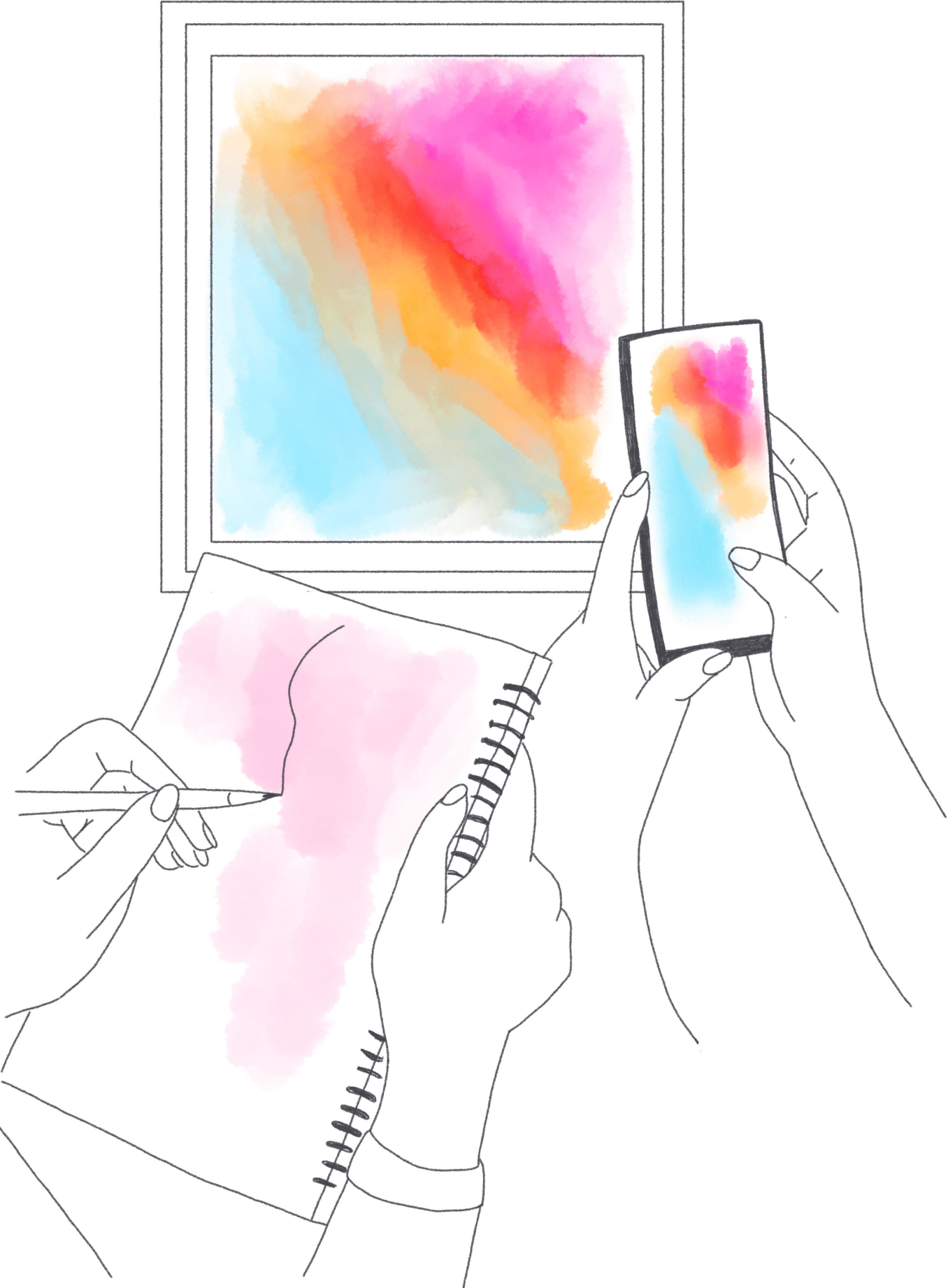


LIFE MARKERS



LIFE MARKERS

ACTIVITY

Duration: 30 minutes

Materials: pen and paper

When you arrive at the museum or gallery, find a space to sit for a moment. Talk together about an achievement that you'd like to mark - perhaps this is practical like completing a course, or maybe a change in behavior that's happened over time.

Separately, on your own piece of paper, answer the following two questions:

- What are we celebrating?
- What are three factors that made this achievement possible?
(for example: courage, patience, hope, support, dedication, hard work)

Walk through one of the gallery spaces with a display of art, and think about the three factors you wrote down.

1. Find an artwork that makes you think of one of your three chosen factors. 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.
2. Once you've both found an artwork that feels relevant, take it in turns to lead the other to that artwork.
3. Share your factor and why you feel that artwork relates to it. Perhaps the factor was 'courage', and you found an artwork with bright colours that feels bold and daring. Or maybe your word was 'support', and you saw a work with two figures standing together.

Find another place to sit for a moment.

Swap pieces of paper and read each other's words. Are they the same or different? Talk about why you chose them. Are there other examples of when you have used this factor? Are there any events in the future when this quality will be needed?

Find a picture of your chosen artwork online or keep your doodle or photo of it safe. When you need to access your chosen factor in your day to day life, for example before a stressful event, have a look at your artwork.

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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