

# 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.*

*Please [log in](#) as a member below to access the full resource.*



---

	Please log in here to access full content.	
Username	<input type="text"/>	<input type="text"/>
Password	<input type="text"/>	<input type="text"/>

	<input type="button" value="Login"/> <input checked="" type="checkbox"/> Remember me
	<a href="#">Forgot Password</a>

To access all content, I would like to join as...

**An Individual**



Creative practitioners, educators, teachers, parents, learners...

From £3.50

**An Organisation...**



Schools, Colleges, Arts Organisations: Single and Multi-Users  
**From £42**

*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.*

---

## You May Also Like...

**AccessArt treehouse**





## AccessArt Wellbeing Resources



**Which Artists: Merlin Evans**

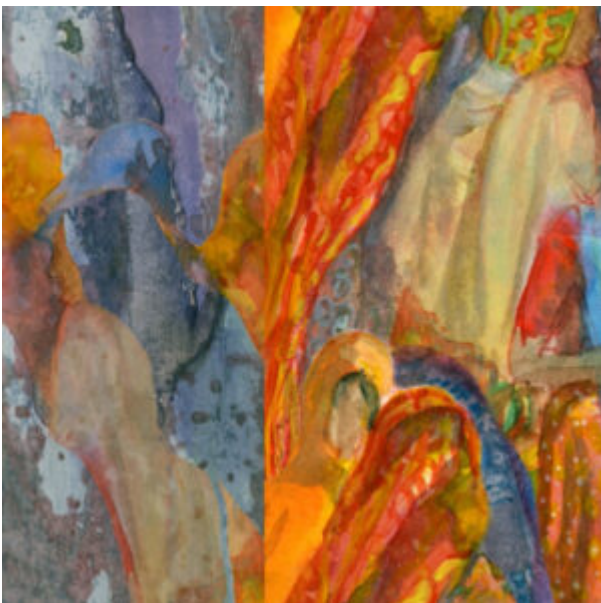


---

# Dreaming With Watercolour

## You May Also Like...

let me inspire you by emma burleigh



## Globe paintings



## introduction to watercolour



## See all send resources



---

## **“Acts of Kindness” Workshop**

---

**Collage: Deconstructing,  
Reconstructing and  
Abstracting**

**What We Like About This  
Resource...**

*“I really like how this playful resource helps us*

*to make a creative response inspired by a stimulus, ensuring that the stimulus is only an entry point into an outcome that will look totally different. Exploring the themes of colour, texture and composition through the lens of different artists also helps us see how we can interpret (and re-interpret) colours and materials in a meaningful way. Viewfinders and collage are also great tools for those who experience ‘fear of the white page’ and will allow learners to make conscious creative decisions as they go.” – Tobi, AccessArt*

## You May Also Like

**Adapting AccessArt: Colour and Composition**



**Cut Paper Collage Still Life**





**Cooking with collage**



---

**Adapting AccessArt: Stories  
and Faces**

# You May Also Like...

## Making Physical or Digital Layered Portraits



## Pathway: Exploring Identity



## Quentin Blake's Drawings as Inspiration: Exaggerating to communicate





**elastic band sketchbook**



---

**Playing With Perspective**



# You May Also Like...

## Other Resources by Joe Gamble



## Adapting AccessArt: Colour and Composition



## Thoughtful Mark making



---

# **Returning to Our Bodies – Poised Between The Slip and The Grub**

---

## **The Blood Bag Project**

### **What We Like About This Resource...**

This project combines art and science in innovative and creative ways. It engages children with simple and more complex sewing skills, both hand and machine. The fact that a

local artist collaborated on this project, bringing her own set of skills and experience is so valuable for any extended art project, and the children were able to connect with the sensitivity of the subject matter and to empathise with it's message.

## You May Also Like

### Autumn Floor Textiles



### Cloth, Paint, Print: Inspired by Natural Objects



## **Making Painted & Sewn Landscapes**



**which artists: merlin evans**





---

**Which Artist: Leigh Bowser**

---

**Which Artists: Merlin Evans**

**What We Love About This Resource...**

So often, we hear talk of the distinction between science and art, and no more so when teenagers proceed through their education and they are encouraged to choose one route or another. In reality, creative thinking helps scientific

understanding and a scientific approach can inform and inspire art.

