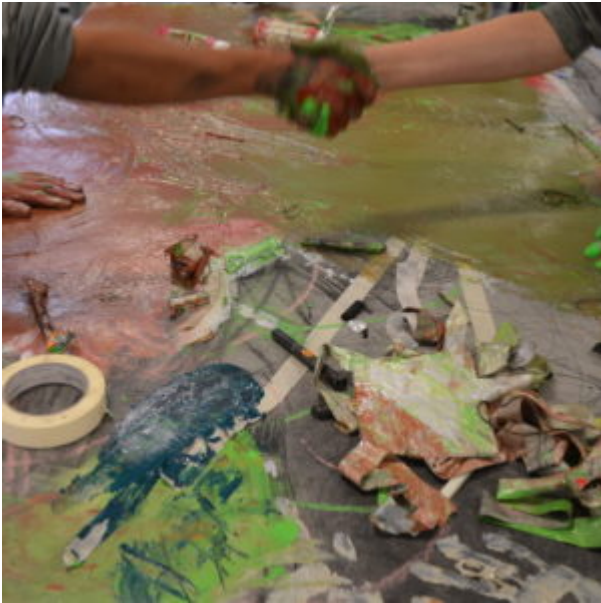
Windy Day Drawing: What was it really all about?



Drawing as a Tool for Wellbeing at Chesterton Community College, Cambridge



“Heart-Work” Art and Wellbeing for Young People with AccessArt and Arts and Minds



Arts and Minds: Feeling Through Drawing



Arts and Minds: Drawing for Mindfulness



Be Inspired to Inspire!



5 Exercises by Henry Ward



In-Depth Drawing Experience for Teenagers by Betsy Dadd



Hedgerow Art by Sara Dudman



Detached and Timeless Painting Workshop by Sara Dudman



Drawing Portraits: Celebrating Class Success!



Asemic Writing: Expressive Mark Making through Invented Text



Graffiti Floor – Teenagers Have a Silent Conversation with Pen and Mark



All AccessArt posts for Arts and Wellbeing

