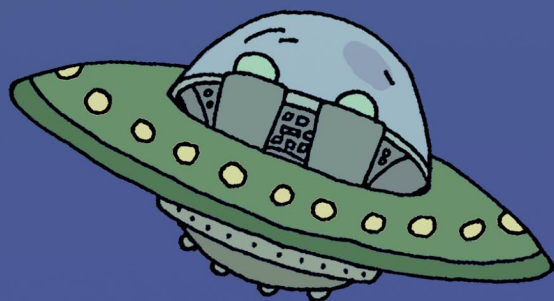


WHO ON
EARTH ARE
- YOU? -



BY LIZZIE LOVEJOY
CREATED ALONGSIDE
& INSPIRED BY
YOUNG PEOPLE FROM
TEESDALE

‘Who On Earth Are You?’ is a book created as part of The I:D Project led by Northern Heartlands. The project supported young people’s exploration of their curiosity, identity, and their sense of place and belonging in the world.

The project has been funded by Durham County Council’s Big Arts Project, which seeks to use the power of arts and culture to inspire local creativity and improve people’s mental health, wellbeing and resilience.

During 2024/2025, we worked with young people from The TCR Hub and Teesdale School and Sixth Form to explore ideas through a series of creative workshops and activities and a visit to Grassholme Observatory.

At the observatory, the young people had the chance to explore the night sky through powerful telescopes and reflect on their place in the universe. This experience got them thinking about how they fit into the bigger picture and how their sense of belonging and identity is shaped by the world around them.

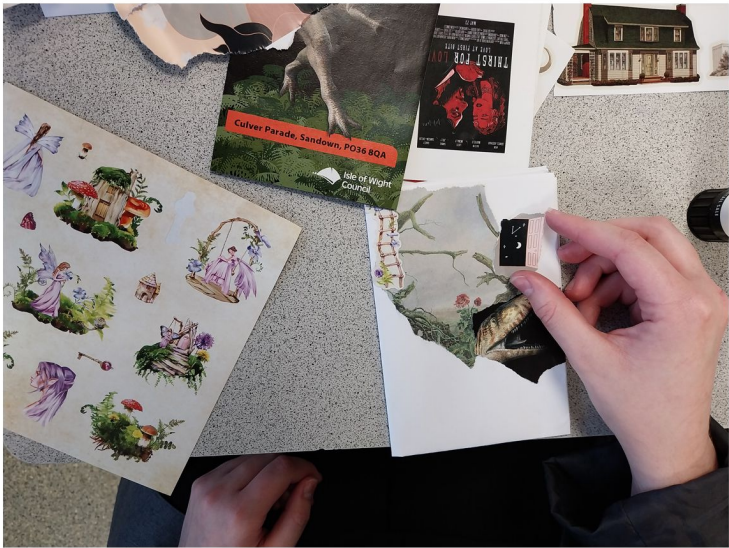
Artist and writer Lizzie Lovejoy, facilitated a series of workshops with these young people which explored the connection between our identities and sense of place, while promoting mental health through creative expression.