It's so refreshing to read and see Merlin's experience and understand how she works between these two areas – in her words *"mixing subjects, and seeing how they work and intersect is where inventions take place!"*

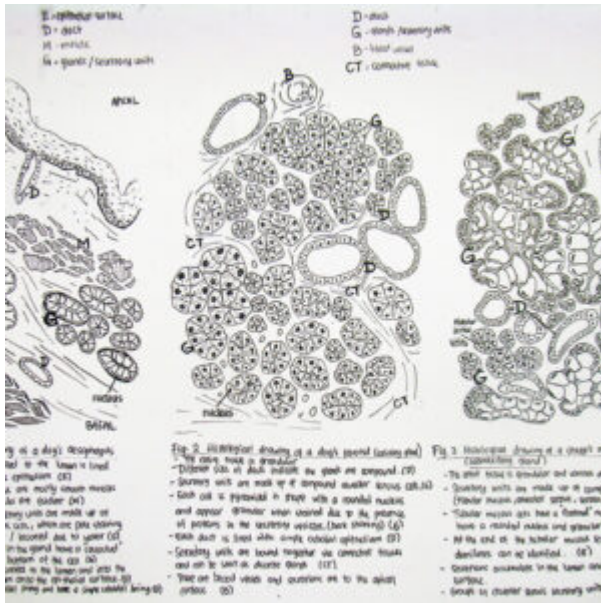
We also love the way her work embraces the *felt* world of being human, as well as the *known* world. We're sure many young people will find Merlin's work of interest and reassuring when they are pressured to choose *"art or science"*.

## You May Also Like...

### Drawing for Learning



### Drawing as a Way of Understanding



## Drawing as a Way of Understanding



# World War I Mail Art

# What We Like About This Resource...

“This project links poignant subject matter with meaningful art processes and local history. What we learn about the re purposing of materials, (in this case spent ammunition) re affirms how we can use what is around us as a starting point to making and creating. You could extend or adapt this project by looking at broken pottery, re purposing that into new sculptures that link with Roman or other local historical cultures” – *Rachel, AccessArt*

## You May Also Like...



[Henry Moore's Shelter Drawings](#)





## Remembrance Day Soldiers



## For Remembrance Day

---

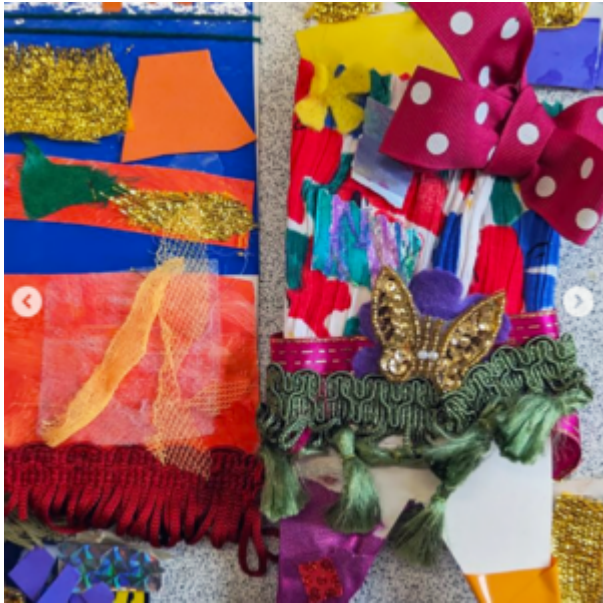
**Which Artists: Ava Jolliffe**

---

# Creativity Medals

See the Resource Used in  
Schools...





## What We Like About This Resource...

“The sentiment behind this resource idea is lovely and it provides an opportunity to really develop some fine motor skills as well as independence of approach. Taking ownership of the medal design means the sense of achievement is heightened beyond the children just being given one. You can

really imagine the positive energy that would surround this activity within a classroom, with each child working on a shared project but embarking on their own creative journey.” – *Rachel, AccessArt*

## You May Also Like...

### Pathway: Playful Making



[Featured in the 'Playful Making' pathway](#)

Talking Points: Introduction to sculpture



Sculpture.mp4

1



## Clay Art Medals



## Talking Points: Nnena Kalu



## Talking Points: Linda BELL



---

## Making Musical Instruments

# What We Like About This Resource...

“It’s great to see music being explored in this way, and combining it with making creates a really interesting immersive project. This activity would work well as part of an extended project looking at musical instruments around the world and some of the natural materials they are made from.” – *Rachel, AccessArt*

