



The Contemporary Art Space Project

We Start Here

by Nilupa Yasmin

with Year 9-11 students from Arrow Vale RSA Academy

The artist, Nilupa Yasmin worked with students using weaving and photography to explore the theme of oracy. The students took abstract images of the school environment that Yasmin wove together, both digitally and by hand, to create the work. This piece consists of two parts: a triangular structure created with digitally woven brushed tweed fabric hung between posts and a hand woven wall hanging. The title “We Start Here” was chosen by the students to represent the idea that school is where they start from – a central point in their lives.

What do you think?

Materials: Digitally woven tweed fabric x 3 (2m x 1.3m),
handwoven largescale photographic images (1.6m x 1.1cm)

Reflection text by Lyn French, psychoanalytic
psychotherapist and Director, A Space

Image by Anita Fazal

Additional Support by:
The Foyle Foundation
The Saintbury Trust
The Elmley Foundation

REFLECTIONS

The phrase ‘*We start here*’ reminds us that each day is an opportunity to begin afresh.

Maybe something from the day before has left us feeling full of self-doubt and low in mood. When this happens, it helps to reconnect with our positive sense of self by asking:

- What personal qualities am I most proud of? When have I shown these?
- How can I be my best self today?

We can all be critical of ourselves at times. Paying attention to this internal ‘self-talk’ gives us the chance to catch our negative thoughts and treat ourselves with more compassion.

- What could we say to ourselves when our self-talk is judging us harshly?

A creative approach to life includes being able to hold onto our self-belief and motivation even when we are going through a difficult time.

- When times are tough, do you ever give yourself a compliment or praise yourself? Try it! What does this feel like?