

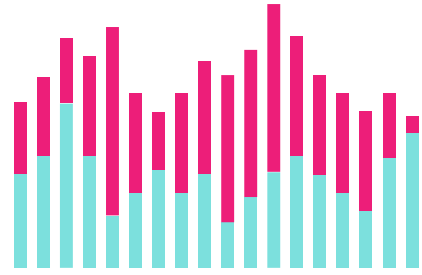
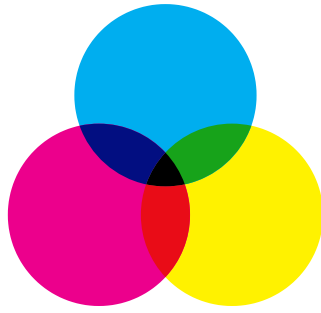


Florence Nightingale and Mental Health

Florence Nightingale knew that feeling well in the mind was as important as feeling well in the body. She helped patients write home to their families during the Crimean War and took the time to ask them how they were feeling.

Florence was a pioneer and she recognised that light, space, fresh air and cleanliness made people feel better too. She even looked into colour therapy where certain colours made people feel more calm than others. She would combine these elements in her hospital designs.





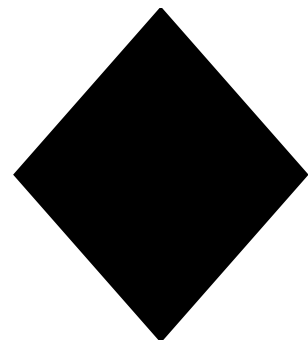
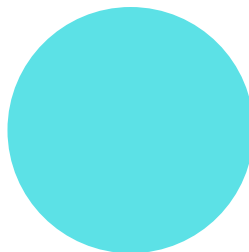
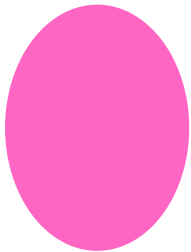
EXPLORING COLOURS AND SOUNDS

Name: _____

Date: _____

Florence Nightingale felt that certain colours helped make people feel better and she would incorporate this into hospital design.

Look at the colours below and write one or two words about how that colour makes you feel. Which colour(s) would be best in a hospital? Your house? Your school?

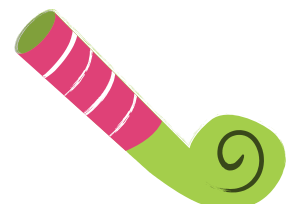




Sound and Emotion

Sound can have an impact on our mental health. For example, a lot of noise can make us feel stressed. Sounds and songs can make us feel different emotions. Florence Nightingale understood that calm, quiet wards allowed patients to rest which helped make them feel better. Today, doctors and nurses continue to try and make wards and patient accommodation quiet and calm.

This activity helps learners explore the impact of sound on emotion. This exercise can also be used in art and design to help learners link sound to mark making and expressive drawing which artists use to convey emotion in their work.



For this activity you'll need:

1. A piece of blank A4 paper divided into 6 boxes (see attached template or create your own) If you're an expressive drawer, you might want a sheet of paper per song or 6 sheets in total.
2. A pencil
3. Six clips of music without words/lyrics. Try to find a selection of different musical styles. For example, you could use:

Due Tramonti by Ludovico Einaudi

Where Eagles Dare (Instrumental) by Iron Maiden

An Ending (Ascent) by Brian Eno

Sandstorm by Darude

Bellevalle by Django Reinhardt

Spring by Antonio Vivaldi

Instructions:

Educator/parent/carer to play a clip of music for 30-40 seconds. Learner to put pencil to paper in their first box and close their eyes. As music plays, draw along to the music in a free flow line...try to stay in the box where you can.

We're not drawing anything in particular, just letting our hand and the pencil move to the music. Once the clip is over, write down a few words about how that music made you feel.

Once all the clips are played, and all the line drawings are done, look together at what you've drawn. Have you pressed harder or softer with the pencil at times? Are some lines heavier or lighter, wider or thinner? Are some shapes more round whilst others are more sharp? How did you feel when you listened to the music? Does your drawing express the emotion you felt listening to the song?