

Art: Self expression and communication through art

Art of Life's art workshops are both **creative** and **therapeutic**. Through a range of activities which include producing **portraits, caricatures, murals, sculptures** and **collages** students are able to explore ways to channel their thoughts, feelings and emotions to create a reflection and representation of "who they are", "how they feel and "how they see things".

Using a wide range of materials which include **pastels, chalks, crayons, felt-tips, graffiti, pencils, beads, wood, metal, cloth** etc they will work through different tasks, activities and exercises both within groups and individually in order to achieve the confidence, skill, and ability to document and create inspiring and unique artwork.

Not only are the workshops enjoyable, humorous and interesting, they are also about **enhancing awareness, healing, making sense of emotions**. Additionally the workshops are about exploring new ways of communicating and thinking, expressing oneself and creating **visual life maps** that look at the past, present and future; where they have been, where they are now and where they want to be.

The art workshops are about **discovery, exploration, experimentation** and interpretation. Students are not required to have any knowledge about art, sculpture or design etc. We want them to feel at ease about using the materials, the environment and the space in any way that they feel comfortable as the tasks are very **relaxing, fulfilling and positive**

We want to encourage students to feel **empowered** about expressing their individuality and using their imagination in as many ways as they feel comfortable. We often **fuse** the art workshops with other creative arts forms so that students do not feel limited in terms of expressing themselves but feel comfortable about incorporating other elements such as **photography, music, video-making**.

Past projects

A Poem, A Photograph, A Portrait: Exploring themes through art, photography and creative writing.

Art Exhibition: "You & Me": An exhibition of drawings and photographs exploring 'identity'.

Life Maps: Building a unique resource that explores the different elements of our lives.

Photographic Diaries: Producing a visual documentation of our thoughts and feelings.

Producing Creative Resources: Using creative art forms to produce self-development tools.

Murals & Representation: Murals that are a symbol of our experiences.

One Love Photography Project: Exploring definitions & themes of love and self-love.