

Create Calm - Wellbeing Workshops

G3 **G7** – Years 7-13 and FE - Available in school/college, online, or at a UCA campus



“It has been a struggle for most to return to education and your create calm workshops have helped to address this through experimenting with tactile, stimulating materials and developing skills for mindfulness. The students have enjoyed making without the pressure of marking and creating work that will not be judged where they can just enjoy the process.”

**June Bates, Lead Teacher of Art and Design,
Astor Secondary School**

UCA's Outreach team have worked with leading national children's mental health charities, Place2Be and The Art Room, to develop a range of creative workshops to support and promote positive wellbeing in young people.

Our Create Calm workshops encourage students to switch off from their everyday pressures by participating in an activity that focuses solely on creative expression. The workshops encourage relaxation, creativity and reflection, whilst improving confidence and self-esteem.

These workshops teach a range of new skills and techniques that young people can practice in their own time. These workshops have been designed for all young people to access, regardless of their creative abilities and interests.

Each workshop also includes an introduction to creative wellbeing and mindfulness techniques. All materials are provided.

Example workshops include:

- Mindful Marks
- Matchbox Photomontage
- Gratitude Journaling
- Me-Zine

For our full list of Create Calm workshops, please visit:

uca.ac.uk/createcalm