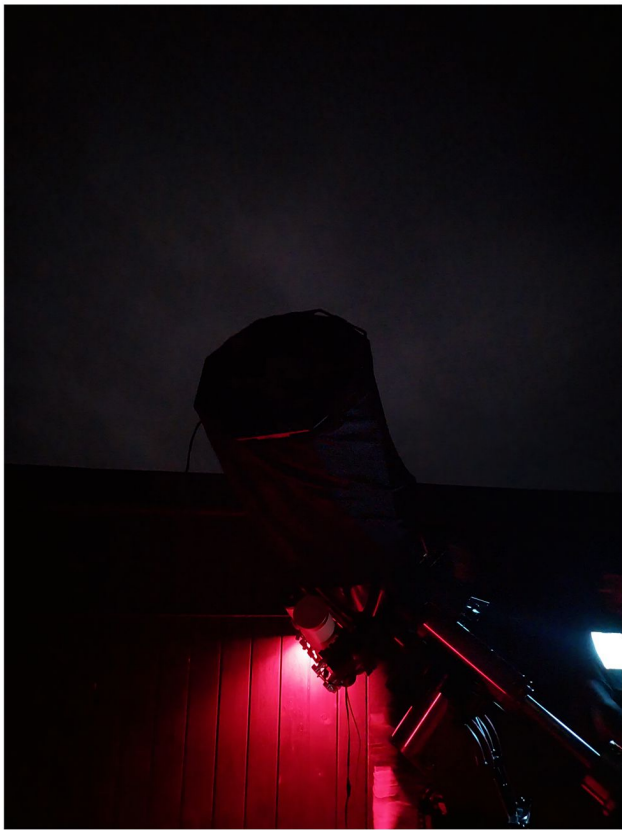
This project, funded by Teesdale Area Action Partnership as part of Durham County Council’s Big Arts Project, uses arts and culture to inspire creativity, improve mental health, and build resilience in the community.

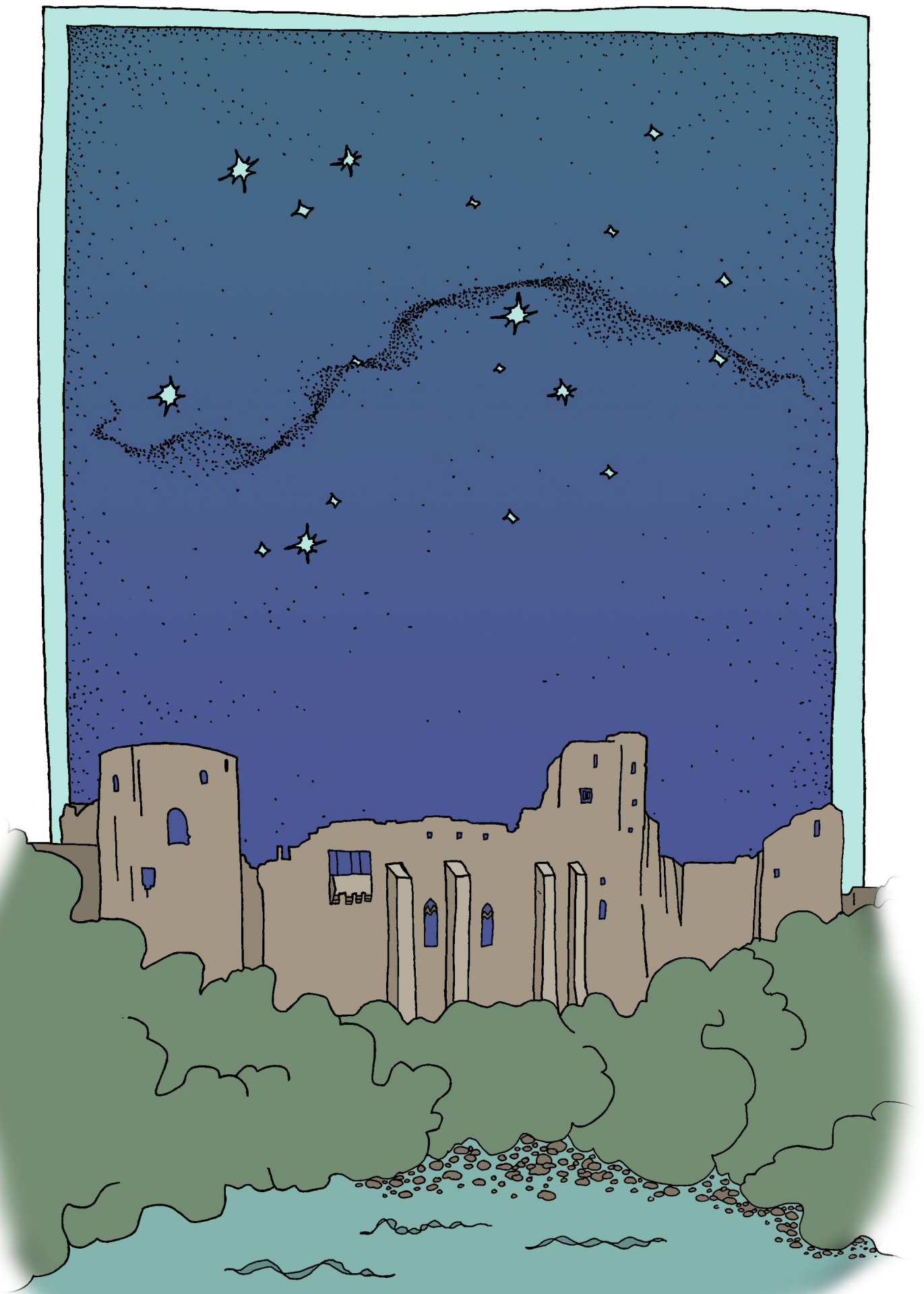
The I:D project included artist Elaine Vizer’s pop-up Camera Obscura, an optical device that shows how the world could be viewed before photography. This experience helped the young people engage with their surroundings and be able to see things from new perspectives.

