

# Wellbeing: Stone painting for grown ups

## Course overview

---

Small and large stones are interesting to paint. We will start with larger stones and simple designs so you can get used to painting and drawing on a shaped textured surface. You can go on to paint memory stones, plant labels, charms and so much more. Stone painting is easy to do at home so will be able to stone paint at home alone, with children or with grandchildren.

## What will I study?

---

You will:

- Prepare your stones
- Create a base colour
- Layer colours
- Add fine detail
- Have instructions for sealing your paint once fully dry

## Assessment method

---

You will participate in practical activities, discussions, Q&A, and receive verbal feedback from the tutor throughout the workshop.

## 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. Wearing old clothes is advised.

### **Key information**

---

Where possible this course will take place on site with social distancing measures in place.

### **Possible next steps**

---

Following the successful completion of this course, you will be supported to enrol on to other wellbeing course 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](mailto:adultcollegeenquiries@lbbd.gov.uk)



call: 020 8270 4722