



West of England
**MUSIC
& ARTS**



Creatives in Schools Grant

Case Study Four

The Cultural Education Hub from West of England Music and Arts gives grants to creative practitioners to develop and deliver a series of free creative workshops for schools, providing students with access to exciting new creative and cultural experiences.

The Creative Dispensary

Exploring creativity as a tool for emotional wellbeing



Ali Brown

The Creative Dispensary is a creative wellbeing workshop in which students explored artistic processes and co-created a collection of "creative prescriptions": simple, imaginative activities that can support different emotions. Through conversation, making, and reflection, students' ideas contributed to a Creative Dispensary resource that was shared with each school and can now be used again and again. Across the sessions, students explored how creativity can help us notice and express our feelings, calm our minds, and connect with others.

The project highlighted the power of simple creative processes to open up meaningful conversations about emotions. The Creative Prescription format was successful, giving pupils a sense of ownership over their wellbeing tools.

"The session made me feel calm and free."

- Pupil

"When we were blowing the ink, it felt like we were blowing our anger away."

- Pupil

"The children loved it and came out excited to talk about it and share what they did."

-Teacher

Ali worked with 4 different primary schools across the region and delivered a total of 10 creative wellbeing workshops for Years 3 and 4, working with 140 pupils in total. To create a calm, spacious environment for expression, each session was run with half a class at a time.

Activities in the session included:

- A feelings-based warm-up exploring emotions, where they show up in the body, and "making the invisible visible."
- Exploring three creative activities - bilateral drawing, collage, and inks and matching them to emotions.
- Writing a Creative Prescription based on a chosen feeling and creative response.

"Being part of this programme has been a really positive experience. Having the space and support to develop an idea into a full workshop has been invaluable"

-Ali Brown

