

# Session Recording: Drawing for Wellbeing

Find a recording of an In The Studio session focusing on how drawing can be used for improving wellbeing.

In this practical session, Paula and Rachel demonstrate some drawing activities that can be used to change the pace of your day, whether you need to slow down or you need a boost of energy. These accessible activities are perfect for any educational setting.

If you'd like to join along with the activities in the recording please have some basic drawing materials and paper to hand.

The video below is available to full [AccessArt members](#). Please login to access the video.



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