



# Headstrong

Week 22

*Dear Friends,  
I Give you the  
Sun and my  
Sunny Art*



# HEALTHY SCHOOLS CHALLENGE:

**‘Activist art is about empowering individuals and communities’ \***

Creativity is a great way to positively express and share feelings, find joy and make an active difference in the world. Collaborative art is even better.

**Taking inspiration from Maria Prymachenko’s art create a colourful flower for a whole school display to symbolise hope, peace, kindness and care. You can use the templates given, or draw your own.**

You can write messages in the flower, stem or leaves to show you are thinking of those who are suffering through war/conflict and to promote peace and harmony in our own community and across the world - whatever you want to say to help.

Please return your flower to your form tutor by Monday the 21st. Form tutors, please return flowers to the box in the staff room.

## Creativity Cares

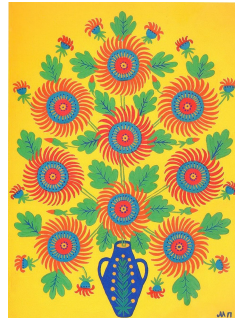




# Maria Prymachenko - Ukrainian Artist 1909 - 1997



'Dear Friends, I Give You the Sun  
and My Sunny Art' by Maria  
Prymachenko, 1978



# Maria Prymachenko - Ukrainian Artist 1909 - 1997

Maria Oksentiyivna Prymachenko was a Ukrainian folk (traditional) art painter, who worked in the naïve (simple, no formal training) art style. A self-taught artist, she worked in painting, embroidery and ceramics. In 1966, Prymachenko was awarded the Taras Shevchenko National Prize of Ukraine.

Prymachenko's work is definitely joyous, with bright colours simple shapes and patterns. It features and celebrates the landscape and stories of Ukraine in magical scenes, inhabited by people, creatures and plants.

As the national flower of Ukraine is the sunflower, it is not surprising that this flower features frequently in Prymachenko's art. Sunflowers are an important crop in Ukraine. Ukraine is the world's biggest producers of sunflower seeds, used primarily for sunflower oil.

Sunflowers have special meaning across the world. In China they symbolise vitality and good luck. To Native Americans they symbolise harvest and provision. Universally they represent joy and light because of their association with the sun. Many artists have painted them to express happiness and hope - can you think of any?

Flowers in general can lift our mood. Having bright, sunny flowers around can also help reduce feelings of stress and anxiety. Flowers, especially at Spring time, remind us of the cycle of life and the promise of warmer, brighter days to come.

# Things you can do to manage worry and upset caused by the news.

- Tell someone you are worried. Talking to a trusted adult about the news can help you to understand it better and keep it in perspective.
- Limit your exposure. It is good to be informed, but take a break from reading/watching the news. Stick to trusted outlets and ones designed specifically for young people to avoid seeing and reading things which may prove to be false or graphic. It is particularly important to put away your phone/other device well before bedtime.
- It is common to feel guilty when we see others suffering if we are not. This is normal, but guilt is not helpful to you or to those suffering. If you feel bad that your life is better than someone else's then be grateful. Being grateful is a positive way to acknowledge what is good in life and promote good mental health. Take time to say in your head or out loud how grateful you are for the good things in your life - however small. You should not feel guilty for finding joy in life.
- It is common to feel helpless when we see bad things happening in the world, but you may not be as helpless as you think. If you want to help, consider taking action. Activism is a POSITIVE which can help us feel more in control of situations. You might give (however small) to a trusted charity or promote peace and understanding - even by just being kind to yourself and to others day to day.

# News Outlets for Young People

[BBC NEWSROUND](#)

[DOGO NEWS](#)

[FIRST NEWS LIVE](#)

[TWINKL/NEWSROOM](#)

[NEWS FOR KIDS - US based, but has international stories.](#)

# Helping through donation

If you or your family want to donate directly to help in Ukraine this site provides a safe and effective means to do so. It is the DEC (Disasters Emergency Committee): which brings together 15 of the leading UK charities with experience of working in conflict situations.

## [UKRAINE HUMANITARIAN APPEAL](#)

Unfortunately people in many other countries are suffering similar needs due to conflict and you may want to help them instead or as well as. Most of the charities listed on the above site are helping across the globe.