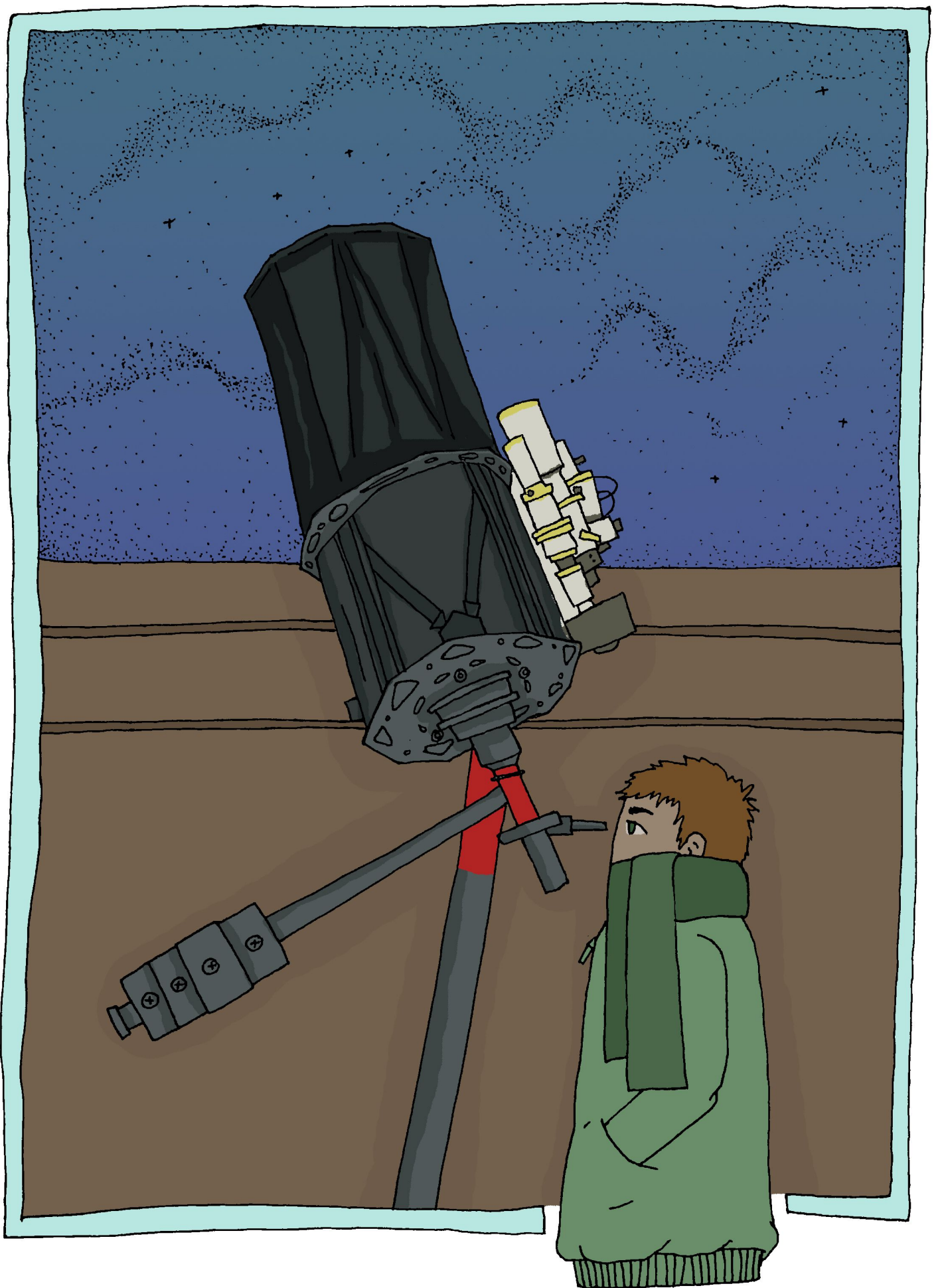
This book contains pictures and poems inspired by the conversations Lizzie had with the brilliant young people of Teesdale, as well as photographs from the workshops showcasing the young people’s own work. It also contains prompts for you to create stories and pictures of your own.

