

ART THERAPY SCHEDULE

SEPT – DEC 2019

DATE	THEME PLANNED
<p style="text-align: center;">Friday 27th Sept</p> <p style="text-align: center;">11am – 1pm ODYS</p> <p>* SENSORY FRIENDLY GENTLE MUSIC</p>	<p style="text-align: center;"><u>MASK MAKING</u></p> <p>People often do not realise that they put on masks when interacting with others. We wear masks to get through stressful times. We put on masks when we are with our friends being loving and nurturing, at work being professional, and with strangers to keep them from seeing too much. There are thousands of masks we wear, sometimes all within one day. This directive is designed to help you begin to become aware of these masks so that we can choose what masks to wear. Through this understanding we will also become more aware of what is really going on behind the masks in order to learn how to deal with them in healthy ways.</p> <p>* All art materials provided.</p>
<p style="text-align: center;">Friday 11th Oct</p> <p style="text-align: center;">11am – 1pm ODYS</p> <p>* SENSORY FRIENDLY GENTLE MUSIC</p>	<p style="text-align: center;"><u>AN INTRODUCTION TO BULLET JOURNALLING</u></p> <p>The craze taking the world by storm! Bullet journaling can be a useful aid to our wellbeing; we can track our habits and moods, our medication and appointments our self-care and our triggers. Having all that information in one place, and indeed, having an outlet for it can be incredibly helpful in managing our mental health. If we choose to use our bullet journal to write down some of our daily thoughts, it can provide us with an outlet. We could use it to work through thoughts that we might know are irrational. We might find it helpful to write a diary or journal about the things going on for us. In this session, you will be introduced to many different creative ways of bullet journaling! Provided with many fun and engaging templates and art materials a plenty, let's explore fun ways of goal setting and organisation in your very own personalised journal. A great way to kick off the year and set some achievable goals, particularly if this is an area you have always struggled with.</p> <p>* If you have a journal or sketchpad, please bring it along! If not, that's ok! – we'll have a few spare on hand. All art materials and templates provided.</p>
<p style="text-align: center;">Friday 25th Oct</p> <p style="text-align: center;">11am – 1pm ODYS</p> <p>* SENSORY FRIENDLY GENTLE MUSIC</p>	<p style="text-align: center;"><u>FINGER PAINTING</u></p> <p>It is a common misconception that finger painting is for children alone; rather it's an activity that can be enjoyed by adults in equal measure. In modern times, most people find it hard to cope up with stress. Finger-painting can be an excellent stress-reliever. The sheer experience of using your fingers to create something fresh and new can be very uplifting emotionally and psychologically. Finger painting provides unparalleled freedom of self-expression. There's no limit to expression of feelings in this activity.</p> <p>*All materials provided.</p>

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<p>Friday 8th Nov</p> <p>11am – 1pm ODYS</p> <p>* SENSORY FRIENDLY GENTLE MUSIC</p>	<p style="text-align: center;"><u>SELF-CARE BOXES</u></p> <p>A self-care box is essentially a concentrated space filled only with things that will help you calm down, recharge, and start to pick yourself back up again.</p> <p>The idea of this box is to provide you with everything you need to get back on track during those times when it's difficult to even comprehend self-care. You won't have to think about what you might need in order to take care of yourself during these times, this box will have you covered! Leading up to the holiday period, come and join this Art Therapy session and explore ways you can create your very own self-care box to get you through both the holiday period, and the every day.</p> <p>* If you have an old shoe box, or gift box, please bring it along! ! If not, that's ok! – we'll have a few spare on hand. All art materials and templates provided.</p>
<p>Friday 22nd Nov</p> <p>11am – 1pm ODYS</p> <p>* SENSORY FRIENDLY GENTLE MUSIC</p>	<p style="text-align: center;"><u>HOLIDAY GIFT MAKING</u></p> <p>With all the stress surrounding the holidays, there is a lot of creativity that can go into (or come out of) them as well. You can turn this time of stress into a time of creativity and use exercise your creative mind as a way to come back down from the chaos. Join our last Art Therapy session for 2019 as we make tree ornaments and wrapping paper.</p> <p>* All art materials and templates provided.</p>

