

# **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.

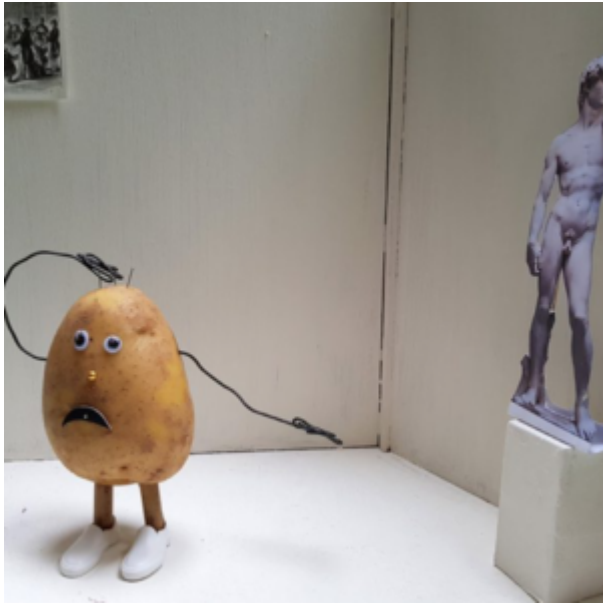
The creative ego is delicate and is easily knocked if people feel their creative endeavours are judged or misunderstood, causing a sense of not being able to participate in the production or creation of art. This often results in the unfortunate result of not being able to take making, drawing and creative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



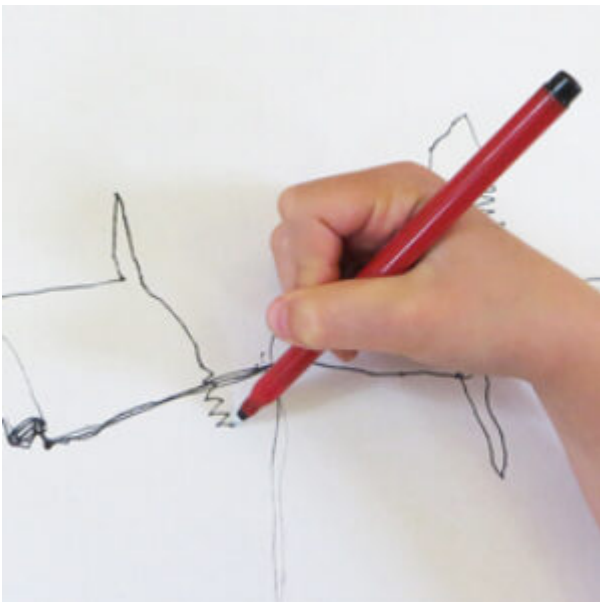
**Drawable!**



**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**



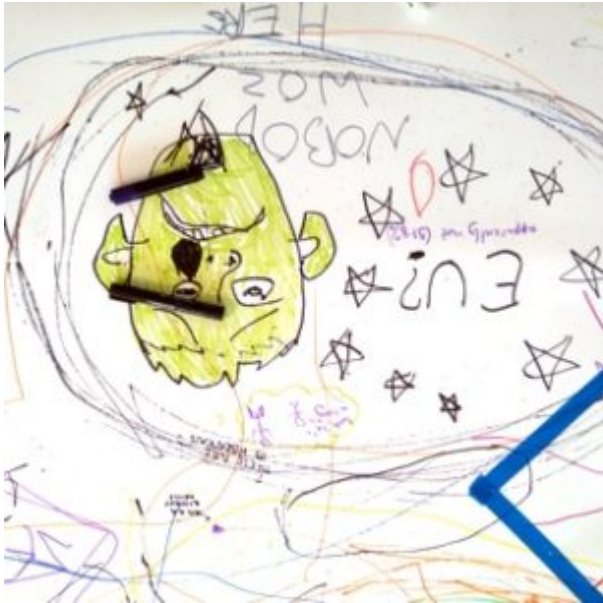
## **Detached and Timeless Painting Workshop**



**Drawing Portraits: Celebrating Class Success!**



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



**All AccessArt posts for Arts and Wellbeing**