We invite you to get creative and think about the question: Who On Earth Are You?









WE ARE TCR

We are...

People, complicated people.
People who try new things,
who wonder and sing.
We are geographers
and photographers
and scientists
and artists
and unicorns
with rainbow horns.

We are emotional people, people who laugh.
We are... a giraffe,
at least compared to my dog.
We are zookeepers
and tired half-asleep-ers.

We can... walk and talk,
make and create,
read and play games.
We can shout, raise our voices,
make our own choices.
Dance, giggle and tickle.

We can be strong and successful,
find the world stressful.
Fail and try again.
Let things derail, but still try again.
Eat ice cream with hot chocolate breaks,
do whatever it takes because

We will be the best version of ourselves.
Be paramedics to help our health.
Eat food
and improve.
Walk our dogs and cuddle our cats.
We will feel everything, this way and that.
Be embarrassed and proud,
be quiet and loud.

Be parents and grandparents, or neither.
Responsible, irresponsible or either.
We will be fossils to be found
deep in the ground.
We will hurry up and grow,
play games and always know
that we are bright as shining stars.
We are here. We are TCR.

Create Your Own Poem:

I AM...

List all of the things that make you who you are. This could be literal or metaphorical. Are you kind? Are you a dancer? Who Are You?

I CAN...

List all of the things that you are capable of. What can you do?

I WILL...

