

Arts and Wellbeing

Welcome to AccessArt: Arts and Wellbeing



In a fast-paced society, filled with deadlines and stress, it's important to slow down, observe and enjoy singular moments in time. Creativity can help to ground us in the present, feel joy in inconsequential acts and create space in the day for reflection.

With this in mind, we have created a collection of resources which focus on calm, creative processes. These resources vary from quick 5 minute exercises to hour long sessions, perfect for quiet contemplation or community engagement.

Have fun exploring AccessArt resources focused around arts and wellbeing.

audiences and settings

Art can be used to support the well-being of everyone; however, you may find that some learners or settings benefit from a more consistent focus on well-being within their learning experience.

Explore collections with a focus on audience.

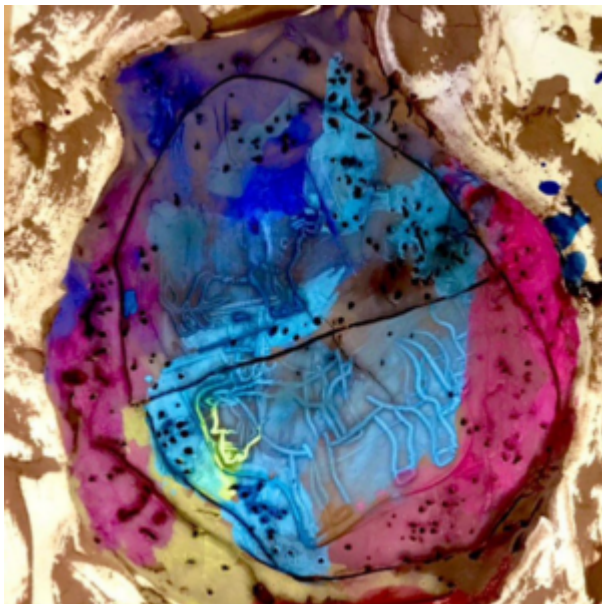
art to support esba



hospital education



SEND

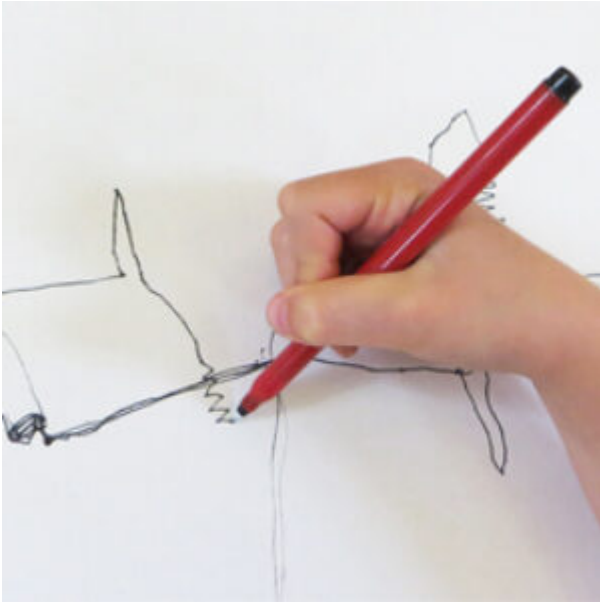


Dip Your Toes Into Arts and Wellbeing

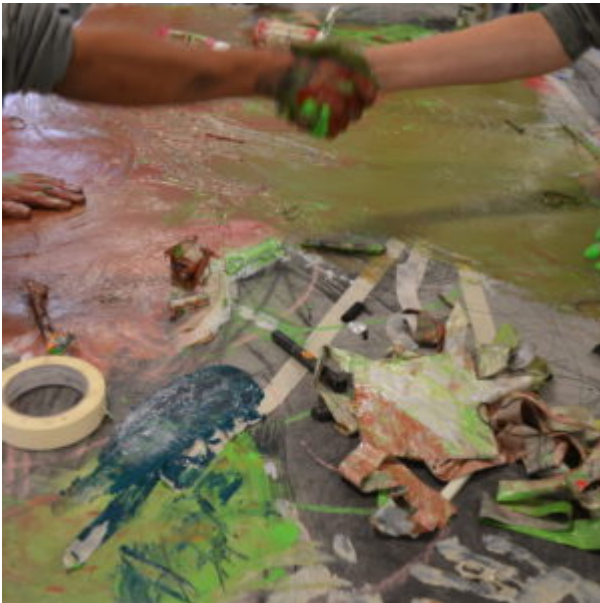
Explore these resources to see how art can be used to benefit your wellbeing...

Explore our offer to hospital education and hospices [here](#).

Session Recording: Drawing for Wellbeing



“Heart-Work” an Arts and Wellbeing Project for Young People



Explore artists

See how artists explore wellbeing through their creative practise...

leigh bowser



merlin evans



Laura McKendry



creative entitlement and wellbeing

For the past twenty-five years, AccessArt has collaborated with young people through various projects, school initiatives, and workshop sessions.

At the heart of everything we do is a belief in the right of every individual to express themselves creatively, and a recognition that creativity lives within all of us.

[Explore resources that have a focus on wellbeing and entitlement here.](#)



AccessArt Treehouse

AccessArt believes that through gentle, holistic art education, we can empower children and young people to find their voice.

At [AccessArt Treehouse](#), we recognise that mainstream schooling does not suit every child or young person. Whether it is a positive, long-term decision to home educate, or a more reactive, short-term decision made out of necessity, we understand that pupils outside the formal education system are still entitled to an excellent art education.

[Join the AccessArt Treehouse Facebook Group.](#)



Explore resources for wellbeing

Explore these sample resources...

mark making and sound



playing with perspective



drawing to a metronome



Globe painting



See All AccessArt Resources Arts and Wellbeing...