

Wellbeing: Upcycling crafts to do with your children

Course overview

Play and creativity are important for child development. Many parents and carers are also supporting children and young people to become more sustainable. Upcycling is one way to do that. Upcycling is the act of taking something no longer in use and giving it a second life and new function. It allows us to enable a child's creativity and development with little to no money spent. This is especially important in today's economic situation. This course will give you ideas of low cost crafts you can do with your children.

What will I study?

You will:

- Discuss the benefits of upcycling
- Explore what materials can be used
- Identify common items that can be upcycled
- Look at different upcycling activities you can do with children

Assessment method

You will participate in activities, discussions, Q&A and receive verbal feedback from the tutor throughout the workshop and put into practice the principles covered.

Entry requirements

This course is open to all.

What should I bring with me?

You will need to provide your chosen method of note-taking such as notepad & pen or tablet.

Key information

Possible next steps

Following the successful completion of this course, you will be supported to enrol on to other wellbeing courses, family learning courses or signposted to another course suitable for you.

Contact us

Our friendly staff can give you further advice and support.



email: adultcollegeenquiries@lbbd.gov.uk



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