

# KOESTLER ARTS + ART AID

*Hello from Koestler Arts!*

*Koestler Arts + Art Aid sheets suggest creative tasks that can be done in-cell. For most all you need is paper and a pencil - though if you have further materials please use them.*

*The 2022 Koestler Awards deadline has now passed (7 April 2022) but we will continue to produce Art Aid sheets on a monthly basis in the hope that they will continue to inspire you to be creative.*

*For each Art Aid sheet Koestler Arts are commissioning an artist/writer who has directly engaged with Koestler to set a creative task.*

*New Art Aid sheets will be available from the first Monday of every month.*

## **May 2022**

*This task was set by Koestler Award winner, Joe.*

### **My Story**

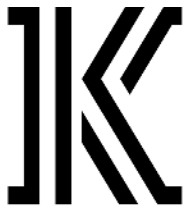


Have you ever experienced this?

You're trying not to let your feet touch the floor in the prison showers. Your toe slips. You feel sick!

Having your freedom taken away and the ability to make your own decisions like when to shower, what food you are going to eat and - one of the hardest - when you are going to be able to talk to your loved ones, really does take its toll on your patience and your mental health. Having a sense of humour was a really important tool I used to help me cope with the frustration of my situation.

I've always liked drawing, having an art teacher for a mum is probably why! Drawing and writing lyrics was an important part of me keeping my identity and not feeling like just a prison number. Whilst I was serving time in a YOI my mum would send me drawings of my icons with funny or motivational quotes. It helped us stay connected, especially through Covid.



## My Task - Seeing the Funny in the Not So Funny

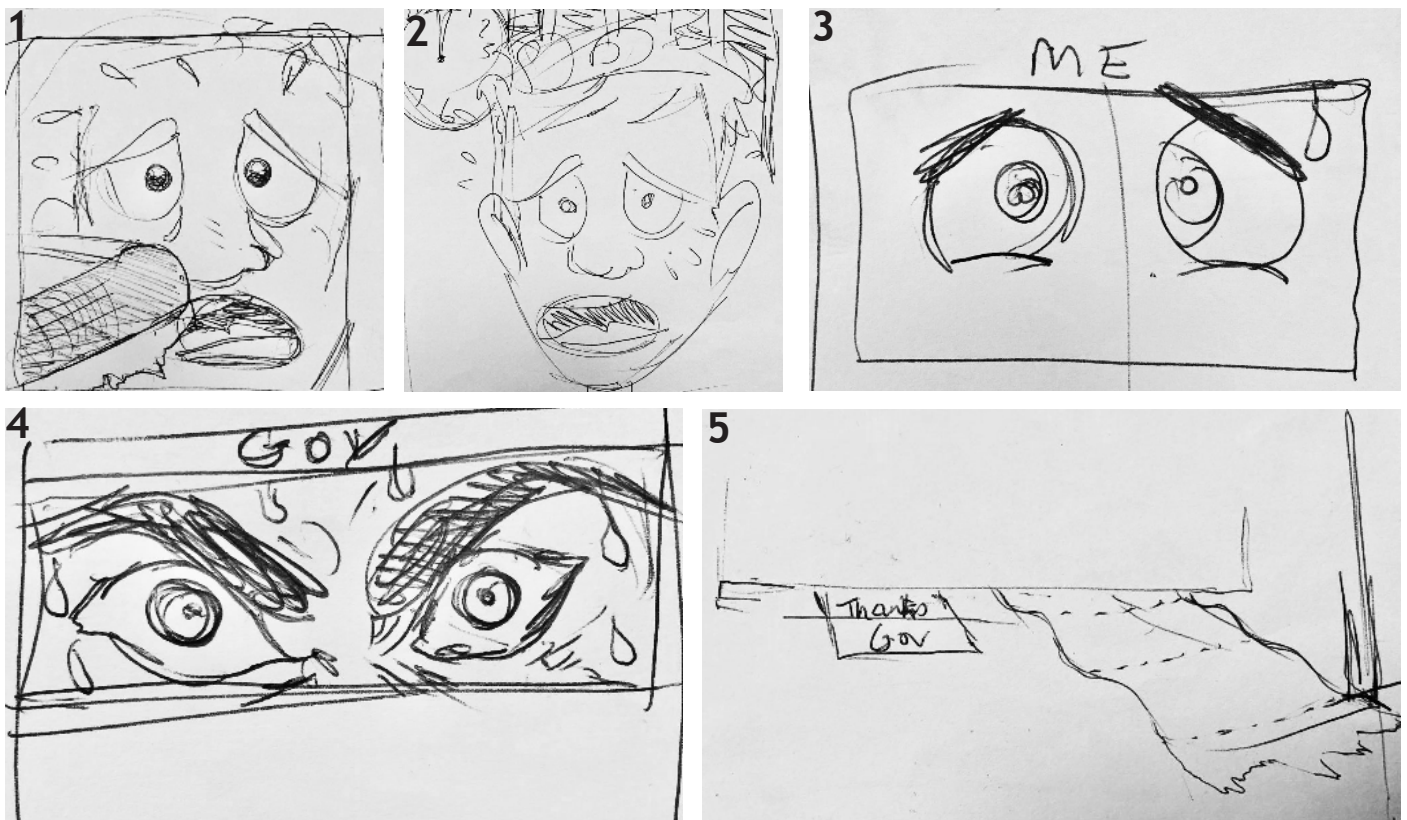
I started to think of my own experiences inside where I could see the funny side of things. Maybe you will have experienced them too!

1. Having a Gov feed toilet roll under your door in the middle of the night!
2. Not letting your feet touch the floors in the showers and if they did, feeling sick!
3. Trying to cook a curry in a kettle!

The task I would like to set involves you thinking about those moments that are best laughed at or else you would cry, or maybe kick a door and regret it!

Once you have your 'moment', try to break it up into a couple of stages: a beginning, middle and an end. Include people's reactions with zoomed in facial expressions, a bit like a comic strip.

Below is my representation of having a Gov feed toilet paper under my cell door.



All images courtesy of Joe

Try to draw the things that are important to the story and leave out the irrelevant bits.

Exaggerate facial expressions and don't worry about accuracy, it's the story and the feeling that are important. Enjoy using colour (if you can) and bold outlines to help exaggerate elements.

*Remember if you are under 18 you can enter the Koestler Awards all year round via our Fast Feedback Programme!*