

Cre8ability sessions are a fun, interactive way for children aged 6-11 to learn about emotions. They aim to build new skills which in turn will naturally increase confidence and self-esteem. Engaging in a creative process helps to open up our imagination and idea-generating areas of the brain and supports the development of problem-solving skills. When children can generate ideas, problem solve and trust their own judgement they become more resilient which is an essential aspect of good mental health. In the sessions you will gain an improved understanding of feelings and learn how to deal with troublesome emotions in a positive, healthy way. You and your child will have fun and learn strategies together that promote health and wellbeing by exploring various art and craft techniques. You will also get to take your creations home !

We will build in 'relaxation time' which is so beneficial for young and old alike.

INFORMATION LEAFLET FOR PARENTS



Find us on Facebook

For further information:

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To find out more information about how to join a programme, please contact Cre8ability on the details above.

Cre8ability CIC Co Reg. No. 12775026



6 WEEK PROGRAMME FOR FAMILIES

*Nurturing Emotional
Well-being in Creative
Spaces*

Sample
6 week programme of
Nurturing Emotional
Well-being

- Naming feelings
- ♦ Noticing feelings
- ♦ Managing feelings
- ♦ Music for mood
- ♦ Positive relationships
- ♦ Nurturing a growth mindset

Activities may vary in each programme

Activities



Creative kids are:

- ♦ Resilient
- ♦ Confident
- ♦ Self-assured
- ♦ Inventive
- ♦ Innovative
- ♦ Problem-solvers
- ♦ Imaginative
- ♦ Good learners
- ♦ Curious