

Colour me in!

# Arts Award Discover

This is your **Arts Award Discover** logbook. You'll use this to keep track of everything you do, and as you complete each section your teacher will tick off the boxes below. When all the boxes are ticked off, you will have an **Arts Award Discover**!



My name is: \_\_\_\_\_

Now open up your logbook and begin!

## Teachers ticklist

Tick off the boxes below once students have completed each section

- WELLBEING PART ONE
- PART A: DISCOVER
- PART B: FIND OUT
- PART C: SHARE
- WELLBEING PART TWO

**Green  
Shoes  
Arts**

**INSPIRING  
FUTURES**

# Arts Award Discover

**Arts Award Discover** is a fantastic chance for you to get an award and a really cool certificate that you can show to your family and teachers and keep in your record of achievement. All you need to do is work your way through this logbook and fill in each of the pages. Be as creative as you want to be: draw pictures, use photos, print stuff from the internet and use pictures from magazines. You can also add additional pages if you want.



## GREEN SHOES TIPS

If you get stuck, look at the Green Shoes Tips for ideas and suggestions!

To get an **Arts Award Discover** certificate, you will need to do the following things:



**Look at as many different types of art as you can think of.** Write them down, draw them, or find images which show them.



**Take part in an arts activity.** This means you need to take part in an art form in some way. There are a lot of different ways to do this.



**Find out about an artist.** You'll do some research into an artist who creates art that you like. You can do this in any way you want.



**Share what you've learned with someone else.** Tell someone about what you've learned. You can share knowledge in whatever way works for you.



**Write down what you find out.** Wherever you see this symbol, you need to write down what you've learned so your teacher can see it.

We're also going to ask you to learn how to **track your wellbeing**. You don't have to do this to get an **Arts Award Discover**, but it's a good skill to have.

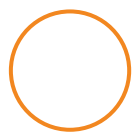
You'll note down everything you do in this logbook. Once it's completed, you'll give it to your teacher – and soon, you'll be the proud owner of an **Arts Award Discover!**

# Wellbeing Part One

Taking part in something artistic isn't just about making something new. It can make you feel better too. We're hoping that working through this logbook will be something that you enjoy and that helps you, and we'd like you to note down how you feel at the start and end of Arts Award Discover. To do this, we'd like you to think about your wellbeing.

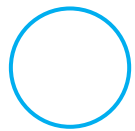
**Wellbeing is a good way of working out how we're feeling.** It can help us learn what makes us feel better, and we can use this to improve our wellbeing over time – making us feel generally happier. We'd like to ask you to use the Arts Award Discover to track your wellbeing.

We'd like you to start this by choosing a number from 1 to 10 that best expresses how you're feeling about each of the following four things. A '10' would mean that you're feeling really great, and a '1' would mean that you aren't feeling good about it at all. A '5' means that you're not feeling strongly in either way. Write your scores in the circles.



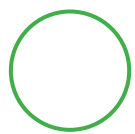
## Happiness

Generally, how happy do you usually feel?



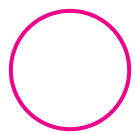
## Self-esteem

How good do you feel about yourself, and how confident are you about telling people how you feel or what you think?



## Knowledge

How much do you think you generally know about art forms that you might be interested in?



