

Creative Care Program

Week 1:

Theme;

COLOUR – an introduction

Creative practice:

Ink marbling with colour on paper, (2 techniques,) which we will use to cover our personal creative journal. This journal will be used weekly for reflection and creative mapping.

Colours are known to have an effect on people. For example, the colour blue can have a calming effect which can then result in lower blood pressure, whereas the colour red might have the opposite effect. Green is another colour that may be used to relax people who are emotionally unbalanced. Yellow, on the other hand, may be used to help invigorate people who might be suffering from depression.

Utilizing colours in nature from their surroundings (blue from skies, green from grass, etc.) we will explore a simple 'imaginary' tool;

Take away:

Look up – blue - sky

Look down – brown - ground

Look out – green - nature

Breathe in – smelling flower

Breathe out – blowing leaf

Week 2:

Theme:

Creative Care is Self-Care.

Creative Practice:

Creative tools, exercises + practices; as a tool in recovery, strengthening our outlook to problem solving and giving a different perspective, using lines, shapes + symbols.

Creative riffing – “many lives within one life:”

Using one symbol and exploring the many ways to create it including Leaf printing and tribal painting

This strengthens our outlook to problem solving

Line drawing: “a line is a dot going for a walk”

A different perspective

Circles: “a safe container to explore”. (mandala)

Take away:

three tools explored in different ways for use in recovery.

Week 3;

Theme:

SENSORY GARDEN: *"Nurturing our Inner Garden"*

Creative practice:

Introduction to Mandalas. A reflection of Self

With fresh flowers and herbs we will create a Mandala/ Danmala

Connecting to the memories and emotions particular flowers and herbs evoke.

We will learn to draw our own mandalas and how to use this as a tool in our daily practice of Creative Self Care.

Take away:

Mandala templates + how to use

Week 4:

Theme:

Place

Soul Collage; *"Life is a Puzzle, we are a unique piece of the puzzle."*

Creative Practice:

Using a jigsaw puzzle as a template, we will collage, using magazines, quotes etc. to create our own reflective puzzle piece.

What are our strengths?

What makes me unique?

Where do I fit in? (family, community etc).

Take away:

Journaling exercise

Week 5:

Theme;

Resilience + growth

Trees, leaves + blooms:

*"Be like a tree, stand tall and strong, Remember your roots,
be content with your natural beauty, Enjoy the view!"*

Using the tree as a focus we explore our:

roots – where we grow from, (adversities)

Trunk – where we stand today, (present)

bark – our boundaries, (relationships)

branches + leaves – what we are reaching for, (aspirations)

flowers + fruits – what's blossoming today (our strengths)

Creative Practice:

Textures;

Using string, yarn, paints, inks + natural elements, branches + twigs, leaves, bark etc, we will create our own Self reflective tree with leaves + blooms symbolising the possibility of growth.

Take away:

Resilience: Tree of our Life: can be added to or rewoven at any time, we ARE the tree and how it grows.

Week 6:

Theme: Change

Seasonal Self Mask: Transformational mask: Inner/outer mask

Creative Practice:

Multi medium mask, using a variety of different materials we will decorate our mask,

Reflecting on:

Where we were last season and where we are this season?

How we see our self, how others see us, how we would like to be seen?

Take away:

Self-mask can be changed or altered, like any season, and recognising the season within.



Please Note:

I am always guided by the needs of the group, therefore some themes may change accordingly.