## You Might Also Like...

Pathway: Music and art



[This is featured in the ‘Music and Art’ pathway](#)

Talking Points: Linda BELL



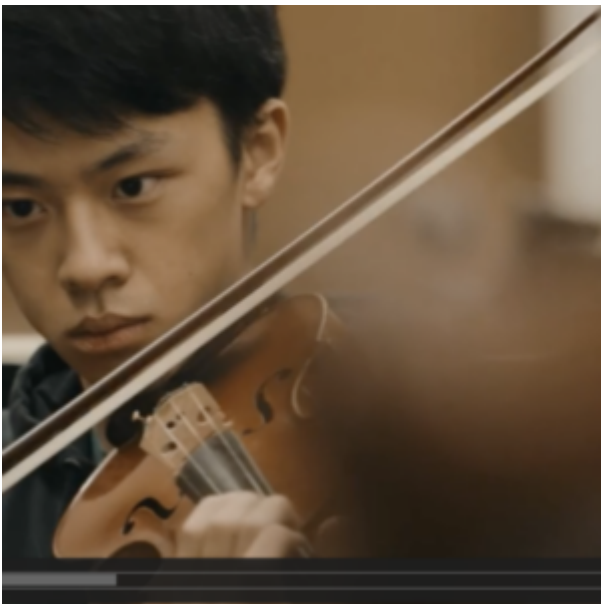
## Talking Points: Nnena Kalu



## talking points: wassily Kandinsky



**drawing source material: orchestras**



**A Cheerful Orchestra**





---

## Touch Wood

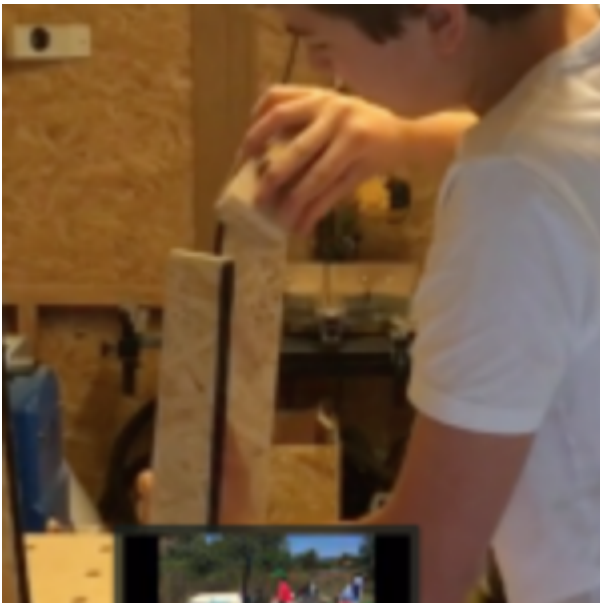
### What We Like About This Resource...

“You can get a real sense of the environment in this post and how this could provide so much inspiration for creative projects. We are aware there the challenges to exploring the outdoors when many schools are in towns and cities. A way around this could be to have a regular collection of natural objects within the classroom and using them as a stimulus to respond creatively in sketchbooks or in extended projects” – *Andrea, AccessArt*

# You Might Also Like...



## [Woodland Exploration](#)



## [A Passion for Woodworking](#)



## [Visual Arts PLanning: Tees, Forest and Landscapes](#)

---

## **Connecting With Nature Through Art**

---

## **DrawAble: The Secret Powers of Sketchbooks**

[By Jo Blaker](#)

Sketchbooks are powerful tools. Enjoy these three

videos in which Jo Blaker shares why sketchbooks have secret powers.

**\*If you are having issues viewing videos it may be due to your schools firewall or your cookie selection. Please check with your IT department.\***

## **Sketchbook Powers Number 1 & 2**

**Secret powers numbers 1 and 2: Jo describes how sketchbooks can be a door into a hidden world, and a place to explore what you feel like as a person.**

## **Sketchbook Power Number 3**

**Secret power number 2: Sketchbooks can be a weapon; a weapon you can use to fight boredom, ease anxiety, and find gratitude.**

## **Sketchbook Power Number 4**

**Secret power numbers 4: Sketchbooks can be a laboratory – a safe place to experiment, test and discover.**

---

**Be Consistent**

---

**Be Mindful Of Hidden  
Assessment**

---

**Make Assessment Inclusive**