

Creative Entitlement and Wellbeing

AccessArt has worked collaboratively with young people for twenty-five years on projects in schools and workshop sessions.

Underlying all our work is the belief that everyone is entitled to express themselves creatively and a recognition that creativity is a part of each and everyone of us, which needs to be nurtured, recognised, protected and developed.

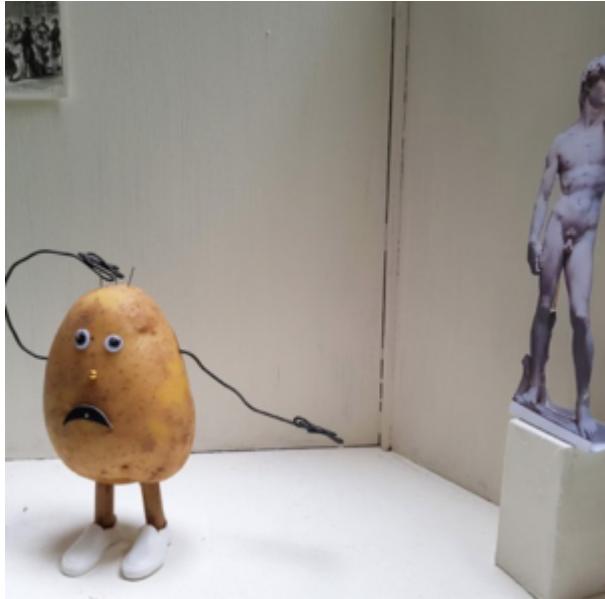
The creative ego is delicate and is easily knocked if people feel their creative endeavours are judged or misunderstood, causing a sense of not being able to participate in the production or creation of art. This often results in the unfortunate result of not being able to take making, drawing and creative processes into adulthood.

At AccessArt, art is recognised, not as a subject, but as a bespoke and personal language used to transform, understand, express and construct the world.



**explore resources with a focus on
entitlement and wellbeing...**

digital wellbeing week



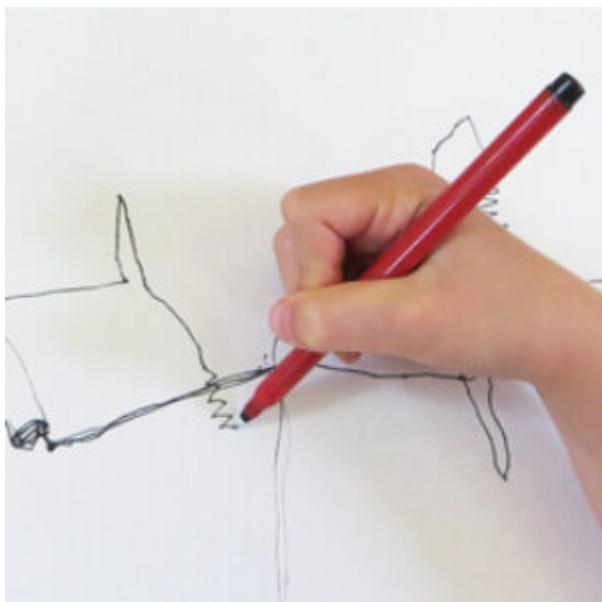
Drawable!



warm ups and ice breakers



Session recording: Drawing for wellbeing



Let me inspire you



mark making and sound



“Heart-Work” Art and Wellbeing for Young People with AccessArt and Arts and Minds



Drawing as a Tool for Wellbeing at Chesterton Community College, Cambridge



Arts and Minds: Drawing for Mindfulness



Arts and Minds: Feeling Through Drawing



Windy Day Drawing: What was it really all about?



Be Inspired to Inspire!



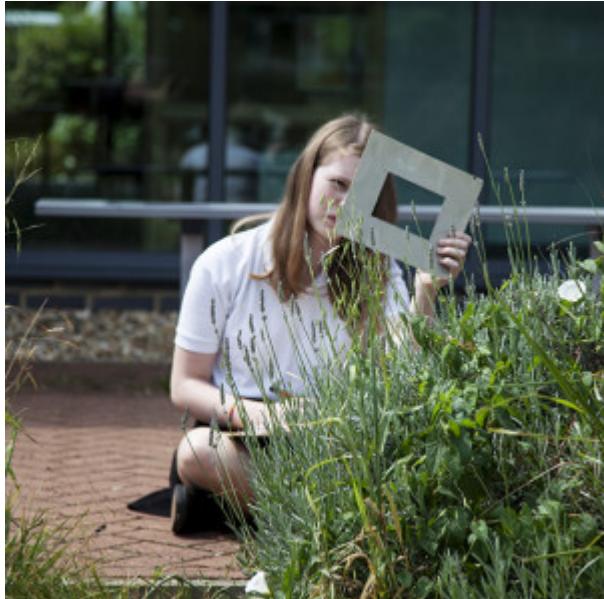
Hedgerow Art by Sara Dudman



5 Exercises by Henry Ward



In-Depth Drawing Experience for Teenagers by Betsy Dadd



Asemic Writing: Expressive Mark Making through Invented Text



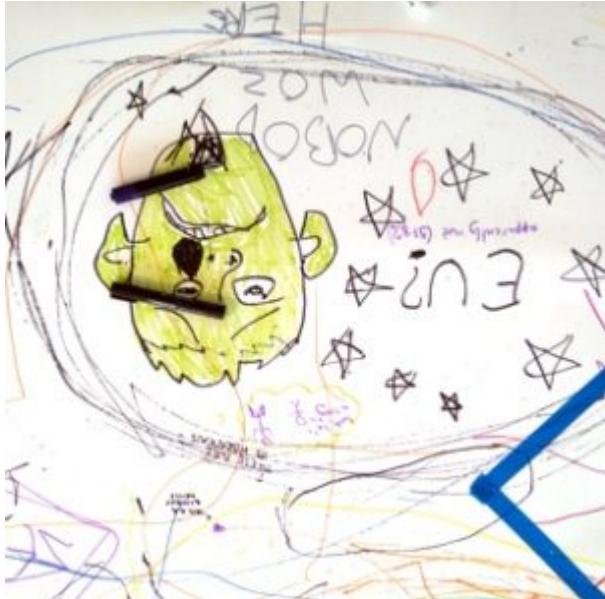
Detached and Timeless Painting Workshop



Drawing Portraits: Celebrating Class Success!



Graffiti Floor – Teenagers Have a Silent Conversation with Pen and Mark



All AccessArt posts for Arts and Wellbeing

