

THE BASE: ARTISTS IN SCHOOLS

Drawn Mindfulness

Explore the benefits of art for wellbeing with an experienced mindfulness artist.

Delivered by a local illustrator, painter and creative mindfulness coach, using knowledge and experience of neurodivergence and different needs, these sessions for are rooted in mindfulness practices. Students will be introduced to a combination of sensory drawing, mindful meditation, and breathing exercises brought together through drawing to help anchor focus. Drawing games, sensory mascots and music ensure students have fun, get creative and be present.

The drawing practices that students and staff will be guided through, can continue to be used independently, to support their stress management, mental health and well-being.

Workshops can be tailored for students aged 6 - 18

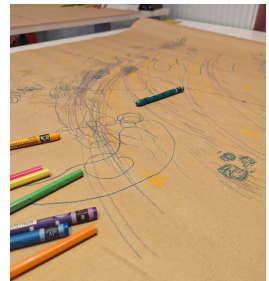
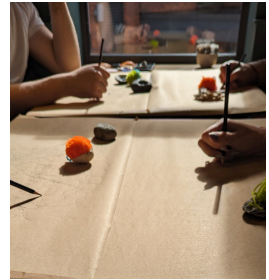
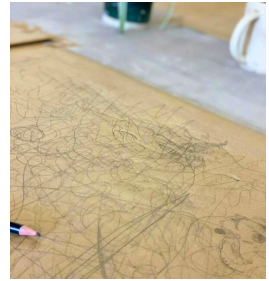
Prices:

Whole day: £310 (up to 4 sessions per day)

4-week course: £310 (1 hour per week)

INSET and training sessions: £75 per hour or £310 - £360 per day

To find out more about having artist workshops in your school, contact Lorna Crowther, our **Community Engagement Coordinator** lornac@cornexchangenew.co.uk (01635 582666).



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Greenham