



# CREATIVE OFFERS FOR YOUNG PEOPLE

ARE YOU WORKING WITH YOUNG PEOPLE WHO WOULD BE INTERESTED IN A CREATIVE SESSION? OUR TEAM OF ARTISTS AND VOLUNTEERS CAN RUN THESE TASTERS DIGITALLY FOR A GROUP YOU ARE WORKING WITH.

## CREATIVE REFLECTION

A session sharing creative tools for you to use in your every day life to help with self awareness, resilience and mindful practice.

## ART IS POWER

Why is art important as a form of resistance? How can art be used in activism and be used to empower people to fight for change?

## FIND YOUR VOICE

What are you passionate about and how can we express this through poetry, lyrics and spoken word? Find your voice and be heard, by creating content from nothing.

## MINDFUL MANDALAS

How can we bring mindfulness into our everyday through the practice of creating unity and balance in our art?

## BEATBOX CHAMPION

Find your inner rhythm and make music using your voice as an instrument. Learn how to make music from home.

## CRAFTY KINDNESS

Get your pens and paper ready to join us for a super fun and relaxed crafty session looking at how we can be kind to ourselves and others.

## GET OUT THE BOX

Explore some fun drama games looking at our 'Lock down alter-egos' and imagine life outside the digital world. What if our zoom call was a fishbowl?

## SOUND SPACE

Come together through collaborative playlist creation, and discuss the stories that inspire your choices behind the songs.

## UPCYCLE YOUR HOME

Use this session to find ways to express yourself and decorate your space. Make your room your safe space with bunting, upcycled costumes decorations made from your recycling and things around the house!

# ONLINE CREATIVE COURSES STARTING IN JUNE



## EXPLORING WHAT MUSIC MEANS TO US

A 6 WEEK COURSE OFFERING A SPACE FOR YOUNG PEOPLE AGED 16-25 TO COME TOGETHER THROUGH COLLABORATIVE PLAYLIST CREATION, AND DISCUSS THE STORIES THAT INSPIRE THEIR CHOICES. FRIDAYS 6-7.30PM.



## FINDING CREATIVE TOOLS TO SUPPORT OUR RESILIENCE

A 6 WEEK GROUP FOR YOUNG PEOPLE AGED 14-18 TO COME TOGETHER AND UNLEASH THEIR CREATIVE POTENTIAL, USING A VARIETY OF ART FORMS TO EXPAND OUR SKILL SET AND EXPERIMENT TOGETHER. THURSDAYS 1-2.30PM.

IF YOU ARE WORKING WITH YOUNG PEOPLE, WHO WOULD BE INTERESTED IN ANY OF THE ABOVE, PLEASE EMAIL:

[MARTHA@OTRBRISTOL.ORG.UK](mailto:MARTHA@OTRBRISTOL.ORG.UK)

\*THESE ARE ALL OFFERED WITHOUT CHARGE TO EITHER THE ORGANISATION OR YOUNG PEOPLE!\*