



**Topic:** Mental health  
**Year group/s:** 6-7  
**Subject:** Art & Design

**NC link/s:**

KS2	KS3	
Record from imagination	<b>Key processes</b>	<b>Range and content</b>
Range of starting points	Develop ideas from inspiration and imagination	Explore media
Range of materials	Reflect on and evaluate their own work	Understand art and design processes

**Time:** 3 hours (in three or more lessons) with an optional further lesson

**Resources:** Whiteboard with internet access, art room, newspaper, drawing paper, pencils, pastels, watercolours, paint brushes, aprons, paper or material for mixed media, musical instruments, slips of paper with emotions printed on them, pre-printed headings for the exhibition (optional), glue

**Learning outcomes:** By the end of these lessons pupils should be able to:

- Understand the link between art and the emotions
- Create artworks in pastels, watercolour and mixed media
- Use their imagination and the work of others as starting points for art

**Prerequisites:** It would be helpful but not essential for pupils to have already completed the *Out of Sight, Out of Mind?* English writing lessons.

Time	Details	Resources
Lesson 1		
5 minutes	Explain that the class is going to make an exhibition for the <i>Out of Sight, Out of Mind?</i> project. Each pupil will create three pieces of art to go on display.	
5 minutes	Explain that the artworks will explore the link between art and the emotions and that art is often used as therapy for people with mental illness to help them explore their emotions.	
5 minutes	Demonstrate the first piece of artwork. Ask a pupil to play a musical instrument and, with your eyes closed, draw abstract shapes and marks that convey the emotion in the music (for instance, sadness could be a continuous line looping around the paper, anger could be a scribble, happiness could be a series of loops).	Paper, pastels, musical instrument
10 minutes	Sort the class into pairs and give each pair a musical instrument like a drum, xylophone, recorder, triangle or tambourine or anything else you have in school.	Musical instruments Hat with slips of paper with emotions on Paper, pastels

	<p>Ask each pair to decide who will play and who will draw first. Ask the musician in each pair to pick a slip of paper with an emotion on from a hat. They should not tell their partner what emotion it is.</p> <p>Give the artist in each pair paper and a selection of pastel crayons to make marks with.</p>	
5 minutes	<p>Ask all the musicians to start playing.</p> <p>Ask all the artists to decide on a colour to match the emotion the music makes them feel and then to close their eyes and start to make marks on the paper to record that emotion.</p>	
10 minutes	<p>Ask each pair to stop and talk about what emotion they were conveying or recording and how well they think the playing and drawing captured that.</p> <p>Ask one or two groups to report back to the class on how the exercise made them feel.</p>	
5 minutes	<p>Get each pair to swap, so one is now the musician and the other is the artist.</p> <p>Ask the musician in each pair to pick a new slip of paper with an emotion on. Again, they should not tell their partner what emotion it is.</p>	Hat with slips of paper with emotions on

5 minutes	<p>Ask all the musicians to start playing.</p> <p>Ask all the artists to decide on a colour to match the emotion the music makes them feel and then to close their eyes and start to make marks on the paper to record that emotion.</p>	
10 minutes	<p>Ask each pair to stop and talk about what emotion they were conveying or recording and how well they think the playing and drawing captured that.</p> <p>Ask one or two groups to report back to the class on how the exercise made them feel.</p> <p>Ask all the pupils to sign their pieces of artwork and put them in their folders.</p>	
Lesson 2		
5 minutes	<p>Explain that the class is going to continue making art for their exhibition on the <i>Out of Sight, Out of Mind?</i> project. This session is going to be about making artwork inspired by one of the residents of Napsbury Hospital, Louis Wain. Explain that Louis Wain was a very popular artist about a hundred years ago but then his art went out of fashion and he became depressed and ended up in hospital.</p>	

5 minutes	Show the class some of Louis Wain's paintings on the whiteboard (links below in Notes). Get the class to work out the main features in his paintings (cats, tennis, tea parties, a mock Tudor house).	Whiteboard and internet access
10 minutes	Ask your pupils to make pencil drawings of a piece of art they will paint inspired by Louis Wain. It should include three of their favourite things (it doesn't have to include cats!).	Paper and pencil
30 minutes	Get your pupils prepared with watercolours, brushes, aprons etc... and get them to paint over their pencil drawing.	Watercolour paints, paint brushes, aprons, jars of water, newspaper over tables or an art room.
10 minutes	Ask pupils to finish off their paintings and clear up. Make sure they have signed their paintings and once they have dried put them in their folders.	
Lesson 3		
5 minutes	Remind your class that they are making an exhibition for the <i>Out of Sight, Out of Mind?</i> project. This lesson they are going to imagine themselves as residents of Hill End hospital	Whiteboard with internet access.

