

# FREE FAMILY GUIDE A PICTURE OF HEALTH

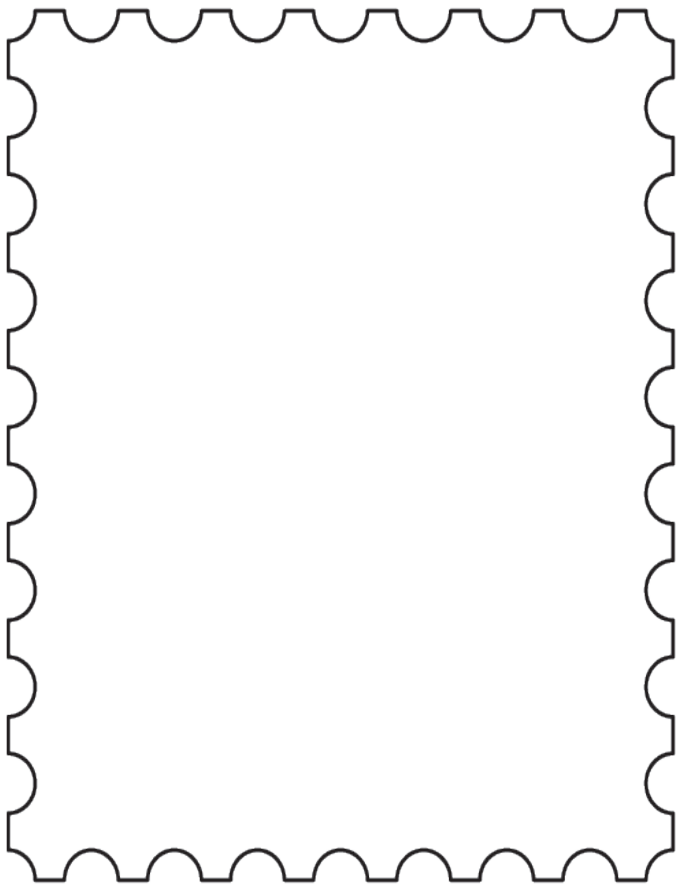
A Picture of Health looks at the way we look and feel through the eyes of 11 different artists. As you walk around the exhibition think about what each artist might be feeling.

Susan Hiller's Midnight photographs were taken in a photo booth and capture how she felt at that moment. Can you draw how you are feeling right now below:

Hiller used a technique called automatic writing. It describes the process of writing without thinking about the words and doesn't have to make sense. Try some automatic writing over your image above.



Draw your own positive message in the postcard below...



- The artist Heather Agyepong has created photos based on old postcards. The original images show 'Cake Walk' dancers - a dance craze popular in the 1900s.
- The original postcards are now seen as racist because they portray Afro-Caribbean people in a negative way.
- The artist has re-made these postcards as positive images that inspire people to take action against racism.



Some of the artists have asked people questions about happiness and health. What would you like to ask? You can write your question above...