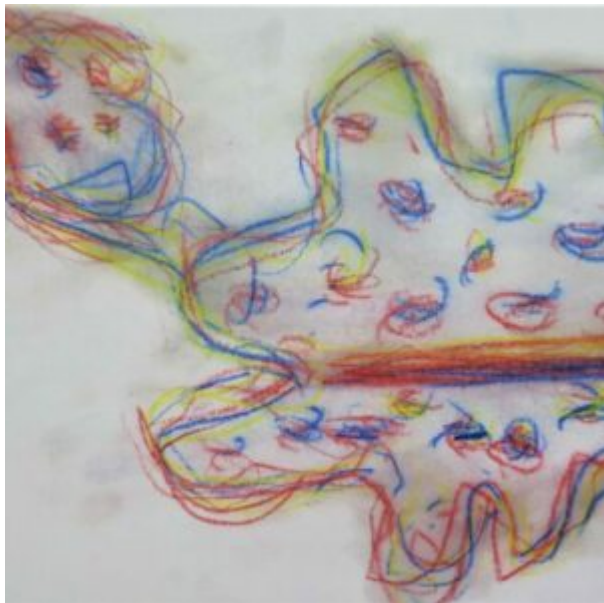


# Warm-ups

## Welcome to AccessArt: Warm-ups



Just like in other subjects such as PE, warming up is an essential part of an art lesson or creative workshop.

Dedicating the first 5-10 minutes of a session to a warm-up can help learners focus in, transition to a quieter space, practise new materials or ways of working and set the scene for new projects.

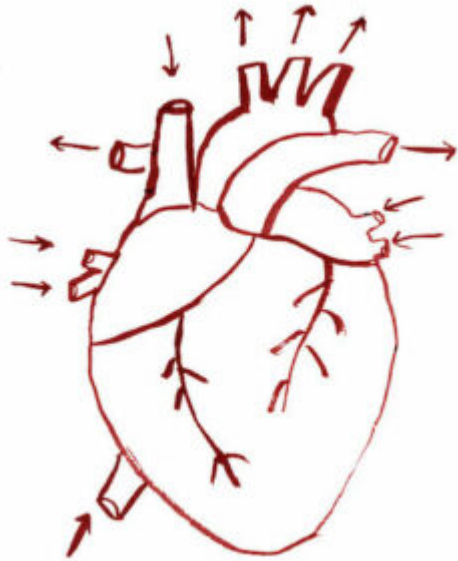
As well as being beneficial for the learner, warm-up activities can be helpful for you, as a facilitator, to clarify the aims of your art session by considering which activity would be most useful to learners.

dip your toes in...

**Begin by exploring these AccessArt favourites.**

**Use these simple and effective warm-up activities, designed to help learners tune into a creative mindframe.**

**show me what you see**



**Ten Minutes, Five Times a Week**



**prompt cards**



**Inventing Your Own Warm Ups**



Once you've had a go at the AccessArt warm-up

activities, you may feel confident enough to design your own warm-up.

When devising a warm-up activity, consider the following:

- Work backwards: what is the aim of the main session? The outcome of the warm up should connect to the beginning of the main drawing session. Is the session about a material, a technique, or a concept?
- How will you guide learners through the exercise?
- Consider potential stumbling blocks, both in the main session and in the warm up. Can you split the activities up into smaller stages to help overcome these?
- Think about where the learners are at NOW in terms of experience. What new experiences would you like them to have?
- Keep it simple, small, short – don't overload a warm-up exercise.
- Do it yourself: what is it like to do what you're asking them to do?
- Leave time at the end for [reflection](#) as a group to share experiences.

# Explore Warm-up Activities...