	looking out of the hospital window. What would be their ideal view? Show them some art that other pupils have done on the whiteboard (see Notes below for links).	
5 minutes	Explain that they are going to make this piece of art out of lots of different materials, what artists called 'mixed media'. Quickly demonstrate this by drawing a window with pencil, sticking some coloured paper on for curtains and using crayons to draw a view through the window.	Paper, pre-cut coloured paper, pencil, crayons
5 minutes	Ask pupils to draw a window with curtains and what their favourite view would be.	Paper and pencils
5 minutes	Go to the pre-prepared art-room or set up your classroom with newspaper and selected art materials on the tables. Ask pupils to get aprons on.	Newspaper, paint brushes, jars of water, watercolour paints, pastels, coloured paper, material offcuts, glue, any other materials you want to use.
30 minutes	Ask pupils to create a mixed media artwork based	

	on their drawing. They can start on a new piece of paper and refer to their drawing for ideas, and can change their minds for their final piece if they wish to.	
10 minutes	Ask pupils to finish off, help clear up and remember to sign their artwork and once they have dried, put them in their folders.	
Lesson 4 (Optional – after all lessons are completed)		
5 minutes	Explain that pupils are going to create an exhibition about the <i>Out of Sight, Out of Mind?</i> project.	Folders for each pupil with three pieces of art, three written pieces and their history poster. Blank wall prepared with sugar paper
5 minutes	Give each pupil a small amount of blu-tack and ask them to choose one piece of art and one written piece from their folders to go on the wall.	Blu-tack
20 minutes	Ask each table to stick their chosen pieces of art and writing on the wall. When all the tables are done, ask the class to discuss the layout and individual pupils to move	

	some of the pieces around if necessary.	
5 minutes	Ask the pupils on each table to show each other their history posters and to vote on which one should go on the wall.	
5 minutes	Ask pupils to stick the chosen history posters to the wall and then move them around to get a good layout.	
10 minutes	Ask each table to decide on headings to go on the wall to explain the exhibition (e.g. <i>Out of Sight</i> , <i>Out of Mind?</i> , Hill End, Art, Poetry etc...). Ask each table to share one heading with the class.	
10 minutes	Hand out pre-printed headings to each table and ask one pupils from each table to decide where to stick it on the wall. If there are headings the pupils have suggested that you don't have, print those out for another lesson.	Pre-printed headings

### **Key Stage 3 Differentiation/Extension**

As a variation on the Louis Wain lesson, you could explore how artists often work with a certain theme again and again. Louis Wain's was cats. Ask pupils to decide on a theme and create three pieces of art based on that theme – one a pencil drawing, one a watercolour



and the final one a mixed media piece. Ask pupils to reflect on each piece of art and decide what they want to improve or change and what they want to keep the same in the next piece. Also ask them to reflect on how using different media may force them to do things in slightly different ways.

## Notes

Here are links to examples of Louis Wain's art:

- [http://www.stalbansoutofsightoutofmind.org.uk/page\\_id\\_26\\_path\\_0p3p.aspx](http://www.stalbansoutofsightoutofmind.org.uk/page_id_26_path_0p3p.aspx)
- <http://www.stalbansmuseums.org.uk/content/view/full/15718>
- [http://www.britishmuseum.org/research/search\\_the\\_collection\\_database/search\\_object\\_details.aspx?objectid=736881&partid=1&searchText=%22louis+wain%22&fromADBC=ad&toADBC=ad&numpages=10&orig=%2fresearch%2fsearch\\_the\\_collection\\_database.aspx&currentPage=1](http://www.britishmuseum.org/research/search_the_collection_database/search_object_details.aspx?objectid=736881&partid=1&searchText=%22louis+wain%22&fromADBC=ad&toADBC=ad&numpages=10&orig=%2fresearch%2fsearch_the_collection_database.aspx&currentPage=1)
- <http://www.outsiderart.co.uk/wain.htm>
- <http://www.chrisbeetles.com/gallery/artist.php?art=3077>

Here is a link to a page of previous schools' artworks:

- [http://www.stalbansoutofsightoutofmind.org.uk/category\\_id\\_36\\_path\\_0p31p.aspx](http://www.stalbansoutofsightoutofmind.org.uk/category_id_36_path_0p31p.aspx)

Pre-printed headings for the exhibition could include:

*Out of Sight, Out of Mind?*, Hill End Hospital, Napsbury Hospital, Louis Wain, Art, Poetry, Postcards, View from my Window, Letters.