

# Creative Entitlement and Wellbeing

AccessArt have 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 expressing 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.

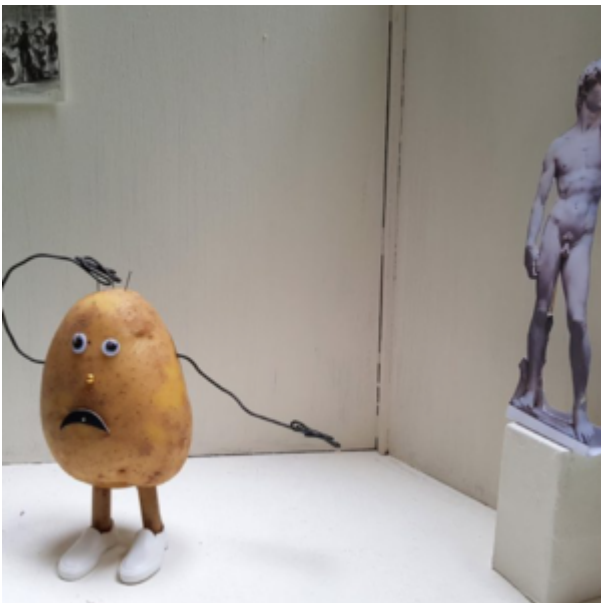
The creative ego is delicate and is easily knocked if people feel their creative endeavours judged or misunderstood, causing a sense of not feeling able to participate in the production or creation of art. This often results in the unfortunate result of not being able to take making, drawing and creative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

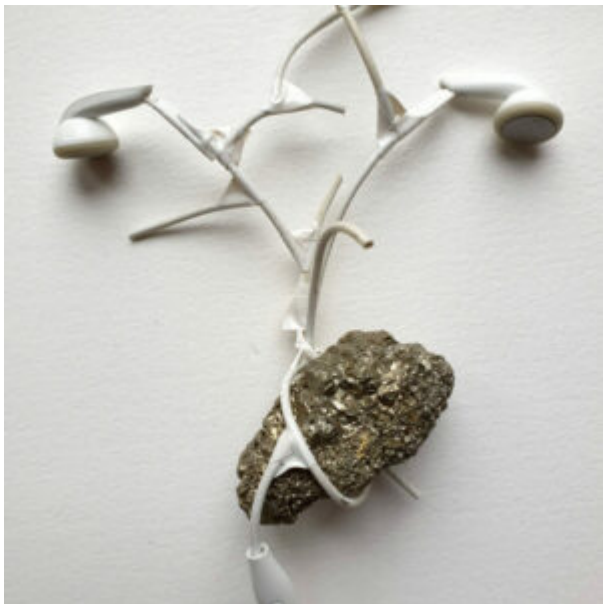
digital wellbeing week



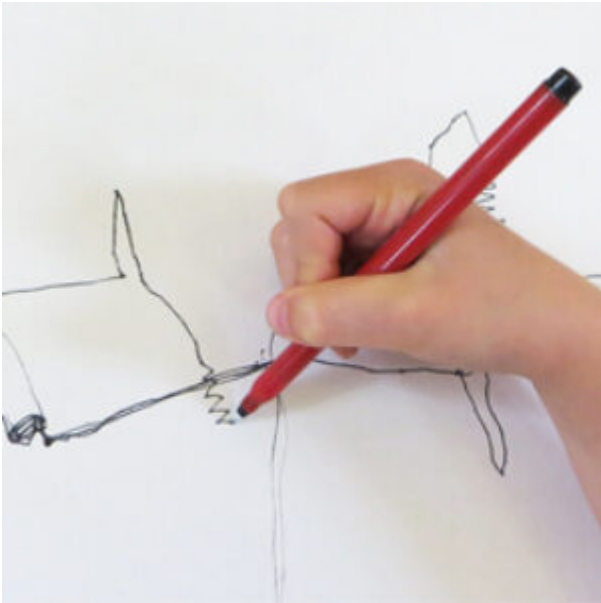
**Drawable!**



**warm ups and ice breakers**



**Session recording: Drawing for wellbeing**



**Let me inspire you**



**mark making and sound**



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



## **“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!**

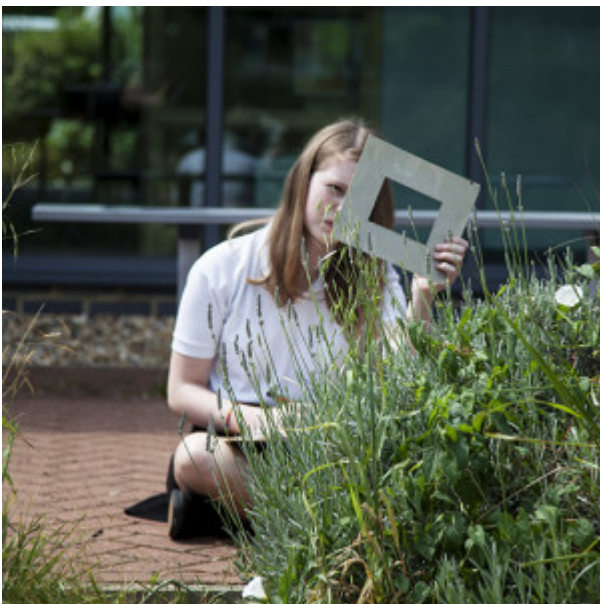


**5 Exercises by Henry Ward**





## **In-Depth Drawing Experience for Teenagers by Betsy Dadd**



## **Hedgerow Art by Sara Dudman**



## **Detached and Timeless Painting Workshop**



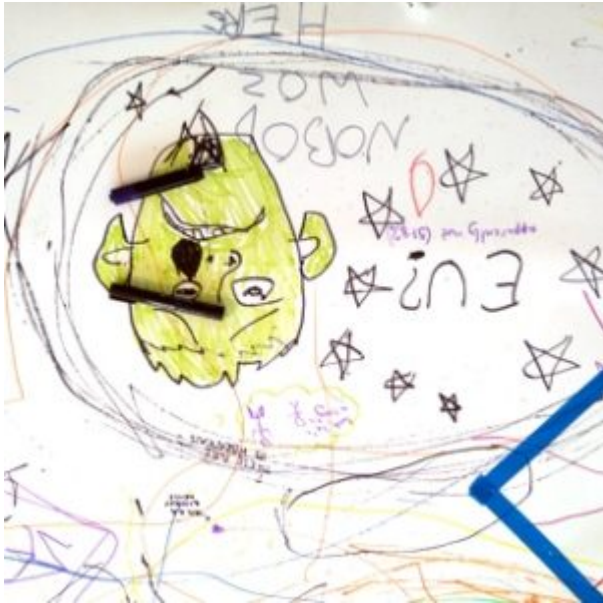
## **Drawing Portraits: Celebrating Class Success!**



**Asemic Writing: Expressive Mark Making through Invented Text**



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



**All AccessArt posts for Arts and Wellbeing**