## Resilience

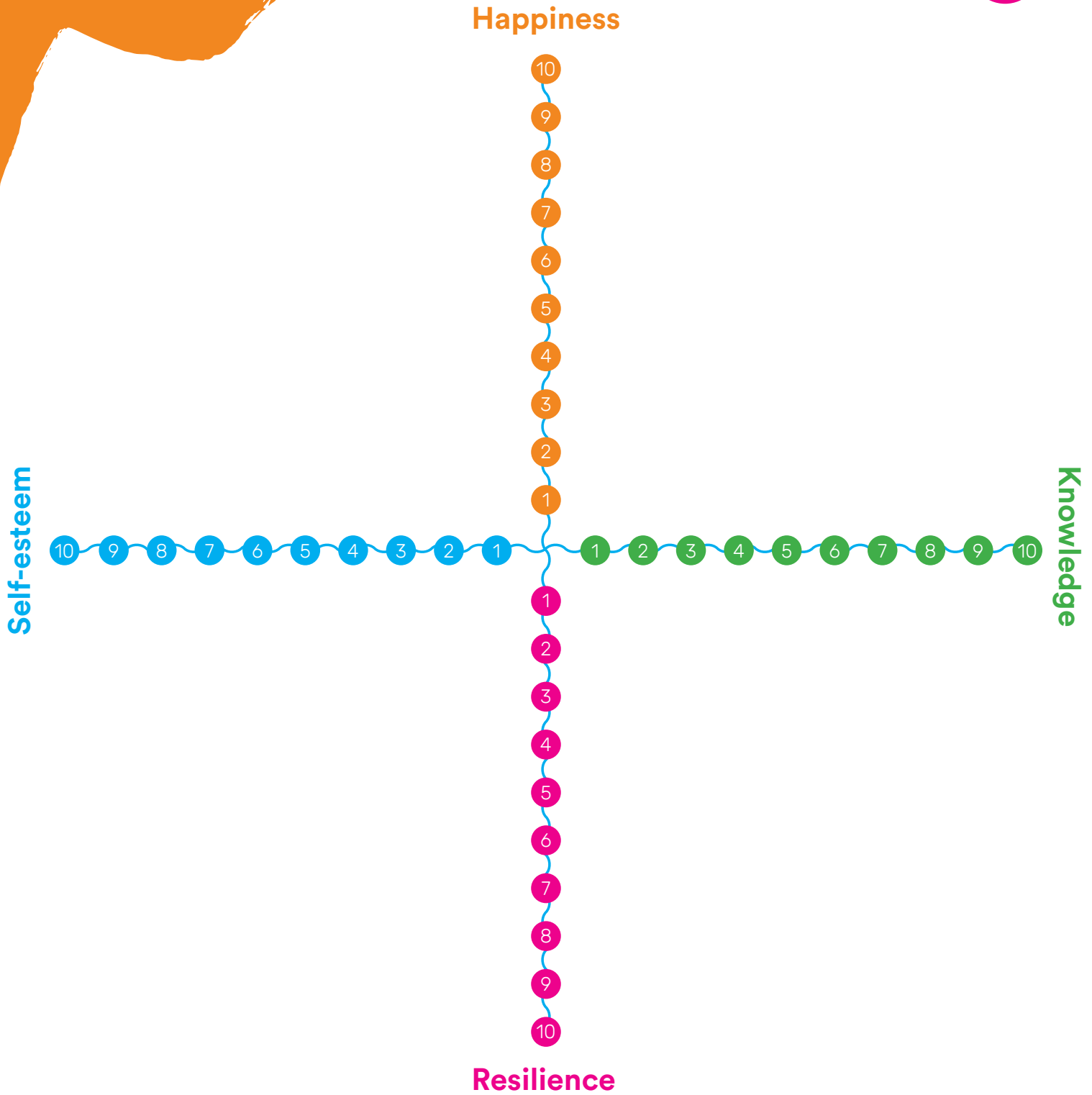
How well do you do when something unexpected and challenging happens? Do you move on quickly, or does it bother you for a long time? How good are you at letting things go?

Now that you have these numbers, note them down as dots on the shape on page 4. Connect the four dots so they form a shape. If you have one, you should use a red pen or felt-tip for this. This shape is your starting wellbeing. **Good work!** You'll do this again once you've completed the Arts Award Discover.



This is a good time to think about the things you do which might help your wellbeing. What can you do that makes you feel happier, more confident, and more able to deal with stuff? While you're completing this logbook, try to find ways to take part in activities that help with this. This is also a good time to try some new things. You might find something you love doing that you've never tried before.

# My Wellness Map



Fill in your wellbeing map above using your numbers from the previous page. Then join up your numbers using a red pen. Once you have completed your log book you will add in your second set of numbers using a green pen.

## Part A: DISCOVER



How many different types of art do you know about? Draw, write, or stick in pictures of as many different types of art as you can think of.



Talk to your friends, classmates, teachers, and anyone else you know about this. You might be surprised what ideas they have. Think outside the box! Art is used in lots of surprising and different ways.



What are you going to do? Will you draw or paint something, sing a song, make up a comedy sketch, watch a play or film, read a book? Write down what arts activity you will do here.



You might think of something completely different that is still an art form, like filming a video and sharing it on social media, upcycling an old object into something new, or making an item of clothing. Can you think of anything we haven't mentioned here? Remember that lots of things are art forms, and you might already be taking part in a lot of these



Record what you did here.



You can write down what you did, or use photos, notes, sketches, or anything else that works for you.

**CONGRATULATIONS!** You have now completed Part A: DISCOVER!

## Part B: FIND OUT

This is where you will find out about an artist.



What artist are you going to find out about?



There are a lot of different types of artists, and they aren't just painters and actors. Think about your favourite game. Someone designed and drew that. Look at the building you're sitting in right now. An architect drew the plans and built a small-scale version of it. What about your favourite song? Someone wrote that and performed it. Can you find out who these people were and how they did it?





