



Summer Play-scheme

“Six Ways of Well-Being”

Cool it Art

NEON PERFORMING ARTS

6 Ways of Well-Being

- Be active
- Keep Learning
- Give
- Connect
- Take Notice
- Care For The Planet

13 day programme over 5 weeks from 31st July - 28th August

Full Days:

Morning Sessions 10am -12pm

Afternoon Sessions 1pm - 3pm

Half Days:

Morning Sessions 10am-1pm

“Exploring the 6 Ways of Well-Being through the Arts - encompassing creativity sessions Art, Dance, Drama, Costume-Design and other production skills. There will also be elements of mindfulness and practical tools to enhance your well-being and mental health.”

Day 1 (Friday 31st July FULL DAY):

Morning:

Session 1 - (10 - 11 am)

INTRO 10am - 10:30am Group Discussion about “Well-being” what it means to the individuals. The 6 ways of well-being, how they interpret them, have they experienced any, what are good ways to carry out. Discussion about the project - what it will entail and what the outcome will be

10:30 - 11:30am Emotion Portrait - Drawing to represent how you feel at the beginning of this project - can be through portraiture, words, symbols or even just colour

Session 2 - (11am - 12pm)

Dance Workshop

Afternoon:

Session 3 - (1 - 2pm)

Drama Workshop

Session 4 - (2 - 3pm)

Storyboarding Workshop - thinking about how to incorporate the 6 ways of well being through the diff art forms for a finished film/digital piece

Day 2 (Monday 3rd August FULL DAY):

Morning:

Session 1 - (10-11am)

Storyboarding Workshop - Finishing Storyboards and discussing them in group.

Session 2 - (11am - 12pm)

Dance Workshop

Afternoon:

Session 3 - (1 - 2pm)

Written Word Workshop

Session 4 - (2 - 3pm)

Costume Design/Set Design

Day 3 (Wednesday 5th August FULL DAY):

Morning:

Session 1 - (10-11am)

Drama workshop

Session 2 - (11am - 12pm)

Dance Workshop

Afternoon:

Session 3 - (1 - 2pm)

Art Workshop - illustrating our favourite way from the 6 ways of well-being

Session 4 - (2 - 3pm)

Stretching/Yoga & Meditation/Mindfulness

Day 4 (Friday 7th August HALF DAY):

Session 1 - (10-11:30am)

Stretching/Yoga & Meditation/Mindfulness

Session 2 - (11:30am - 1pm)

Dance Workshop

Day 5 (Monday 10th August HALF DAY):

Double Session - (10am-1pm)

Sewing/Upcycling Workshop

Day 6 (Wednesday 12th August HALF DAY):

Session 1 - (10-11:30am)

Dance workshop

Session 2 - (11:30am - 1pm)

Drama Workshop

Day 7 (Friday 14th August HALF DAY):

Session 1 - (10-11:30am)

Creative Writing Workshop

Session 2 - (11:30am - 1pm)

Sewing/Upcycling Workshop

Day 8 (Monday 17th August HALF DAY):

Session 1 - (10-11:30am)

PROJECT RECAP - watch footage/imagery, referring back to story-board taking ownership over direction

Session 2 - (11:30am - 1pm)

Dance workshop

Day 9 (Wednesday 19th August HALF DAY):

Session 3 - (10-11:30am)

Creative Writing Workshop

Session 4 - (11:30am - 1pm)

Drama workshop

Day 10 (Friday 21st August FULL DAY):

Morning:

Session 1 - (10-11am)

Drama Workshop

Session 2 - (11am - 12pm)

Dance Workshop

Afternoon:

Session 3 - (1 - 2pm)

Sewing/Upcycling Workshop

Session 4 - (2 - 3pm)

Stretching/Yoga & Meditation/Mindfulness

Day 11 (Monday 24th August FULL DAY):

Morning:

Session 1 - (10-11am)

Drama Workshop

Session 2 - (11am - 12pm)

Dance Workshop

Afternoon:

Session 3 - (1 - 2pm)

Art Workshop

Session 4 - Jason & Amanda (2 - 3pm)

Creative Writing Workshop

Day 12 (Wednesday 26th August FULL DAY):

Morning:

Session 1 - (10-11am)

Stretching/Yoga & Meditation/Mindfulness

Session 2 - (11am - 12pm)

Dance Workshop

Afternoon:

Double Session - (1 - 3pm)

Art/Basic Animation Workshop

Day 13 (Friday 28th August FULL DAY):

Morning:

Session 1 - Jason & Carla (10-11am)

Drama Workshop

Session 2 - Laura & Nathaniel (11am - 12pm)

Dance Workshop

Afternoon:

Session 3 - Amanda & Emanuela (1 - 2pm)

Art Workshop

Session 4 - Jason & Amanda (2 - 3pm)

Creative Writing - Letter of Gratitude

A film will be put together after the project from the content created by the young people taking part. **Continuation/Legacy - FILM SCREENING** with

participants in the Autumn/Winter - Date/Venue TBC - film will be put on YouTube etc