

# Course Information Sheet

## Wellbeing through Festive Card Making

**AE09E43D**



<b>Venue</b> 📍 Hyde Park House	<b>Start Date</b>	5 Dec 2024 18:00
	<b>End Date</b>	12 Dec 2024 20:30
	<b>Fee</b>	Full fee £20 Concession £9
	<b>Materials</b>	£5

[OCSW AE09E43D Wellbeing through Festive Card Making \(oncoursesouthwest.co.uk\)](https://oncoursesouthwest.co.uk)

Spread joy and reduce stress! This 2-week course combines mindfulness with creativity, teaching you to make beautiful festive cards that promote relaxation and well-being.

### Course Description:

The festive season can be overwhelming. Our Wellbeing through Festive Card Making course provides a creative outlet to reduce stress and connect with loved ones. Learn calming techniques like mindful colouring and collage, and use them to design personalised cards that spread joy. This course is perfect for anyone who wants to find a relaxing and meaningful way to celebrate the holidays.

### What will I learn?

- **Week 1: Mindfulness & Creativity for Wellbeing:** Explore the connection between mindfulness practices and creative expression. Learn basic mindful colouring and collage techniques for relaxation and focus.
- **Week 2: Design & Create Festive Cards:** Apply mindfulness techniques to design and create beautiful, personalised festive cards using a variety of materials and embellishments.

### How will I be assessed?

- **Formative:** Interactive exercises, group discussions, self-reflection activities exploring the link between creativity and well-being, and peer feedback throughout the course.

- **Summative:** Create a portfolio of handmade festive cards showcasing different mindful techniques and present a reflection on the impact of the course on your well-being.

### **Who is this course for?**

This course is designed for anyone who wants to find a relaxing and creative way to approach the festive season. It's perfect for individuals looking to de-stress, explore mindfulness practices, and create unique handmade gifts.

### **Progression Opportunities:**

After completing this course, you could explore online resources on mindfulness and art therapy. Consider enrolling in longer art courses focusing on specific techniques like watercolour painting or mixed media. Look for workshops on mindfulness-based stress reduction (MBSR) to deepen your practice.

### **Career or Job Enhancement Pathways:**

- **Art Therapist:** This course can spark an interest in pursuing further training in art therapy, a career that uses art-making for therapeutic purposes.
- **Mindfulness Coach:** Develop your knowledge of mindfulness and consider becoming a mindfulness coach, helping others manage stress and improve well-being.
- **Craft Workshop Leader:** Share your passion for mindful card making by leading workshops or online tutorials.
- **Stationery Designer:** Explore opportunities to design and sell your own line of mindful greeting cards.

### **How do I enrol?**

If you are paying the full fee, the quickest way to enrol is online at [www.oucoursesouthwest.co.uk](http://www.oucoursesouthwest.co.uk), simply create an account and select enrol now. Alternatively, you will need to speak to one of our customer service team on 01752 660713.

### **How will the course be delivered?**

This is a practical course, and the sessions will include tutor-led demonstrations, learner-led group activities, instruction and repetition. These will form part of the delivery together with one-to-one support as required.

**Will I need to practise outside the classroom?**

You will be encouraged to review your notes between lessons to ensure maximum benefit from your course. It is always useful to practise your skills between sessions. Your tutor may encourage home learning, or independent research.

**How will I know I'm making progress?**

During the first session, your tutor will discuss your goals and current level in relation to the course. Based on this assessment, you will agree individual targets which you will record in your individual learning plan (ILP). You and your tutor will review your targets regularly to ensure that you are making progress; these will be written in your individual learning plan.

**What will I need?**

Please bring a notepad, and pen to each session. You may wish to bring a file for any handouts. A laptop with internet access is required for completion of coursework and home learning outside of the classroom.

**Please note:**

Most courses attract a subsidy from the Education and Skills Funding Agency (ESFA). It is a requirement of the ESFA that you complete various forms at different stages of your course, further information is available on request. Courses are subject to a minimum number of enrolments and could be cancelled if recruitment is low. In some cases, an alternative class at a different location may be offered.

Terms and conditions are available at

<https://www.onsouthwest.co.uk/learner-information/essential-information-for-every-learner>

Room numbers are subject to change - please check when you arrive at the venue.

