Education & Skills Funding Agency

HEALTH & WELLBEING

DIGITAL JOURNALING: EXPLORING COLOUR

COURSE SUMMARY:

This 7 week interactive online course will teach you how to use images and words in a creative way to record your own thoughts and experiences. We will explore the use of colour, the theory behind it, and its use in expressing emotion and in creating impact. This course will take place on Microsoft Teams. Support will be provided in accessing this.

ENTRY REQUIREMENTS:

● Have access to a computer or laptop

● Aged 19 or over

AWARD:
Unaccredited

WHAT WILL YOU DO ON THIS COURSE?

✔ **Be part of** a supportive group of learners

✔ **Gain inspiration** from weekly prompts and assignments

✔ **Get advice** on using traditional art, digital skills, poetry, and creative writing

✔ **Give and** receive feedback both positive and developmental in the sharing of ideas

✔ **Develop** your own creative style

✔ **Build a** collection of work you are proud of

PROGRESSION FROM THIS COURSE:

● Further Digital Journaling courses

● Digital Photography

● Engaging with Nature online course

Suffolk County Council

REALISE FUTURES
Enhancing people's lives

THE GATEWAY TO LEARNING IN YOUR COMMUNITY