

CREATIVE WORKSHOPS FOR CHILDREN & YOUNG PEOPLE

Engaging in creative activities is known to be therapeutic and enjoyable for children and young people, gaining new experiences and forming meaningful interactions. Our workshops are suitable for complete beginners, with a focus on creating a welcoming environment where everyone can learn to have fun together.

The subject of creative activities can vary hugely and so there is bound to be something suitable to each child's unique tastes. Not only that, but the format of the workshop can vary for individual expression through to collaborative projects, all of which help with emotional and social development, as well as fine-tuning motor skills. They give participants an opportunity for interactive hands-on learning, skills, development and self-expression, offering therapeutic healing and improving mental health and wellbeing. Participating in workshops can help build confidence and reduce stress!

With school holidays around the corner, you may be wondering how much time in front of a screen is too much and what alternatives are out there that they really will enjoy. One solution, which can really engage, and benefit children is participation in creative activities.



CUPCAKE DECORATING

Our fantastic child-friendly cupcake decorating workshops are mentally stimulating and will teach children and young people some brilliant skills. They will be guided through an amazing hands-on activity that will make icing seem like a piece of cake. Children will feel relaxed after spending time learning something new and come home with 4 decorated cupcakes.

WHAT YOU NEED TO KNOW

Beginner Friendly

1.5 hours

Maximum 10 participants

Aged 8 – 16

All ingredients included

CROCHET MASTERCLASS

Crochet for children and young people is fun, educational and provides a new skill with projects that are fun and easy to make, such as a Rainbow Friendship Bracelet, Finger Puppets, or a Butterfly, and can include a Hand Chain Scarf worked with only their hands.

WHAT YOU NEED TO KNOW

Beginner Friendly

1.5 hours

Maximum 10 participants

Aged 8 – 16

All materials included



CARPENTRY & WOODWORK



Nothing beats the glow on their faces when they create something with their own two hands! We have many child-friendly woodworking projects that promise oodles of fun and heaps of skill-building including a bug hotel, birdhouse, picture frame, and puzzle.

WHAT YOU NEED TO KNOW

Beginner Friendly
1.5 hours
Maximum 10 participants
Aged 11 – 16
All materials included

GET CRAFTY

Arts and crafts can be a great way for children to bond with other children and adults, and by engaging in these activities, children develop their eye coordination and learn to think outside the box. They also improve their confidence and creativity whilst having fun exploring and being creative in expressing themselves freely.

WHAT YOU NEED TO KNOW

Beginner Friendly
1.5 hours
Maximum 10 participants
Aged 8 - 16
All materials included



MUSIC GROUP

Using music as therapy is said to reduce anxiety and the physical effects of stress, reduce depression, and helps to reduce symptoms of psychological disorders. It is a means of empowering and inspiring children and young people who have a passion for music and education, participants will work as part of a group to understand the key aspects of song writing and musical performance. They will have an in-depth look at beats, bars & phrases and have the opportunity of live sound recording.



WHAT YOU NEED TO KNOW

Beginner Friendly
1.5 hours
Maximum 4 participants
Aged 11 – 16
All materials included

POP-UP BOOK CREATION

Pop-up elements add an exciting new dimension to any book, and in this workshop, children can tell their story, their way, expressing their thoughts and feelings in a fun way. This will support the development of their literacy and empower them in the art of storytelling whilst making sense of the world around them.



WHAT YOU NEED TO KNOW

Beginner Friendly
1.5 hours
Maximum 4 participants
Aged 11 – 16
All materials included

LOCATION

All held at Clarence House, 6 Clarence Road, Norwich. NR1 1HH

PRICES

EACH WORKSHOP is **£35**, or you can save by booking more:

- 4 @ £120
- 6 @ 150

AUGUST ACTIVITIES TIMETABLE

Cupcake Decorating	9th @ 10am 9th @ 2pm	12th @ 10am 12th @ 2pm	19th @ 10am 19th @ 2pm	22nd @ 10am 22nd @ 2pm
Crochet Masterclass	5th @ 12pm	12th @ 12pm	19th @ 12pm	26th @ 12pm
Carpentry & Woodwork	5th @10am	14th @ 2pm		
Get Crafty	2nd @ 12pm	7th @ 12pm	14th @ 12pm	28th @12pm
Music Programme	10th @10am	17th @10am	24th @10am	31st @10am
Pop-Up Book Creation	2nd @ 2pm	7th @ 2pm	14th @ 2pm	28th @2pm

To book, please call 07947 568168 or email info@eudaemonia.uk

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