

# ★ ARTS AWARD ★ EXPLORE ★

## A WORLD OF KINDNESS



Be kind  
whenever possible.  
It is always possible  
**Dalai Lama**

Using this guide you will be able to achieve your  
**ARTS AWARD EXPLORE**  
We have included some activity ideas for you  
here but you can test out your own ideas too.  
You might start by thinking about what creative things  
you could do that would benefit someone else.



I've learned that people will  
forget what you said, people  
will forget what you did, but  
people will never forget how  
you made them feel  
**Maya Angelou**

Darkness can not  
drive out darkness...  
only light can do that.  
Hate can not  
drive out hate...  
only love can do that  
**Martin Luther King Jr**



Be kind to  
unkind people...  
they need it the most  
**Ashleigh Brilliant**



Never doubt that  
a small group of  
thoughtful, committed  
people can change  
the world...  
it is the only thing  
that ever has  
**Margaret Meade**



The smallest act of  
kindness is worth  
more than the  
grandest intention  
**Oscar Wilde**

Spread love everywhere  
you go. Let no one ever  
come to you without  
leaving happier  
**Mother Teresa**



When we seek to discover  
the best in others,  
we somehow bring out  
the best in ourselves  
**William Arthur Ward**

Kindness is the golden  
chain by which society  
is bound together  
**Goethe**



Be the change you want to see...

A

## INSPIRE

★ Reflect on what inspired you the most... what you enjoyed

We looked at a selection of kindness quotes, and chose our favourites. We then used crayons and rainbow sponge painting to create our own inspirational posters, with messages of hope and encouragement.

Some of us wanted to find out more about the people making the comments...

B

## EXPLORE

★ Explore the work of at least 1 artist

We played a game of artist top trumps, learning about things such as rating for 'shock of the new' and 'top auction price'. After the game we chose a couple of our favourite artists and then googled them to research more information about them and their work, trying to find if there was evidence of them being kind individuals or their artwork making a positive impact on people or the world.

Banksy hides his identity, like my favourite DJ Marshmello... This made me think about why you would want to be famous but still protect your identity, and how this was maybe being kind to yourself.

Banksy makes political statements with imagery, not words... this can make people aware of problems in the world.

★ Take part in at least 2 arts activities

Imagine someone else walking in your shoes... Who are you thinking about? Think about someone who may not be as fortunate as you... What would it be like to walk in their shoes for a day? Is there something you could do or make that would help them, cheer them up or that you could thank them for?

Kindness is the language which the deaf can hear and the blind can see

Mark Twain

Mark Twain was a famous writer but a bad businessman! Maybe it was more important to him that more people read his stories than making lots of money?

If you are inspired by what someone has said or done, try to find out more about them... Find out what motivates them to be kind.

★ Explore the work of at least 1 arts organisation

We played a game of matching pairs using special cards each with a fact about People United and an image as an example. When we had three matching pairs we wrote down what we had learnt.

People United work with artists to explore themes such as...

Belonging & Home

People United run creative projects with communities led by artists, to explore how being creative can grow kindness

Imagination & Wonder

Courage & Kindness

**A**

Record which arts activities  
you took part in here...  
Drawings - Photos - Notes

What did you find  
inspiring and why?

**B**

Which artist and arts organisation  
did you explore?

Draw or write 3 things  
you learnt about each  
of them here. . .



# C

## CREATE



Create a piece of artwork



Record the process of making the artwork



I was inspired by Sarah Corbett, an artist who sews messages and puts them on poles or railings so she can speak to people in public, not online.

I like helping people so I am making a kit for a homeless person... A tie-dyed tote bag, decorated with an embroidered patch, which will hold food and toiletry donations.



# D

## PRESENT



Identify at least 1 activity or experience that you enjoyed or are proud of



Present what went well and why to others



Go for a walk with a friend and describe what you've done for your Arts Award. Talk about what you are most proud of, what you found difficult, what you would like to do next...

How could you show your conversation?  
 • Drawings with speech bubbles...  
 Emojis...  
 A photo story...  
 A script...  
 Try a few and compare the results

Draw around your hand...  
 Write your answers to the following questions, then share with a friend

Little finger... Who did you share your work with?

Ring finger... What would you do differently next time? Why?

Middle finger... How was your project kind to yourself or others?

Index finger... Which part of your Arts Award are you most proud of? Why?

Thumb... Which part of your Arts Award was the most fun? Why?



The most fun part was doing the eye close because it was my first time





Plan & record the artwork  
you create here...  
Drawings - Photos - Notes

How **do** you feel about  
the artwork you made?

Was your project kind in some way?  
Who was it kind to?

**D**

Record what you enjoyed  
or are proud of here

Who did you present your work to?  
How did you present your work?  
Drawings - Photos - Notes

# ARTS & KINDNESS

## ARTS AWARDS

To create this guide People United teamed up with a youth club in Ramsgate (Kent) called Chill Club and artist Jan Wheatley.

The young people who took part were aged 9 to 18 years old; they helped to develop and test activities with themes of caring and helping to achieve their ARTS AWARD EXPLORE.

Together they made artwork, played creative games, went on trips and learnt about artists who help make the world a kinder place.

Using drawings, photographs and comments from the young people at Chill Club we have created this useful resource to inspire and guide more of you to learn about arts and kindness.

We hope you enjoy using this guide, and good luck with your Arts Award.

Remember to have fun and be kind!

Take a look at where you live,  
go to school, or play...

These are some ideas  
for a garden in a local  
care home...

Are there ways you could make your  
environment friendlier, kinder  
or more welcoming?

## PEOPLE UNITED

People United is an arts charity who organise fun events and art workshops for people to take part in. Anyone is welcome and we work with children, families, teachers, community groups and neighbours. The projects are led by artists.

Together we make craft and art, get to know each other and have fun. We have found that making artwork together can help people to be kinder to each other and the world around them.

You can visit our website at [www.peopleunited.org.uk](http://www.peopleunited.org.uk) to find out more.



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