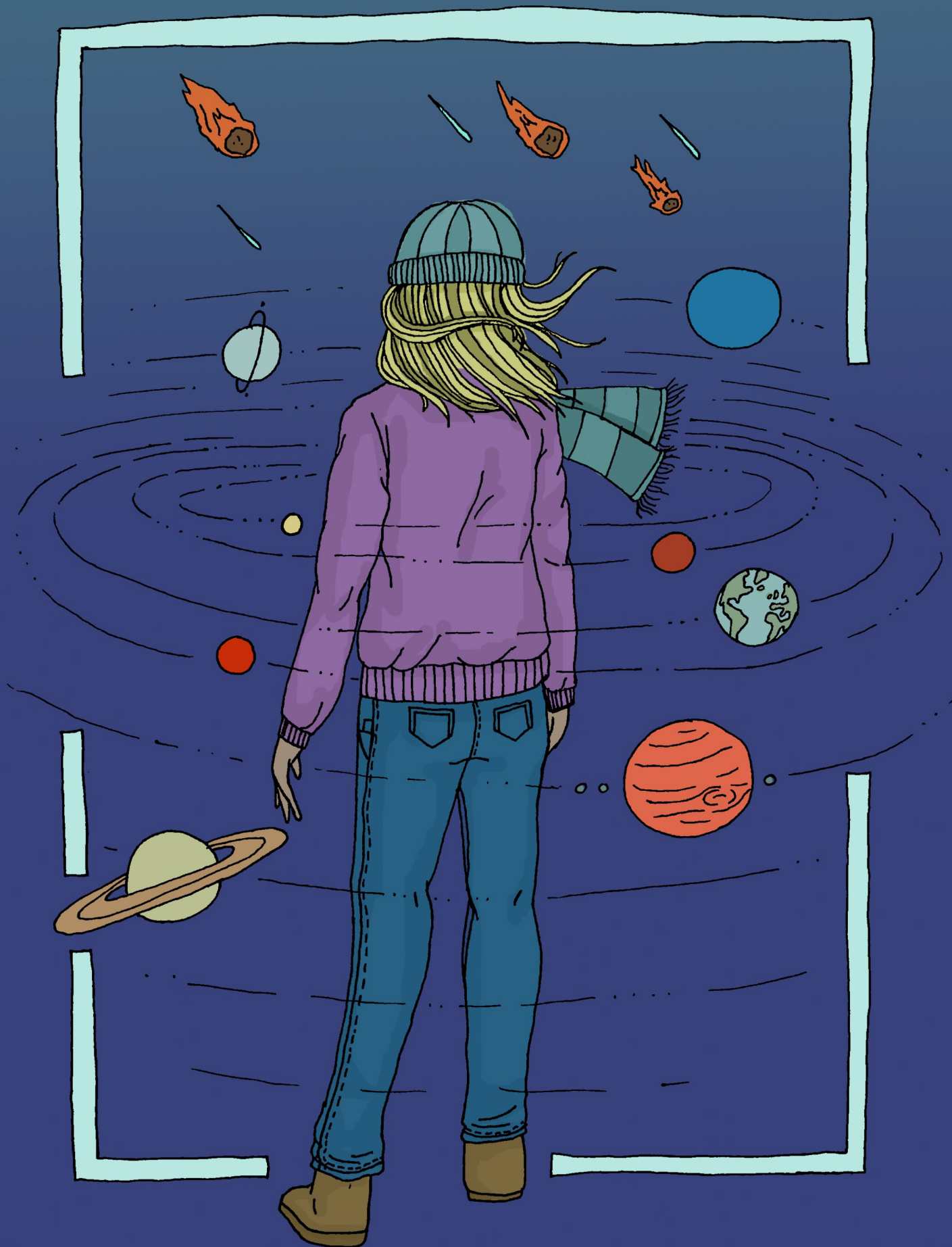
List all of the things that you are going to do. What will you make happen?

The Things That Make Us Who We Are



**We Will Fail, and Try Again.
Let Things Derail But Still
Try Again.**





How Do You Feel Today?

What is the shape of your feeling?

What colour is it?

When you hold it, what does it feel like in your hands?

Is it spiky? Fluffy? Smooth?

What is the temperature of your feeling?

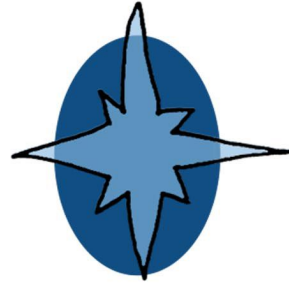
What does it smell like?

What does it sound like?

If your feeling had a voice, what would it say?



"I follow my feelings,
I follow my feet,
They take me to places
Beyond the concrete;
To rivers, and valleys
Hill ranges to climb.
I'd walk every inch
If I was given the time."



Where do your feelings take you?



Who Do You Share A Birthday With?

Do you think the stars impact your personality?

Do you think that you are similar to other people with the same star sign as you?

Write a story or poem about that.

Grace Darling

Who are you?
Are you someone who
finds your personality,
your list of qualities
in star signs?
In connecting lines
across the sky
as you try
to make meaning from constellations,
predict future information,
find your future destinations?

