

# What I Ate in a Day

[By Tobi Meuwissen](#)

In this resource, appropriate across all ages, participants will create drawings of the things they consume in a day. They will work in a handmade sketchbook to create a variety of outcomes inspired by playful prompts. This drawing exercise could be dipped in and out of across a day at school or home, and could supplement conversations about nutrition and healthy eating habits.

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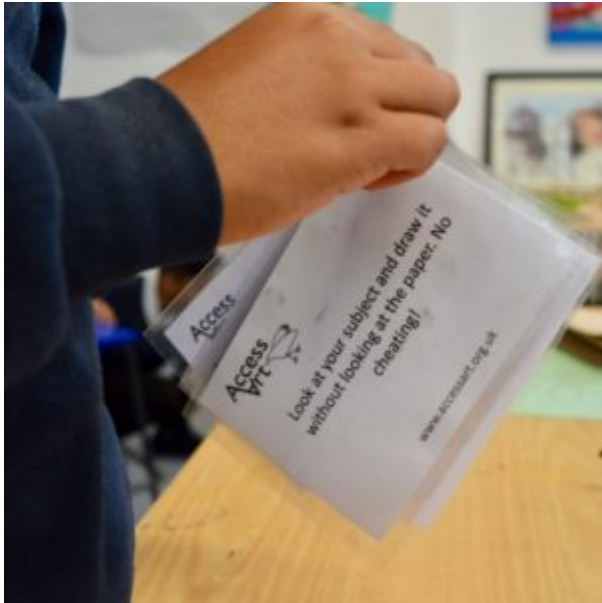
*AccessArt is a UK Charity and we believe everyone has the right to be creative. AccessArt provides inspiration to help us all reach our creative potential.*

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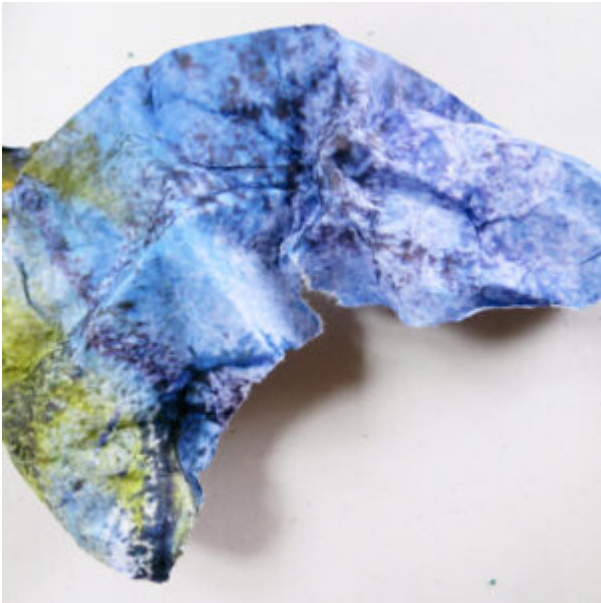


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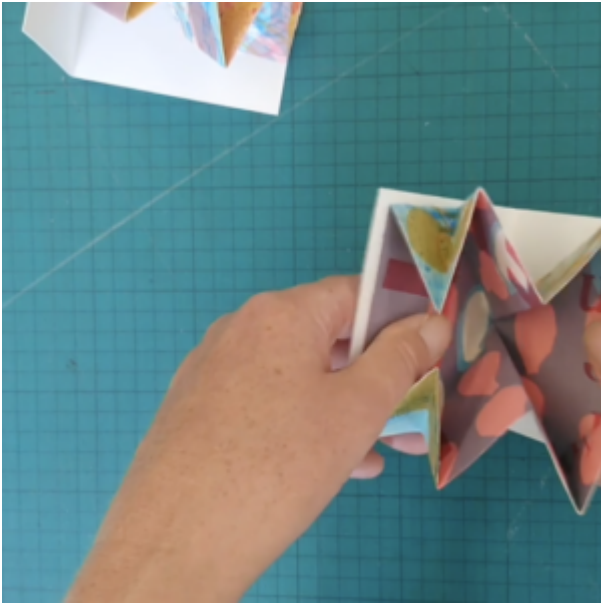
## playful making pathway



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# and Colour

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**exciting colour**



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## What We Like About This Resource...

