

SEND: Creative Expression III – Managing Feelings

Course overview

This course builds on Creative Expression I and Creative Expression II.

Sometimes our feeling can overwhelm us and stop us from being an active part of our community or hold us back from developing friends. During this course you will use art, craft and creative activities to help you to express your feelings and regulate your emotions. Having a safe way to let our feelings out can help us to better manage our day to day life.

The course will help you to build your confidence and self-esteem and work towards feeling less stuck and more able to engage with your wider community.

What will I study?

You will:

- Experience how expressing yourself through art helps you develop as a person
- Express difficult feelings safely through creative activities
- Be able to share your expressive art with other people if you wish

Assessment method

- Take part in classroom activities
- Take part in Q&A sessions and short discussions
- Your tutor will give you verbal and written feedback throughout the course

Entry requirements

- Be able to participate in class activities
- Be able to work with others
- Be able to follow instructions

What should I bring with me?

An A4 folder, A4 notepad and a pen, colour pencils. Please wear old clothes. You may be asked to bring items from home to be upcycled as part of your art.

Key information

Please wear clothes that you are ok with possibly getting a bit messy.

Possible next steps

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

Contact us

Our friendly staff can give you further advice and support.



email: adultcollegeenquiries@lbbd.gov.uk



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