

Cre8ability sessions are a fun, interactive way for children aged 6-11 to learn about emotions. They aim to build new skills which in turn will naturally increase confidence and self-esteem. Engaging in a creative process helps to open up our imagination and idea-generating areas of the brain and supports the development of problem-solving skills.

When children can generate ideas, problem solve and trust their own judgement they become more resilient which is an essential aspect of good mental health. In the sessions families will gain an improved understanding of feelings and learn how to deal with troublesome emotions in a positive, healthy way.

Parents and children will have fun and learn strategies together that promote health and wellbeing by exploring various art and craft techniques. They also get to take their creations home!

We will build in 'relaxation time' which is so beneficial for young and old alike.



Cre8ability sessions are suitable for any family wishing to engage in creative ways of building Emotional Intelligence. We believe EI is our human superpower and that it is key to children becoming their best self, excelling in life and reaching their full potential. It is our mission to equip children with EI skills that will grow and develop with them.

Find us on Facebook



For further information **Contact:**

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To discuss availability or find out more information about the programme, please contact Cre8ability on the details above.

Cre8ability CIC Co Reg. No. 12775026

# Cre8ability



## 6 WEEK PROGRAMME FOR FAMILIES

Nurturing Emotional  
Well-being in Creative  
Spaces

## Sample 6 week programme

- **Naming feelings**
- **Noticing feelings**
- **Managing feelings**
- **Music for mood**
- **Positive relationships**
- **Nurturing a growth mindset**

Children with creative minds excel at generating ideas and new ways of doing things, they are imaginative and curious, inventive and innovative, confident and resilient, self-assured and active problem solvers.

## Activities



## Criteria for hosting

- We require a minimum of 10 families on the programme preferably with 1 child each., aged between 6 and 11 years. We accept up to a maximum of 15 children in total to allow for siblings should the parent not have other childcare available.  
**(We do not cater for under 5's)**
- At least **one** member of your staff **MUST** support the whole programme each week.
- Families are expected to commit to attending each week for the full six weeks.
- Your setting provides a light snack and cold drink for the children and parents.
- We require a room with individual tables for each family and availability of your supporting staff member 15 minutes prior to the start of the session to assist with set up.