*"I really like how Yu-Ching's process combines hand-drawing and painting, before moving across to digital. Combining those processes ensures that the illustrations retain a very warm, tactile look to them, but the digital element refines the imagery. We really like what Yu-Ching says about the benefits of silent books being universally understood and feel that the benefits and challenges of not using words means that the imagery has to be really clear, which encourages lots of exciting creative problem-solving." – Tobi, AccessArt*

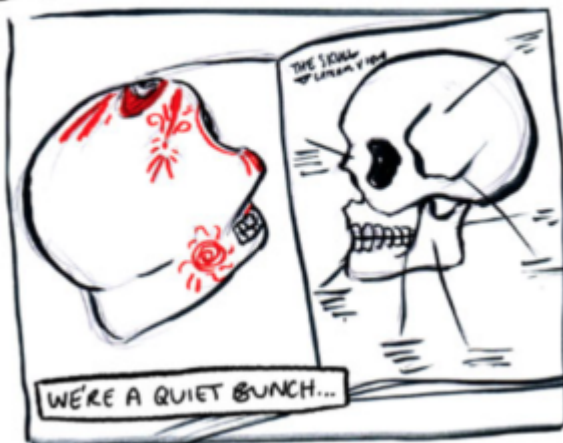
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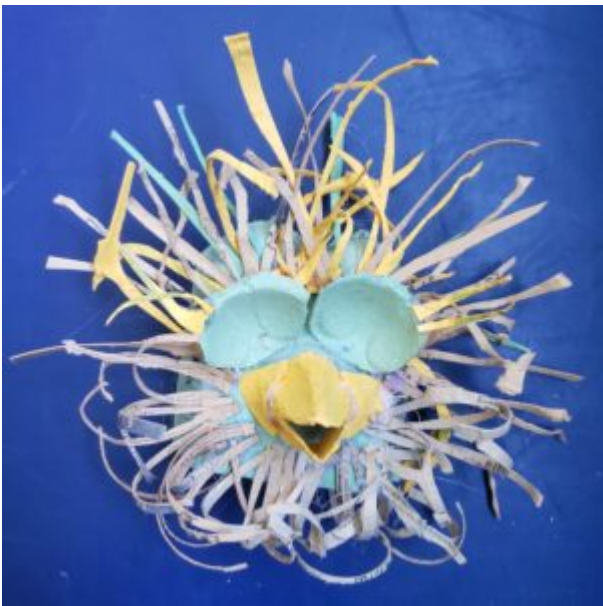


## Making a Mask from Sticks and Tissue Paper



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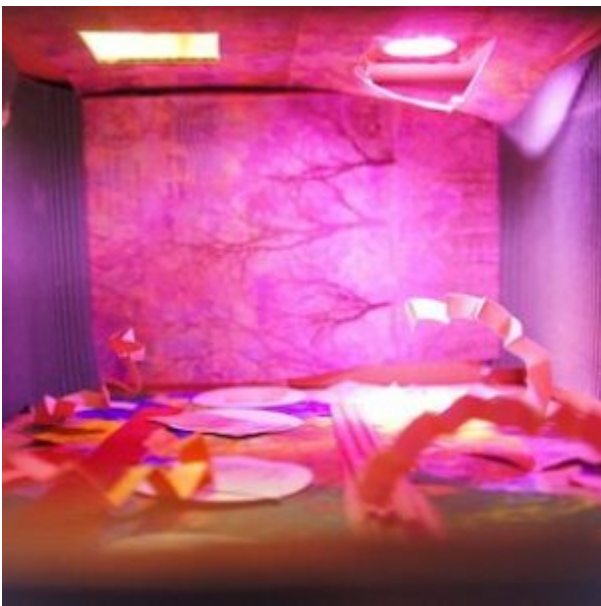
Drawing Source material: ice



## Talking Points: Drawn To Antarctica



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# Angry Cat, Calm Cat

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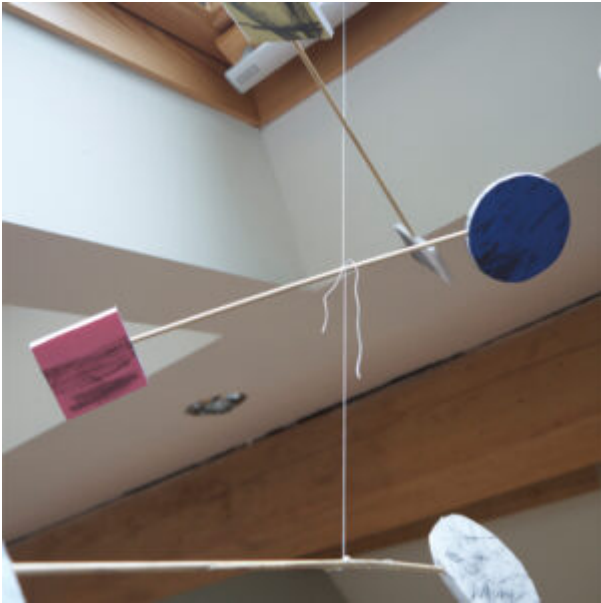
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