

# Wellbeing: Drawing on the left hand side of the brain

## Course overview

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A fun way to improve our drawing by really looking. This method has been shown to help everyone, including those who feel they cannot draw, to improve their drawing.

Using the right side of the brain means finding ways of concentrating on seeing things as a whole, not analyzing or putting things in categories. Drawing like this is a way to slow down and really focus, which is calming, relaxing and destressing.

## What will I study?

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You will:

- Draw, using some exercises which help you to look at what you are drawing in a new way. After using two exercises, you will complete one finished drawing to take home.

## Assessment method

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You will participate in discussions, practical activities, Q&A, and receive verbal feedback from the tutor throughout the session. You can assess your own progress by seeing what you have created.

## Entry requirements

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This course is open to all.

## What should I bring with me?

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The college provides, paper pencils and rubbers for this. Bring an A4 plastic wallet to take home your pictures without them getting crumpled.

## Possible next steps

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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

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Our friendly staff can give you further advice and



support.



email: [adultcollegeenquiries@lbbd.gov.uk](mailto:adultcollegeenquiries@lbbd.gov.uk)

call: 020 8270 4722