

WE RESTART CHARITY



HUMAN RIGHTS TODAY ART WORKSHOP

*For NGOs, Community Groups, and Facilitators
Refugee Week 2025 | Global Online Exhibition*

HUMAN RIGHTS TODAY

ART WORKSHOP TOOLKIT

Overview

This toolkit is designed to support NGOs and community leaders in delivering accessible, meaningful art workshops that explore the theme of Human Rights Today. These workshops will result in artworks to be submitted to an international online exhibition during Refugee Week 2025.

Workshop Objectives

- Encourage participants to explore and express their understanding of human rights.
- Create a safe, inclusive, and inspiring space for artistic expression.
- Produce individual or group artworks suitable for submission to the online exhibition.

Toolkit Contents

1. Planning Guide
2. Sample Workshop Session Plan
3. Discussion Prompts on Human Rights
4. Creative Activity Ideas
5. Materials List
6. Submission Guidelines
7. Consent & Attribution Form Template

1. 📅 **Planning Guide**

- Target Group: Refugees, asylum seekers, displaced individuals, youth, and marginalised groups.
- Facilitator Requirements: Artistic background or interest in creative facilitation; basic understanding of human rights.
- Workshop Duration: 1.5 to 2 hours
- Group Size: 5–20 participants
- Format: Can be in-person, online, or hybrid

2. 🧑 **Sample Workshop Session Plan**

Time **Activity**

0–15 min *Welcome, introductions, and icebreaker*

15–30 min *Group discussion: What do human rights mean to you?*

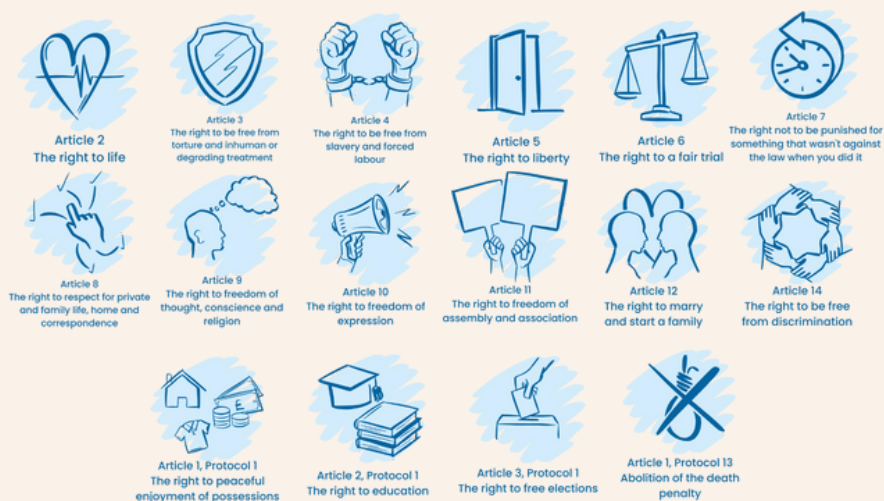
30–90 min *Art-making session*

90–105 min *Sharing circle:*

Present and reflect on the artworks

105–120 min *Documentation, quotes, and clean up*

UNIVERSAL	Human rights <i>belong to all people.</i>
INALIENABLE	Human rights <i>cannot be taken away.</i>
INTERCONNECTED	Human rights <i>are dependent on one another.</i>
INDIVISIBLE	Human rights <i>cannot be treated in isolation.</i>
NON-DISCRIMINATORY	Human rights <i>should be respected without prejudice.</i>



3. 🧠 **Discussion Prompts on Human Rights**

- *What does freedom mean to you?*
- *Have you ever seen or experienced injustice?*
- *What does dignity look like in your community?*
- *If you could protect one right for everyone, what would it be?*
- *How would the world change if everyone respected human rights?*

Use these to spark reflection before the creative session.

4. 🎨 **Creative Activity Ideas**

A. My Right, My Voice

Participants choose one human right they care about and represent it visually.

B. Imagining Justice

Group collage where each member adds an element of fairness or hope.

C. The World I Dream Of

Drawing or painting a future where human rights are respected.

D. In Our Hands (for children or families)

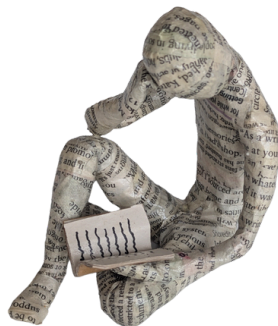
Use cut-outs of hands with drawings or words inside them showing what they want to protect.

5. 🖋️ **Materials List**

Choose based on availability:

- A4/A3 Fabriano or recycled paper
- Pencils, pens, markers, crayons
- Acrylic or watercolour paints
- Brushes, sponges
- Glue, scissors, collage materials
- Magazines/newspapers for cutting
- Canvas or cardboard (for group work)
- Smartphone/camera for documentation

Artworks can be on different media, from paper to cotton bags or objects... sky is the limit!



6. 📷 **Submission Guidelines**

- Submit one photo per artwork or one photo of a group work.
- Include:
 - Name of the artist/group
 - A short quote (max 50 words) explaining the artwork

Send everything to contact@werest.art

7. ✍️ **Consent & Attribution Form Template**

Each participant should complete a simple form stating:

- Their name (or “Anonymous” if preferred)
- Consent to display their artwork and quote online
- Permission to be credited by name (optional)
- Signature of participant or guardian (for under 18s)



ABOUT WE RESTART

WE RESTART is a Registered Charity imagined and founded in early 2021, in the midst of COVID-19 global pandemic, when the profound necessity to recover conjured up how universal and timeless is the need and the quest for a restart.

At WE RESTART, we believe in the transformative power of art to inspire resilience, create awareness, and drive recovery. Born from the recognition that art can be a beacon of hope in the face of adversity, we have committed ourselves to empowering individuals and communities to restart their lives and reimagine their futures.



MISSION

WE RESTART's mission is simple yet profound: to use art as a tool for personal and collective recovery, resilience, and recommencement. Whether through creating spaces for self-expression, supporting artists at risk, or advocating for global challenges, we work tirelessly to champion the power of art as a catalyst for change.

“This is precisely the time when artists go to work.
There is no time for despair, no place for self-pity, no
need for silence, no room for fear.

We speak, we write, we do language.

That is how civilizations heal.”

TONI MORRISON, Writer



WHAT WE VALUE



These values are the foundation of our commitment to transforming lives, one creative journey at a time.

INCLUSION

We celebrate diversity in all its forms, ensuring that everyone—regardless of their background, culture, or status—feels welcomed, valued, and empowered.

EMPOWERMENT

We believe in the transformative power of art to inspire confidence, agency, and growth.

SUSTAINABILITY

At the heart of our work lies a commitment to environmental stewardship. We use art to create awareness about climate change and inspire action toward a more sustainable world.

CREATIVITY

Art is a universal language that transcends boundaries.

RESILIENCE

We understand that recovery and renewal require courage and perseverance. Our mission is rooted in the belief that art can foster resilience, helping individuals and communities overcome trauma, rebuild identities, and face the future with hope.

COMMUNITY

We believe in the power of connection. By bringing people together through art, we nurture relationships, inspire collaboration, and strengthen the social fabric of the communities we serve.

EQUALITY

Art should be for everyone. We advocate for equal access to artistic opportunities and challenge societal barriers that exclude women, underserved groups, and marginalized individuals from fully participating in the cultural landscape.



Sanctuary in the Arts

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**"EMPOWERING COMMUNITIES,
EMBRACING DIVERSITY, AND
SHAPING A SUSTAINABLE
FUTURE."**

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**WE RESTART
CHARITY**

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