

# Art in Times of Ill Health

By [Laura McKendry](#)

*In this post, Laura McKendry shares her journey as an artist educator into the Art and Health space. She tells us how she began to realise the emotional and physical impact that art can have on those struggling with mental or physical health, or who exist in vulnerable spaces, as a tool to share deeply personal experiences that otherwise lie beyond words.*

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# Dreaming With Watercolour

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# Collage: Deconstructing, Reconstructing and Abstracting

## What We Like About This Resource...

*"I really like how this playful resource helps us to make a creative response inspired by a stimulus, ensuring that the stimulus is only an entry point into an outcome that will look totally different. Exploring the themes of colour, texture and composition through the lens of different artists also helps us see how we can interpret (and re-interpret) colours and materials in a meaningful way. Viewfinders and collage are also great tools for those who experience 'fear of the white page' and will allow learners to make conscious creative decisions as they go."* – Tobi, AccessArt

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## **Cut Paper Collage Still Life**



## **Cooking with collage**

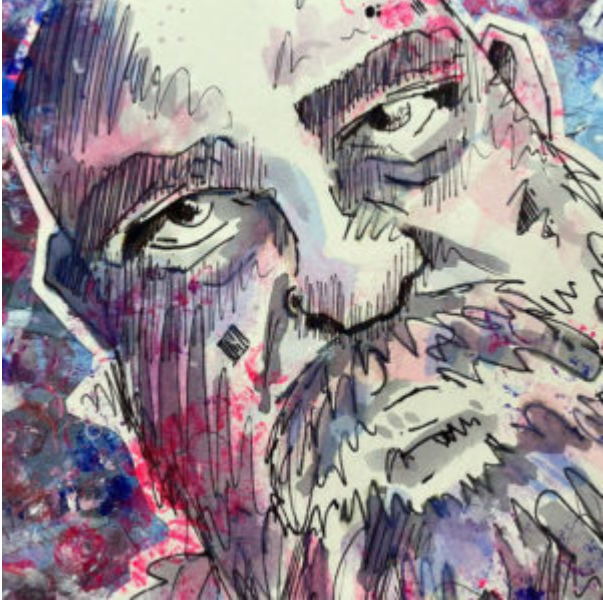


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# **Adapting AccessArt: Stories and Faces**

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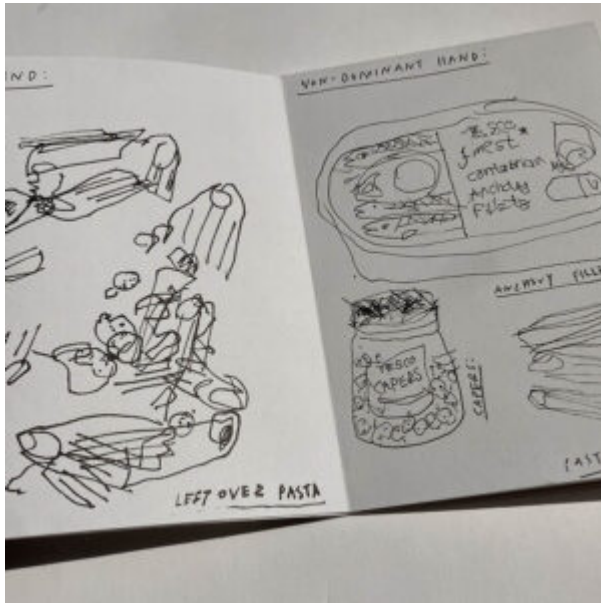
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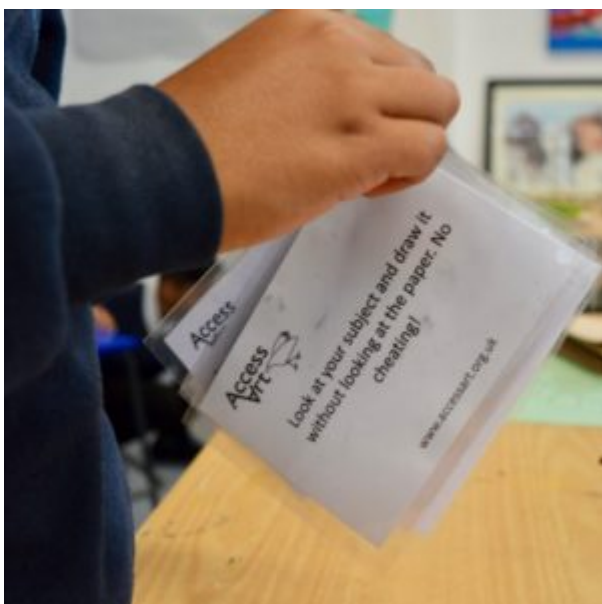


