Eduturn Creative Solutions

Art for Wellness

A creative pause with a practical purpose.

Art for Wellness is a facilitated workshop that uses simple visual activities to help people slow down, express ideas and practise focused attention.

No art experience is needed.



WHY THIS WORKSHOP?

When people are under pressure, it can be difficult to pause, notice what is happening and put thoughts into words. Making something visual gives participants a different way to reflect, and a chance to practise attention without needing to produce a “good” piece of art.

WHAT PARTICIPANTS PRACTISE

Responding to stress
Take a deliberate pause that can help them respond more thoughtfully under pressure.

Expressing ideas
Use colour and form to communicate thoughts that may be hard to put into words.

Staying focused
Notice when attention drifts and bring it back to the task.

Observing details
Look more closely at patterns, changes and perspectives they might otherwise miss.

Communicating visually
Show an idea in another form and explain the choices behind it.

Reflecting and applying
Choose one small practice to carry into work, teaching or study.

WHO IS IT FOR?

Workplace teams seeking an inclusive wellbeing activity; professionals who need space to reset; teachers exploring creative expression and observation; and students practising focus and self-expression.

WORKSHOP FORMATS

2-hour Focused Experience: A guided introduction to creative expression, attention and reflection.

4-hour Applied Workshop: More time to make, observe, discuss and identify a personal practice to take forward.

The format, group size and materials are agreed for your audience. This is a wellbeing and capability workshop, not clinical art therapy or mental health treatment.

Bring Art for Wellness to your group.

Discuss a workshop with Eduturn

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