I'm not sure we can be confined
by the pictures our stars designed,
but when I think of the dates of mine
I wonder if me and Grace aligned?

Grace Darling — born on the morning of the 24th of November.

it feels good to remember
that we share a birthday,
but can we say
that we would be the same?
I'd like to claim
as a fellow Sagittarius
that I'd be brave,
that I wouldn't cave
under the pressure, I take to the waves,
steady with the oars, and save
people trapped on jagged rocks...
But I think I'd just go into shock.

Grace was from a different era,
and I think of her as a girl with no fear
but she would be justified
in feeling terrified.
The real strength is acting anyway.
The real strength is not walking away.

She hated the attention.
She hated being mentioned in the papers and in paintings,
but she didn't sit around waiting
and they found it amazing –
I find it amazing.
The shipwreck was hair raising
and they were out there braving
the waters,
a father and one daughter
in a four man boat.
No wonder William Wordsworth wrote
poetry for her...

26. 26 when she died. I am older than she ever was.
How strange that feels.

Maybe the stars don't decide
who I am maybe, maybe they don't provide
the pieces to tell me how to act,
but with the strange connection intact
between Grace and me
I'll choose to be
the one who holds the oars steady
as I grow.
Because I know
no matter the length of the life you lead,
a garden can grow from the actions you seed.

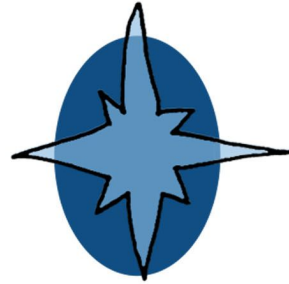


**We Are Unicorns
With Rainbow Horns**

A Non Traditional-Portrait

What are the things that make you who you are? Draw at least 5 things that represent you or are important to you. They could be things or people that you interact with every day, like friends and family. They could be part of your hobbies or interests. It is entirely up to you.

I follow the star
When it appears on the horizon
It acts as my centre,
What I must keep my eyes on.



It takes me to grasslands
And to bridges of stone.
Each new place I visit
Still feels like home
Because all that I need
I can carry on my back.
I trust in my own judgment,
I am always on track.



ACE
PACE
PLACE
PLACED
REPLACED
CAN'T BE REPLACED

SPACE
SPACED
CREATE SPACE
CREATE PLACE

SPACE
TAKING SPACE

TAKE UP SPACE

IT'S OUR PLACE
IT'S OUR SPACE





Feedback from Participants About the I:D Project.

“It got my mind off other stressful things in my head.”

“I didn’t think I’d be very good at this,
but I’ve made something I didn’t expect to.”

“[Each activity] helps you see things in different ways.”

“I had a space where I relaxed and [could] think.”

“I like to express myself through art sometimes,
so this was fun and I enjoyed it.”

“I enjoyed today because I like being challenged.”

“I like it because it cleared my mind.”

“It's helped me be more creative.”

“This activity helped me express myself.”

“I have enjoyed writing in my hand about what I like
and having challenges
and pushing myself.”

“This was very fun and helped me explain myself more easily.”

Who On Earth Are You?

If you look up on a dark night
and the conditions of the sky are right
you will find A million lights
beaming so impossibly bright.

There are many planets to see
drifting in our galaxy
and nebula creating stars to be
the dust that contains the pieces of me,
the pieces of we,
for when you look chemically
at our matter
what matters
is that we shine too
because the stuff that makes stars also makes you.

If you go further than our solar system
take a moment to sit and listen
you might hear them;
a spaceship and its alien crew
making their way through
the universe, and as they sail
maybe they'll visit Teesdale
and as they wonder what there is to do
They will ask: who on earth are you?

Funded by Teesdale Area Action Partnership and
Durham County Council's Big Arts Project



A project led by Northern Heartlands



Photo Credits:

Ambitious Motion Pictures, Elaine Vizor
Lee Dobson Photography & Nic Bell.