



‘The Shape I’m in’



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

Expressing emotion through 2D and 3D Artwork

The ability to develop self-awareness and express yourself is key to Wellbeing and maintaining good Mental Health. This practical and creative day will explore the use of metaphor and expressive art with children, young people and adults. We will consider the relevance and power of visual art in classrooms, therapy environments and mentoring relationships as a tool for self-expression.

The workshop is designed to build confidence and develop basic art skills; Participants will work in 2d and 3d to develop skills and confidence in using visual art with young people as a means of expressing how they feel. 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.

Quotes from Dave’s previous courses:

*“This was an amazing day; the theory and hands on activities were very inspiring”
Nurture Room Teacher*

“A great opportunity to explore with paint and relate it to our emotions.” LSA

Wednesday October 14th 2020

9.30-3.30

**The Loft, Hazel Grove Baptist Church, Station Street,
Hazel Grove SK7 4EX.**

Cost:£90+VAT(includes lunches)

Email:bridget.sheehan@eQe-ltd.com

07717805074

eQe Ltd is a **cache ncf** accredited Training Centre



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