



## REGISTRATIONS NOW OPEN

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### NURTURING CHILDREN'S WELLBEING THROUGH CREATIVITY

*9th August: Frankston, VICTORIA  
9.30am to 3.30pm*

*Early Life Foundations and Kindred Art Space are pleased to invite you to a professional development day with a difference.*

Increasingly research and teachers in the field are finding stress and anxiety is impacting children's ability to learn effectively. Join us for a practical, informative and hands on workshop to discover ways to enhance children's wellbeing through a series of creative processes.

Run by Art Therapist and Counsellor Kerry Knight and Early Life's Education Consultant, this workshop involves the following series of creative experiences, which can be adapted for use with children of all ages.

**Research:** Participants will be taken through case studies and research around the benefits of creative therapeutic processes to foster and support the good mental health and wellbeing of children.

**Mindfulness Processes:** Participants will experience a series of simple mindfulness relaxation process suitable to use with all age groups.

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**Tree of Me Process:** Participants are then guided through the 'Tree of Me' process. They are invited through a series of fun, creative yet therapeutic processes to experientially build self-awareness through tree symbolism while painting an individual wall-hanging as a take-away item.

**Sandplay Symbols:** Participants will learn about the benefits of sandplay symbol therapy. This process is a satisfying and therapeutic 'check-in' and can inspire creative dialogue.

**Labyrinth Walk:** The Labyrinth is used in Steiner education and many cultures as a celebratory ceremony and symbolic journey. Participants learn techniques to create a simple indoor or outdoor labyrinth.

*One session only. Numbers limited so book early to avoid disappointment.*

Suitable for all educators who work with children – Early Childhood and Primary.