

## The Young Gallery Stage 1

### “Year of Wellbeing”

#### Projects and Exhibitions Programme 2016/17

**INSPIRE•ENGAGE•LEARN•CREATE**

#### Introduction and Overview

The Young Gallery Project is a unique model of creative engagement for children under 12 in the North East of Glasgow. The project works in partnership with schools, health, social work and third sector services in the North East Sector to engage over 300 children per year in the various stages of our three-tiered “*Art Therapy Continuum*” which focusses on helping children achieve outcomes in health, education and wellbeing.

The project offers engagement through a schools programme (stage one) delivered by our Artist in Residence, specialist arts programme (stage 2) delivered by partner organisations, and our unique community based one to one Art Therapy service (stage three) delivered by our qualified team of Art Therapists.

The project’s overarching aim is to alleviate and reduce the negative effects of substance misuse in the North East of Glasgow on its children.

The project’s key outcomes are:

- Children will have increased confidence and self-esteem
- Children will realise their own potential
- Children will have greater self-awareness of their circumstances and develop coping mechanisms
- Children will have increased engagement in education
- Professionals will be more aware of the benefits of therapeutic approaches

In recognition of the health benefits for children achieved through the above outcomes, the Young Gallery schools programme (stage one) will deliver a series of projects over 2016/17 designed to directly engage children through creative experiences, and increase their learning on the subjects of physical and mental health and wellbeing. This programme will offer children the opportunity to develop a greater understanding of the importance of health and wellbeing in their own lives and in their communities at an early stage in their development against a backdrop of challenging and at times detrimental experiences within their communities in regards to choices for health and wellbeing.

The following stage one schools programme has been developed by Impact Arts to address the subjects of health and wellbeing with children, and offers children the opportunity to engage further in stages two and three of the Young Gallery project if required to further improve their mental and physical wellbeing.

### Projects

#### 1. EAT. PRINT. MAKE. REPEAT. (P4 St Philomena's & Barmulloch Primary Schools)

- 60 Children will **engage** in a series of workshops focusing on printing, using fruit to inspire the creation of repetitive patterns
- Children will be **inspired** by a broad range of fruits and **learn** about their health benefits whilst at the same time learning about print techniques and various artists and movements who have utilised repetitive prints in their output
- Children will **create** a sensory exhibition of prints and textiles incorporating smells and textures found in the fruits used to create the visuals

*Exhibition opens Thursday 9th June 2016*



#### 2. ONE. (P2. Royston & St Roch's Primary Schools)

- 60 children will **engage** in a series of workshops focussing on the importance of equality and diversity, and the community wellbeing benefits of a tolerant and inclusive society
- Children will be **inspired** by diverse creative and cultural movements, and draw **learning** from a variety of ethnic and social cultures
- Children will **create** an exhibition of work inspired by cultures that resonates with them and curate a variety of diverse work that sits together side by side

*Exhibition opens Thursday 6<sup>th</sup> October 2016*

### 3. MIND /

#### **MATTER. (P6. St. Michaels in Parkhead and Sacred Heart in Dalmarnock Primary Schools)**

- Children will be **inspired** by their favourite books, and **learn** about the importance of stories and themes with positive affirmations and messages that contribute towards good mental health and wellbeing
- Children will **engage** in a variety of mediums including recycled books (pre-loved and brought back to life), and learn typography and calligraphy techniques
- Children will **create** and exhibit work celebrating positive affirmations in literature

*Exhibition opens Thursday 24th November 2016*



#### **4. WHO WANTS A GAME OF? (P5. St. Anne's in Calton and Dalmarnock Primary Schools)**

- Children will be **inspired** by traditional games, and **learn** about the importance of play and the positive effects it has on their physical and mental health
- Children will **engage** in local community resources including Batlic Street Playground and the British Film Institute Library (Bridgeton) to learn about the past, present and future of play for children
- Children will **create** an exhibition incorporating film, sound and new interactive games for audiences to play

*Exhibition opens Thursday 2<sup>nd</sup> February 2017*

#### **5. WELCOME TO THE JUNGLE. (Pre-5 Elba Lane / Helenslea / Bridgeton / London Road Nurseries)**

- Children will **engage** in a series of movement workshops based on dance, movement, and animal yoga. Children will **learn** about the importance of physical and mental health through the connections of movement and mindfulness
- Children will be **inspired** by representations of movement and animals in culture throughout the ages
- Children will **create** an exhibition of their own representations of animals and movement utilise a variety of art forms including shadow puppetry and sculpture

*Exhibition opens Thursday 24<sup>th</sup> March 2017*