



Education & Skills  
Funding Agency



HEALTH &  
WELLBEING

## DIGITAL JOURNALING: EXPLORING THE ELEMENTS

### COURSE SUMMARY:

This 6x week interactive online course will teach you how to use images and words in a creative way. We will explore how the elements - earth, air, fire, and water appear our own lives and also those of other cultures. This will involve looking at and discussing stories, poetry and art on these themes and having a go at creating our own too. 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 and share ideas
- ✓ **Develop** your own creative style
- ✓ **Build a** collection of work you are proud of
- ✓ **See your** work as part of an end of course anthology

### PROGRESSION FROM THIS COURSE:

- Further Digital Journaling courses
- Digital Photography
- Engaging with Nature



**REALISE  
FUTURE-S**

Enhancing people's lives

THE GATEWAY TO LEARNING IN YOUR COMMUNITY