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# What I Ate in a Day

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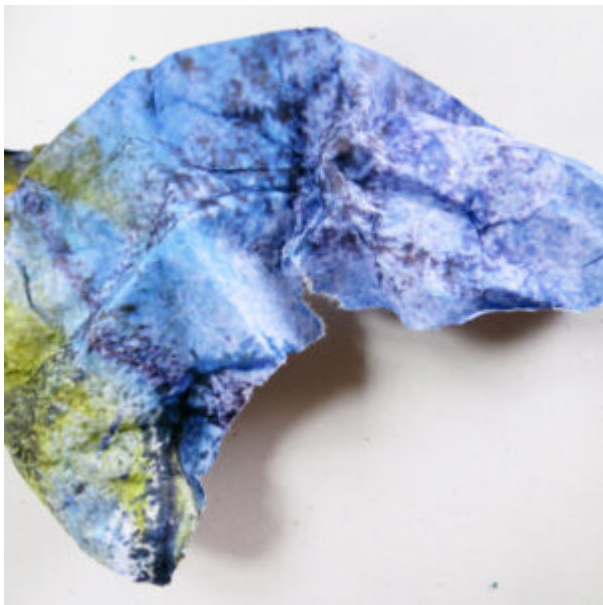
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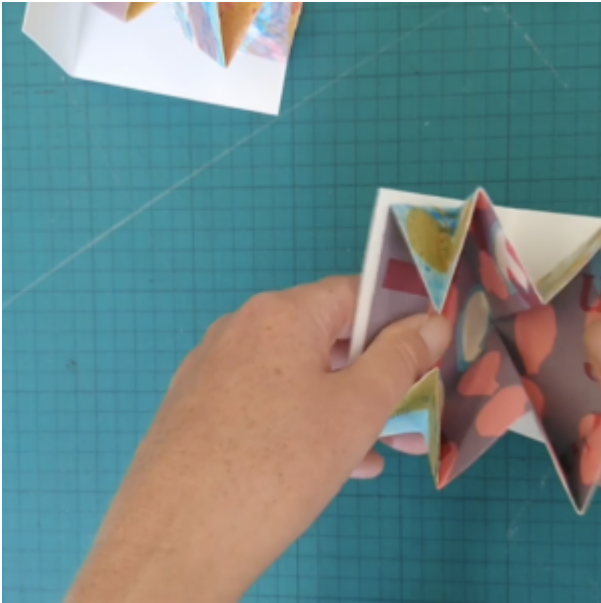


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## **Adapting AccessArt: Playful Making Inspired by Nnena Kalu**



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## **Magic Caring Box**

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# Adapting AccessArt: Playful Making Inspired by Nnena Kalu

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# Deconstructing to Help You See

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**the drawing journey**



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## **The Blood Bag Project**

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

This project combines art and science in innovative and creative ways. It engages children with simple and more complex sewing skills, both hand and machine. The fact that a local artist collaborated on this project, bringing her own set of skills and experience is so valuable for any extended art project, and the children were able to connect with the sensitivity of the subject matter and to empathise with it's message.

# You May Also Like

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**which artists: merlin evans**



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**Which Artist: Leigh Bowser**

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# Escaping Wars and Waves – Encounters with Syrian Refugees

## What We Like About This Resource...

*‘This resource really demonstrates how art can successfully bring awareness to important humanitarian issues, promote inclusivity and can give a platform to those who otherwise wouldn’t be heard. The links between text, photos and drawings are really strong and demonstrate the creative process used by Olivier from start to finish. I really like the inclusion of suggestions for students within the post, which encourage students to learn more about their community and to understand the experience of being displaced. This in turn will hopefully inspire the next generation to be part of an inclusive and empathetic society.’ – Tobi, AccessArt*

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## Analogue 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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## Drawing With Your Feet

# What We Like About This Resource

*“I love this resource because I can picture the energy in the classroom whilst students enjoy the process of mark-making using their feet. Creating drawings with parts of the body other than hands can be really freeing; students will hopefully look at their drawings in a less critical way, with the emphasis of the activity being more about*

*the process than the outcome. It might be a nice addition to use a viewfinder to zoom in on areas where the marks collide in interesting ways” – Tobi, AccessArt.*

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## **Drawing with Sticks**

### **What We Like About This Resource**

*“This is a great activity to get students to think about drawing in a different way. Extending reach and accepting a lack of control can lead to really exciting and energised mark-making. It’s great to see that this resource has also been used in SEND settings, demonstrating its accessibility.” – Tobi, AccessArt.*