

# Wellbeing: Upcycling Crafts For Spring Half Term

## Course overview

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Upcycling enables us to make something different from what we already have, might have thrown out or can pick up for free. The main investment with upcycling is our time. This can be a great way to get children engaged in sustainable projects and move away from the disposable mindset.

During this course we will focus on small activities and crafts that can be done with children of all ages and increasing adult confidence in giving upcycling a go.

## What will I study?

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- What can be upcycled?
- What sort of household items can become the tools might you need
- Upcycling activities to develop curiosity
- Ideas for upcycling projects

## Assessment method

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- You will participate in discussions, Q&A and receive verbal feedback from the tutor throughout. You will also identify the kinds of upcycling you can do.

## Entry requirements

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This course is open to all. You will need to understand English.

## What should I bring with me?

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You will need to provide your chosen method of note-taking such as notepad & pen or tablet.

## Key information

## Possible next steps

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During this course, you will be given advice and guidance on other courses suitable for you and your personal goals.

## Contact us

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Our friendly staff can give you further advice and support.



email: [adultcollegeenquiries@lbbd.gov.uk](mailto:adultcollegeenquiries@lbbd.gov.uk)



call: 020 8270 4722