



Creative Arts Workshop

For Kids with Little Feet and Big Imaginations



Course Title:	Creative Art Workshop for Kids with Little Feet and Big Imaginations		Age Group:	5-9 yrs	
Tutor:	Ashish Kumar	Tutor's Phone No.	050 7373 294		
Cost (AED): 880					
	Start time:	End time:	No. Weeks:	Hours:	Material Fee:
Sunday	4:00	6:00	8	2	None
Saturday					

Type of course: Ongoing enrolment

Description:

Kids today live a life of constant motion. From home to school to soccer practice to sleepovers they are always being driven from one place to another. In addition they are constantly engaged - watching movies, texting friends, or playing videogames on the PS3 or Nintendo's. With so many distractions, it is little wonder they are unable to focus or pay attention. Teachers and parents keep asking them to pay attention but we never teach them how.

The Mindfulness, Art and Meditation workshop is designed to help children become more aware, more attentive, to give them the tools to handle stress better, to slow down, think, and find the answers within. Mindfulness is the key to learning and leading a healthy balance life. The children will be introduced to the concept of mindfulness through a series of short, guided meditations and exercises over the 8-week period. Meditations will be focused on building emotional intelligence and developing loving kindness and compassion, as well as help increase their awareness of the physical body. Having worked on their minds and their bodies, the children will then be led through a variety of exercises where they will learn to draw, paint, and express themselves creatively through art.

Materials:

Parents should talk to the tutor prior to the first class to discuss the materials needed