

# Wellbeing

Wednesday 27 January day

## SESSION ANNOUNCEMENT

**KATIE BRIGGS**

### **DAILY ART CHALLENGE**



Many of you will remember Katie as one of our previous Graduate Assistants. Since her time at Luckley Katie has been following her love of art and has been benefiting greatly from completing a daily art challenge throughout January by following a prompt and make a painting/drawing/collage in response to that prompt.

Katie knows first-hand how much creative endeavours lift your mood and give you a sense of achievement, particularly during these difficult times. Even if you're not very creative it could still be a welcome distraction and can be part of a healthy daily routine.

Katie will offer a short presentation around this idea; show a bit of her work, suggest some prompts for them, give you tips on how to start a project like this and even offer some pointers for parents on how to engage children with a creative project. I feel an art competition coming on!

Katie's session will run from **11.00 – 11.30**