

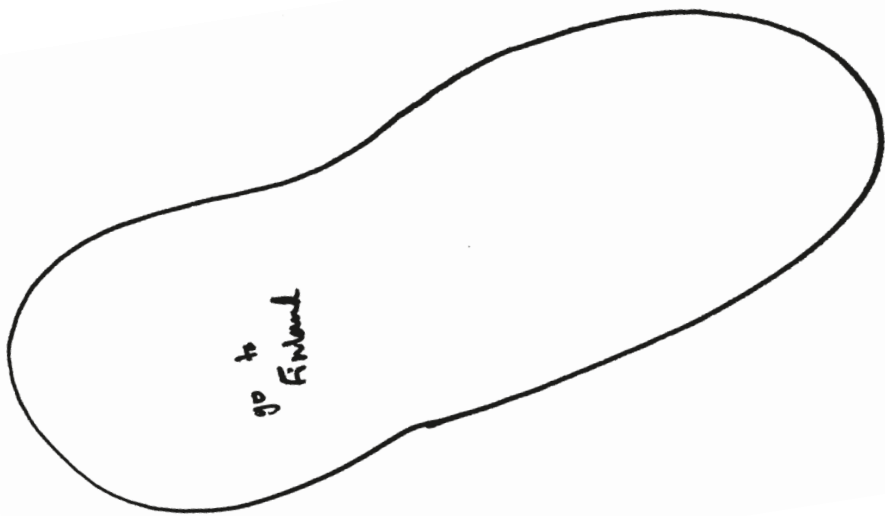
In the future I will look back and say to my younger self: Slow down — Don't worry about the future it will all be alright — Never give up — You've made it! — Don't worry about what other people think of you — Do your best, stay positive — You're never too old to learn something new

stare



write about a journey you have been on or one you dream of going on...

④ Draw around your foot — Inside the shape you drew,



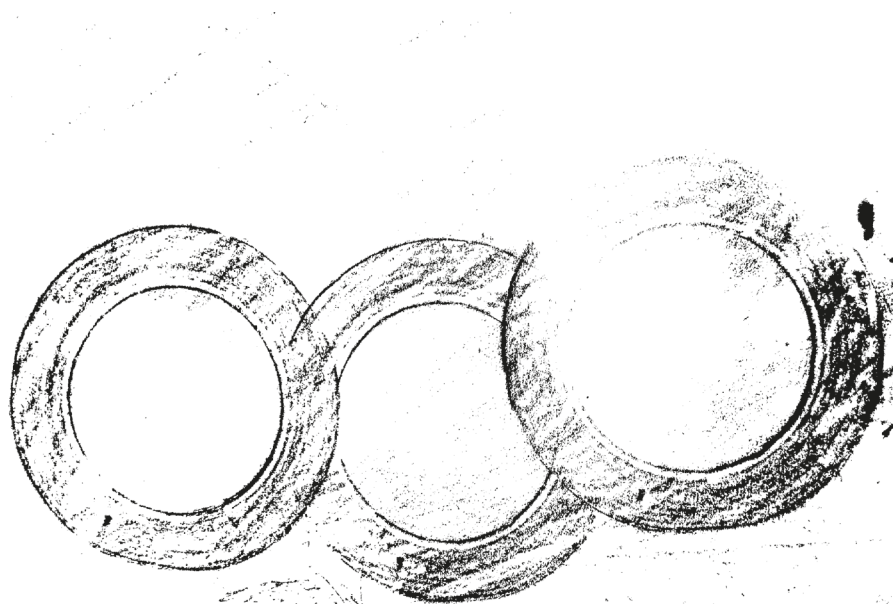
feel — Draw using your other hand — Draw without taking your pencil off the page...

② Close your eyes and touch your face, draw what you



and rub your pencil to reveal a pattern...

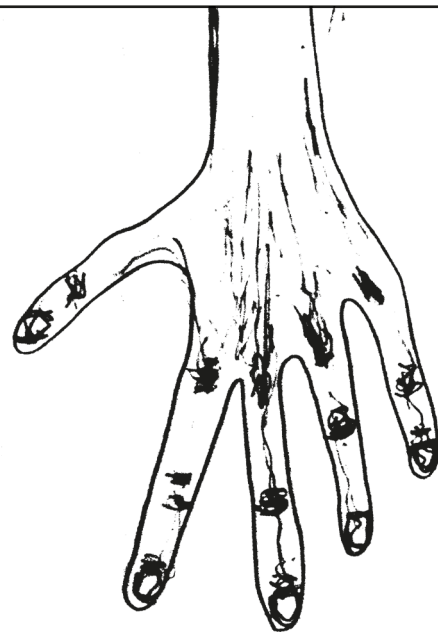
a door, your top or your phone case — Place your paper over the top of them



③ Look around you for different textures, a radiator,

about them...

love about them? — Draw around your hand, fill it with the things you love



① Think about someone you love, what is it that you

From January — March 2024 the Foundling Museum partnered with The Coborn Centre for Adolescent Mental Health to produce a series of arts and wellbeing workshops for young people, led by Artist Nicole Morris. Each week we creatively explored different ways of making marks and images using resist techniques, collage and mixed media.

At the end of each session we stood around a new section of blank calico to collaboratively fill it before rolling it back up. The full length of fabric was unveiled at the end of the project as a record of the weeks we had spent together.

This resource celebrates some of the work made during this project and includes the words of some of the participants as a legacy and reminder to never give up.

Find a minute to try out some of these new drawing activities — all you need is a pencil and piece of paper!

resist.