

# Who am I?



Suitable  
for class  
teachers,  
therapists,  
learning  
mentors  
and staff  
providing  
social and  
emotional  
support.

## **‘Facilitating self expression and reflection through creative journals’**

### **Have you considered using art journals, ideas books, scrap or sketchbooks with your young people to enable self exploration?**

This practical and creative day will explore the making and use of reflective and creative journals with children, young people and adults. We will consider the relevance and power of reflective journals in classrooms, therapy environments and mentoring relationships.

The process is designed to build confidence and develop basic art skills; book making, drawing, painting and collage techniques, and to discover how these skills can be used in a context of self exploration.  
The activities will be ‘hands on’ so come prepared to participate.

David Hulston, co-author of ‘Think inside the sketchbook’ (Harper Collins), works in schools and community groups developing creative and relevant learning opportunities for exploring and expressing identity through the arts.

***“One of the most useful and enjoyable training in 40 years!”***

***TA/Th.Inc.Room worker***

***“Fully comprehensive in all ways. Very enjoyable and thought provoking.”***

***Senco***

Thursday February 25<sup>th</sup> 2016  
9.30-3.30

**The Bridge, Gladeside Road,  
Benchill, Wythenshawe, M22 9QZ**



Cost: £85+VAT (includes lunch)