

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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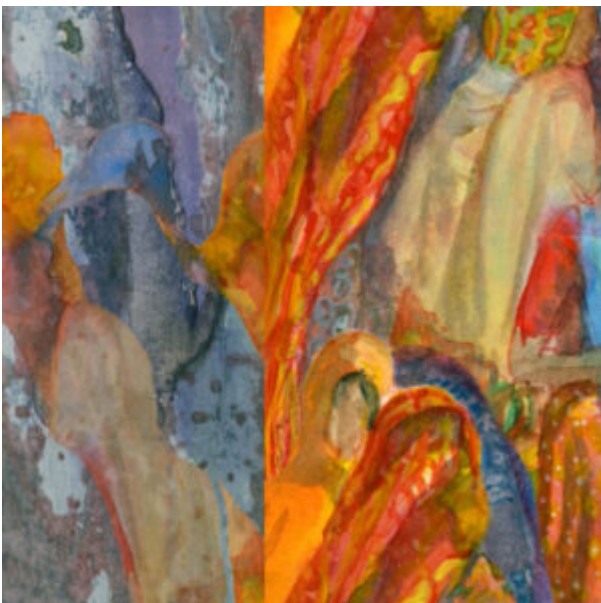
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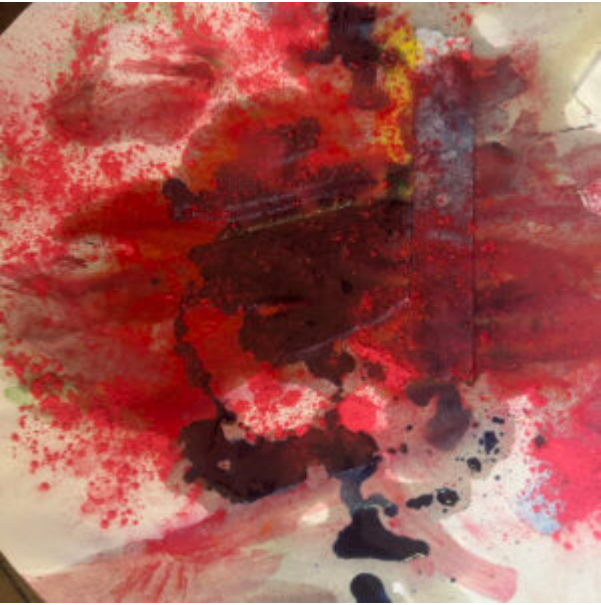


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Talking Points: Paddington Bear

A collection of sources and imagery to explore Paddington Bear.

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EYFS

SEND

AGES 5-8

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Paddington Bear

Paddington Bear is a fictional character in children's literature. He first appeared on 13 October 1958 in the children's book *A Bear Called Paddington* and has been featured in more than twenty books written by British author Michael Bond, and illustrated by Peggy Fortnum and other artists.

Paddington is also animated in stop motion. Paddington himself is a puppet in a three-dimensional environment, whilst other characters are paper cut-outs. The final television special used a slightly different technique using 2D drawn fully animated characters. [Wikipedia](#)

Watch the episode below and ask children some questions about what they can see.

Questions to Prompt Conversation with EYFS

What do you like about Paddington?

What kind of bear do you think Paddington is?

What can you see in the background? How is the background different from the way Paddington is?

What is Paddington wearing? What things does he have around him?

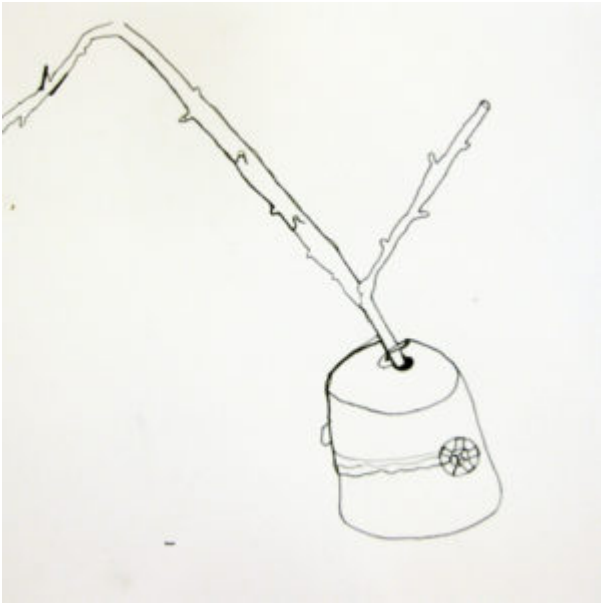
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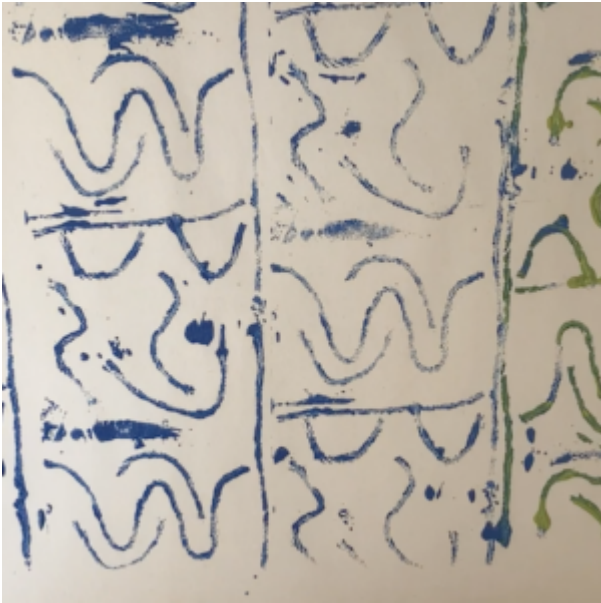
Collaging with Wax Crayon Rubbings



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Painting with Poster Paint

“I really like how this resource provides lots of interesting and exciting ways for poster paint to be used. It combines observational drawing and painting with more abstract pattern providing a breadth of exploration. Giving learners the opportunity to explore the properties of poster paint as well as seeing how it responds to different materials will help to nurture imaginations as well as providing support for the development of basic skillsets.” – Rachel, AccessArt

Drawing with Soft Pencils



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