

FOUNDINGS



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ACTIVITY 1

Duration: 10 minutes

Materials: pen and paper

Walk through one of the gallery spaces with a display of art.

- Find an artwork that contains a person or people. It could be a photograph, collage, painting or any other media.
- Talk together about the people in the artwork. What can you tell about them from looking at the artwork? Think about where they are, what they are wearing and how they could be feeling.
- Take it in turns to think of three things that you would give them that would help to ground them. What would make them feel secure and cared for?

Find a place to sit for a moment. Write a list of things that help you feel secure and cared for. Keep your list safe for the future - you can return to it during rough times.

ACTIVITY 2

Duration: 20 minutes

Materials: pen and paper

Walk through one of the gallery spaces with a display of art. — Find an artwork that you don't like. Perhaps you don't like how it looks, or it just doesn't mean anything to you. Keep a note of the artwork you choose - perhaps take a picture of it, doodle it, or note down the artist's name and title of the work.

- Find an artwork that you do like. It doesn't have to be one you love, just your favourite from that display. Keep a note of the artwork you choose.
- Tell your partner which artwork you don't like. It's now their job to change your mind about it. After a moment's preparation, invite them to make three points about the artwork that could help you to think differently about it.
- Now swap over and find three points about the artwork they didn't like, that could help them to see it in a new light.
- Now tell your partner about the artwork you do like. What are three things you like about it? Ask your partner if it's changed the way they see it. Now swap over.

Were you open minded to the view of your partner? Even if they didn't change your mind, could you appreciate their perspective?

Keeping an open mind and trying to understand other people's perspectives can be a challenge for all of us. Experiences with art can show us different ways to view the world, and provide a safe space from which to explore new ideas.

This resource has been developed by Tate as part of New Town Culture, a pioneering programme from the London Borough of Barking and Dagenham to develop artistic and cultural activity as a core part of social care services.



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