How are you going to find out about them?



You might look your artist up on the internet, read about them, ask someone about them, or watch videos or documentaries on them. Can you find out something about them that other people might not know?



What did you find out about them?



You should write down what you learned here. It might be helpful to put a list of facts you've found out here, and you can include any images you've found as well. You don't need to write down a lot of information, and it's a good idea to think about what other people might not know about your artist.

**CONGRATULATIONS!** You have now completed PART B: FIND OUT!

## Part C: SHARE

This is where you'll share what you did and what you've learned with someone else.



Who are you going to share your Arts Award Discover experience with and why? Why do you think they'll like it? You can draw a picture or stick a photograph here along with writing their name if you feel like it.



Who would you like to share this with? Think about the art form and artist you've been working on. Who do you think would find this interesting?



What did you enjoy? What did you learn?  
How did it make you feel?



This is a chance for you to reflect on your experience. What do you know that you didn't before? What have you created that you're proud of? Can you write down why you liked it? You can write down whatever you want here, and there's no right or wrong answer.



## What did you share?



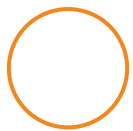
How can you share your knowledge? Maybe you can show someone a video you've made, or play them a song and tell them about the artist, or talk about a film you love and why the filmmaker made it. What's important here is to find a piece of art you love and tell someone else why you love it. If you do a really good job, maybe they'll love it too.

**CONGRATULATIONS!** You have now completed PART C: SHARE!

# Wellbeing Part Two

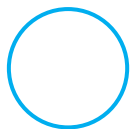
You're nearly done, but before you finish it's time to track your wellbeing again and find out how you feel now that you've completed Arts Award Discover.

Just like when you started, you'll choose a number from 1 to 10 that expresses how you're feeling about each of the following four things now that you've completed the rest of the logbook. Write your numbers in the circles below.



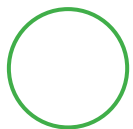
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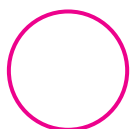
## Self-esteem

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## Knowledge

How much do you think you generally know about art forms that you might be interested in?



## Resilience

How well do you do when something unexpected and challenging happens? Do you move on quickly, or does it bother you for a long time? How good are you at letting things go?

Now it's time to note these numbers down as dots on the shape on page 4 again. It's a good idea to use a different colour than you used the first time, ideally a green pen or felt-tip if you have one. Then connect the four new dots so they form a new shape.

This shape is your end wellbeing. Take a look at the shapes. Do they look different? Is the second shape larger or smaller? The difference between the two shapes shows how your wellbeing has changed over the course of completing your Arts Award Discover.

## Can you think of any ways that you could make the second shape larger?



Now that you have an idea of how to manage and improve your own wellbeing, can you pass this on to other people too? Think about people you know who might benefit from a text or a chat, or from sharing an arts activity with you. Can you improve the wellbeing of the people around you? Imagine what happened if you made the people you know feel better, and then they went out and made someone else feel better, and so on. How would that make you feel?

# YOU DID IT!

You have now done everything you need to earn an **Arts Award Discover**.

You've also taken part in an arts activity, learned about an artist, and shared your knowledge with someone else. This means that you're an artist too, and you've helped someone learn about art. What will you do next?

Did you enjoy doing Discover? Grow your creative skills and develop your talents even further by taking the next level **Arts Award: Explore!**

[artsaward.org.uk/explore](https://artsaward.org.uk/explore)

You can check out our online magazine to see how other young people do Arts Award at [artsawardvoice.com](https://artsawardvoice.com).

Arts Award is managed by Trinity College London in association with Arts Council England working with 10 regional Bridge organisations. The Arts Award Transitions project in Barking & Dagenham is facilitated and moderated by Inspiring Futures: The LBBDCultural Education Project, and Green Shoes Arts.

Inspiring Futures' mission is to ensure that every young person can confidently participate, shape, and take pride in creative and cultural opportunities, making their voice heard.

Green Shoes Arts uses the arts to promote wellbeing and community cohesion across Barking & Dagenham, working with at-risk, vulnerable, and excluded people of all ages.

[lbbd.gov.uk/inspiring-futures-the-lbbd-cultural-education-partnership](https://lbbd.gov.uk/inspiring-futures-the-lbbd-cultural-education-partnership)

[greenshoesarts.com](https://greenshoesarts.com)

[artsaward.org.uk](https://artsaward.org.uk)