

# Creative Wellbeing for Teachers



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This hands-on, relaxing course is an exploration of the creative process through discussion, looking at positive self-care and support with any issues and/or sharing of hints and tips. Participants will:

- Experiment with expressive line drawing, acrylic paints, collage or any medium that they are interested in.
- Reflect on abstract shapes and begin to see their world through different eyes.
- Communicate thoughts and ideas using colour, texture and form as well as words. (Photographs are also an option, for those that are particularly averse to art.)
- Assess and reassess how they manage their time whilst investigating how they address positive self-care.

Currently delivered online.

**Learners:** Those looking to update or learn new digital skills

**Duration:** Flexible. Typically 8 – 12 hours

**Tailored workplace learning:** To discuss how this course could be tailored to meet your needs and get a quote for course delivery, please email Archie Campbell [a.campbell@wea.org.uk](mailto:a.campbell@wea.org.uk) or Janice Wimpenny [j.wimpenny@wea.org.uk](mailto:j.wimpenny@wea.org.uk)  
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