



## Course details

### Course title

Creativity for Calm

### Course code

Q00021028

### Course date

Start: 07/01/25

End: 18/03/25

### Number of classes

10 sessions

### Timetable

Tue 7th Jan, 10:00 to 12:00

Tue 14th Jan, 10:00 to 12:00

Tue 21st Jan, 10:00 to 12:00

Tue 28th Jan, 10:00 to 12:00

Tue 4th Feb, 10:00 to 12:00

Tue 11th Feb, 10:00 to 12:00

Tue 18th Feb, 10:00 to 12:00

Tue 4th Mar, 10:00 to 12:00

Tue 11th Mar, 10:00 to 12:00

Tue 18th Mar, 10:00 to 12:00

### Tutor

Jayne Clark

### Fee:

Free

### 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**

Horden Youth & Community Centre (Peterlee)  
Eden Street  
Horden  
Peterlee  
SR8 4LH

## **Level of study**

Beginners

## **Course overview**

Are you looking for a relaxing hobby to help you unwind? Creating moments of calm in the day is essential for our emotional well-being and mental health. Step into the world of mindful crafts with this course and enjoy art for relaxation. This creativity course allows you to explore your art and craft skills to find practices that soothe you. Whether you enjoy drawing, painting, origami, or craft-making, art courses can help you find a relaxing hobby.

## **Course description**

This creative craft course is ideal if you want to feel calm while developing your creativity skills. Try your hand at mindful crafts and other creative practices to discover an activity you like. Learn the basic skills and techniques to produce your own pieces, and explore the tools and materials needed. Take inspiration from other creators. Find ways to use art for relaxation, whether you prefer to make it or observe it.

This creativity for calm course can help you learn to use art for relaxation. It aims to teach you creative skills that can have a calming effect in your everyday life.

The aim of this course is to introduce you to the calming benefits of creative hobbies. If you'd like to delve deeper into relaxation, you may enjoy the meditation and mindfulness course.

If you'd like to learn craft skills for employment, you can progress to an accredited Creative Craft course.

Your tutor can discuss your options with you if you're not sure which course is right for you.

You'll need access to the internet to take this creativity course. Our tutors use the WEA's digital learning portal, Canvas, to send you important information and tasks.

Your learning is our priority. The WEA is an adult education provider and we pride ourselves on our ability to create a friendly classroom atmosphere, in person and online.

Most of our courses are free for most of our learners. Please note that you need to get to the end of the enrolment process to see the discounts.

## **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.

**Source URL:** <https://www.wea.org.uk/courses/arts-crafts/arts/7-january-creativity-calm>