

# 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 2023 Koestler Awards deadline has now passed (6 April 2023) 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 2023

*This task was set by a Koestler Award winner in a Secure Children's Home. Secure Children's Homes hold some of our youngest Awards entrants - aged 10 to 17. Anyone aged 18 or under can enter the Awards all year round via our Fast Feedback Programme. We commissioned this artist to make an Art Aid sheet following their work winning Awards and being showcased in 2022.*

### Introduction

I have always been interested in Art. Art makes my mental thoughts go away and helps me regulate, helps me understand. I am currently at a secure children's home and have been here for almost a year. It's hard being locked up in here but at least I know I am safe now.

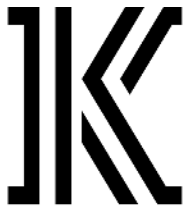
I like decorating all of my art work with marks and sketches. I like using bright coloured thick pens and once I get an idea for something I can just keep going and going - this is part of my autism. I get very focused on certain things.

I have had my art work exhibited through Koestler at the Supreme Court in London and it made me feel happy.

I like including words and images within my art work and I find writing really helps me to process. I had a poem published in a book recently - all of the poems had been written by children in care. It was good to read about other peoples experiences alongside my own.



**Image:** *My Pet Dolphin*  
Fast Feedback Highly Commended Award for Painting  
Exhibited at The Supreme Court, 2022

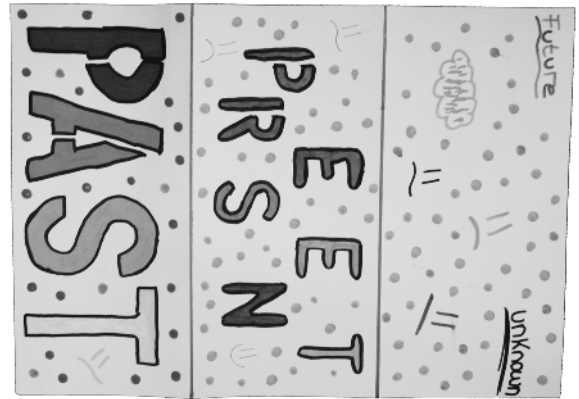


## My Task: Past, Present, Future

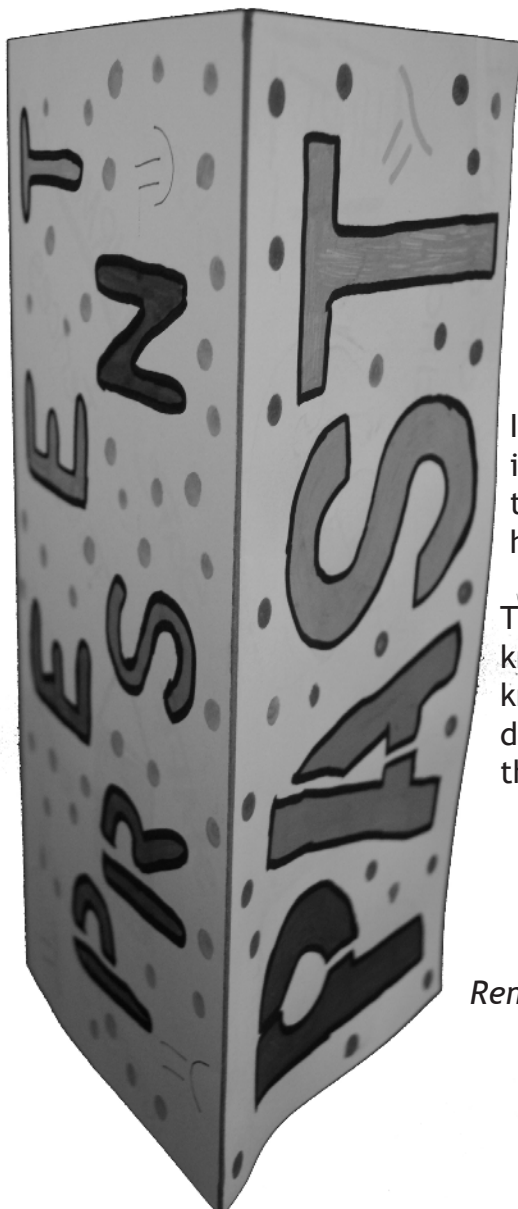
In the task I have created, I think you can be really reflective.

**Step 1:** Fold a piece of paper into 3 equal parts - a bit like a leaflet.

**Step 2:** Write down the words 'past', 'present' and 'future' so that you have one word in each third of the page. Be creative with your writing - you could write each word in a different style to reflect your feelings about that word.



**Step 3:** Then on the other side write about or illustrate things from each part of your life.



I did this task myself as an example. I found that even colouring in the words like 'past' made me think about my past as I added the colour. It helped me to attempt to process things that have happened to me.

The future is the hardest section for me to write about. I don't know what will happen. Other people that do this task might know already about their future, and it might be good or bad. It doesn't matter. But everyone has a past, a present and a future that they might like to reflect on in this task.

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

All images courtesy of the artist.