



Education & Skills
Funding Agency



HEALTH &
WELLBEING

DIGITAL JOURNALING: EXPLORING THE SEASONS

COURSE SUMMARY:

Do you have a favourite season on the year? On this course, we will look at the seasons as a subject and support our mental health by being creative. We'll think about how weather, temperature and nature are part of our lives. We'll also look at how they have traditionally influenced us and how we look at them differently due to modern life. The course will take place on Microsoft Teams and we'll give you support to access this if you need it.

ENTRY REQUIREMENTS:

- Have access to a computer or laptop
- Aged 19 or over

WHAT WILL YOU DO ON THIS COURSE?

- ✓ **Be part of** a supportive group of learners
- ✓ **Gain inspiration** from weekly prompts and assignments
- ✓ **Give and** receive feedback to improve your work
- ✓ **Develop** your own creative style
- ✓ **Find out** how making art can lower stress levels
- ✓ **Use creativity** to support your mental health



AWARD:
Unaccredited

PROGRESSION FROM THIS COURSE:

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



**REALISE
FUTURE-S**

Enhancing people's lives

THE GATEWAY TO LEARNING IN YOUR COMMUNITY