



Course details

Course title

Art Practical: Crafting for Christmas Mindfulness

Course code

Q00012088

Course date

Start: 12/11/24

End: 17/12/24

Number of classes

6 sessions

Timetable

Tue 12th Nov, 10:00 to 12:00

Tue 19th Nov, 10:00 to 12:00

Tue 26th Nov, 10:00 to 12:00

Tue 3rd Dec, 10:00 to 12:00

Tue 10th Dec, 10:00 to 12:00

Tue 17th Dec, 10:00 to 12:00

Tutor

Sarah Cameron-Payne

Fee range

Free to £50.40

How you'll learn

You'll join a small group of fellow learners for classes at the venue indicated. Some materials may be provided in our virtual learning environment.

Got it!

In venue

Venue

Dolphin Lane (Wakefield)
1 Dolphin Lane
Thorpe
Wakefield
WF3 3DH

Qualification name & awarding organisation

Art Practical: Crafting for Christmas Mindfulness ()

Level of study

Beginners

Course overview

Take the pressure out of the festive season with a range of relaxing and rewarding art and craft activities. This is a welcoming and informal class where you will have the opportunity to try different art and craft techniques. We will explore the concept of mindfulness and take part in activities which aim to create a sense of peace and wellbeing. You will have the chance to try papercrafts, modelling materials and painting techniques all with a festive theme. You can take part in group guided activities as well as being encouraged to come up with your own art ideas. You will be fully supported to work in a range of techniques and to develop your craft making skills whilst experiencing the benefits of art and craft activities for mindfulness.

Course description

This is a practical crafts course where you will have the chance to develop your art and craft skills and explore techniques which aim to enhance mindfulness. Each week we will be creating and decorating different arts and crafts with a festive theme. Don't worry if you have not tried craft activities before or don't feel sure about your skill level, you will be fully supported to take part and develop skills in different techniques with the main aim of relaxing and enjoying the process. We will be using different types of materials and will also include the use of recycled and natural materials to make our craft work environmentally friendly. Techniques that we will try will include: · Paper crafts · Modelling · Surface decoration You will have the chance to develop and practice new skills which you may wish to continue in your own time. You can take part in tutor guided and group activities as well as developing your own project ideas. This course aims to develop craft skills as well as discovering how these techniques can help promote a feeling of calm and mindfulness. Through hands-on practice you will experience the therapeutic benefits of craftwork in a group with other like-minded people where you can share ideas and learn from each other. All materials

you need will be provided and everything you make will be yours to keep or sell. No prior experience is needed, so come and join us for a new and relaxing approach to Christmas.

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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