



School staff CPD opportunities

After the past 18 months, staff and pupil wellbeing is top of the agenda for 2021-22. I am hoping that my workshops are something to get excited about doing; something to look forward to. Art can help us recover and reflect on what we've all been through. It has a big impact on our physical as well as mental health. Stress, anxiety and worry often manifest in a poorly tummy, aches and pains, fatigue and a rubbish night's sleep to name but a few. Regularly participating in creative pursuits gives us many benefits. Let me list some for you now:

- Improve cognition and brain function
- Develop self-awareness
- Improve self-esteem with a sense of accomplishment
- Increase coping and social skills
- Emotional resilience and self-regulation
- Self-reflection
- Relaxation
- Looking at things from a different point of view
- Soothing, repetitive processes
- Making someone you love something special
- Sharing your journey with friends and loved ones

My staff CPD sessions offer staff the chance to relax and unwind with colleagues, whilst upskilling their art and creativity CPD. I offer workshops in mark making, painting, clay, printmaking, textiles, felt making, sketchbooks, paper construction/sculpture and collage. I also run sessions on classroom management for practical sessions, embedding art into your daily routines, arts award, curriculum development and more. Workshops vary in time length- some are an after school 1 or 2 hour workshop, some are a full day. I bring everything with me on the day and everyone has a pack of resources they can take straight into the classroom the very next day.

Cupboards full of materials but unsure how to make best use of them? I can provide resources and advice on how to include more art within the curriculum, boost staff confidence and ability to deliver art lessons, project planning, classroom management in practical sessions, ideas generation and skills sessions. I also run art and wellbeing sessions for local businesses to use as a relaxation tool and to help with mental health awareness and team building.

For prices and info:
Email me (Kerry) at
theartroomsunderland@hotmail.com
I need to know- topics, number of participants and where you are. Digital zoom sessions can be done if there is enough time to post out materials to everyone.

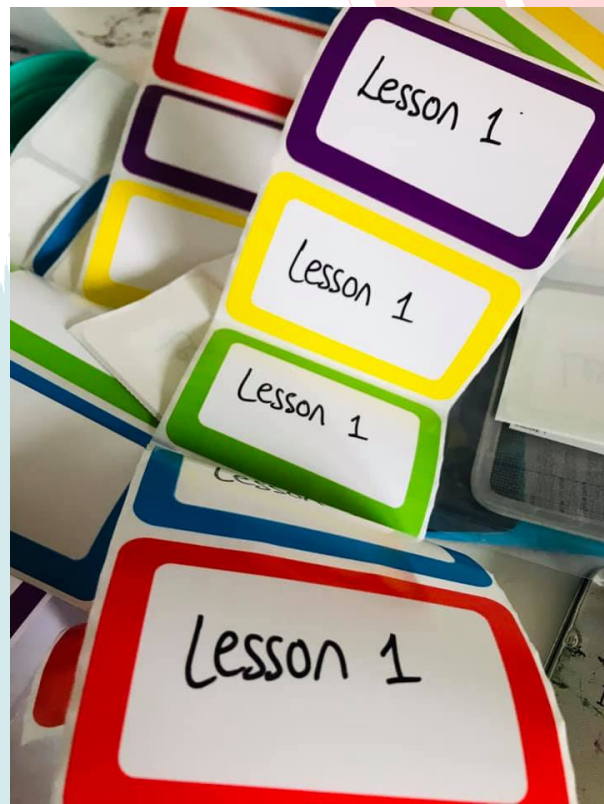
Alternatively, drop me a line with your number and when is best to call and we can have a chat over the phone.
Hope to hear from you soon!

www.theartroomsunderland.com





Materials Prepped!



Fun homework tasks
for the run up to the
CPD!

