

Course details

Course title

Craft: Paper-craft for a Peaceful Mind

Course code

Q00015498

Course date

Start: 25/06/24

End: 16/07/24

Number of classes

4 sessions

Timetable

Tue 25th Jun, 18:00 to 20:00

Tue 2nd Jul, 18:00 to 20:00

Tue 9th Jul, 18:00 to 20:00

Tue 16th Jul, 18:00 to 20:00

Tutor

Tracey Broomfield

Fee range

Free to £37.00

How you'll learn

You'll join a small group of fellow learners for classes online in video meetings and materials will be provided in our virtual learning environment.

Got it!

Online

Venue

Online

Qualification name & awarding organisation

Craft: Paper-craft for a Peaceful Mind ()

Level of study

Beginners

Course overview

Do you find yourself tired and stressed out at the end of the day? Are you looking for a hobby to relax you and help you unwind? Join me and discover the therapeutic art of paper-crafting and benefit from its profound impact on promoting a peaceful mind and lower stress levels. This course combines creative expression with mindfulness techniques to help you achieve a sense of peace and calm through the varied world of paper-crafts. On this course we will explore various paper-crafts from the clean and simple arts of origami and card-making to the messy randomness of collage, painting and mixed media. On our journey of exploration we will look at different mindfulness practices as we immerse ourselves in the joy of creating and crafting to help our general and mental wellbeing. On this course you will: v Practice basic paper-crafting techniques v Look at ways to be mindful while crafting v Engage in hands on projects designed to foster creativity and aid relaxation.. This course is anyone whether you are a long term crafted, a beginner or maybe you are new to crafting and are looking for a new hobby to engage in to help you deal with the stresses of life in the today's world. Everyone is welcome.

Course description

Join me and discover the wonderful world of paper-crafts with this creative and calming course. Your tutor will guide you through a variety of

different paper-crafts, hopefully at least one will resonate with you and you will have ample opportunity to ask questions.

On this creative course we will:

- Learn the basics of paper-crafting and the essential tools and materials involved.
- Cover basic health and safety guidelines for tools and materials we will use.
- Look at choosing the right card and paper for the job at hand
- Discuss mindfulness techniques and hopefully find one that works for you.

During each session you will have the chance to see others work and to share your own – this sharing of our work can build confidence and

gain new insights and ideas for future projects. Research has shown that crafting in general can bolster mood, improve self confidence and

reduce stress overall. Crafting has also been shown to improve mental agility, improve fine motor skills and keep your brain active.

What financial support is available?

We don't want anything to stand in your way when it comes to bringing Adult learning within reach so if you need anything to support you to achieve your goals then speak to one of our education experts during your enrolment journey. Most of our courses are government funded but if you don't qualify or need alternative financial help to access them then let us know.

What other support is available?

All of our digital content, teaching and learning activities and assessments are designed to be accessible so if you need any additional support you can discuss this with the education experts during your enrolment journey and we will do all we can to make sure you have optimal access.

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