

LLDD Life Skills: Creative Expression I - Communication

Course overview

Do you find it difficult to talk about your feelings? Perhaps you don't feel there is anyone you can talk to about certain things. This course is an opportunity to express yourself, your thoughts and your feelings using art and crafts. Expressing yourself through the arts can also help build your confidence and self-esteem and give you the motivation to move forward.

What will I study?

- The importance of the imagination
- Using art and craft to express your thoughts & feelings
- How other artists have expressed their thoughts and feelings
- Making gifts and the importance of giving as a way of expressing our feelings

Assessment method

- Take part in classroom activities
- Take part in Q&A sessions and short discussions
- Your tutor will give you verbal and written feedback throughout the course

Entry requirements

You should be able to:

- participate in class activities
- work with others
- follow instructions

What should I bring with me?

An A4 folder, A4 notepad and a pen. Please wear old clothes.

Key information

| Code | Date | Time | Location | Full Fee | Concessionary Fee |
|--------|---|------------|----------|----------|-------------------|
| 8704CP | Monday 21 September 2020 to Monday 7 December 2020 | 1pm to 4pm | Dagenham | £12.00 | £12.00 |

Possible next steps

You will be supported to enrol on to other courses suitable for you, such as Personal Development through Drama, Relationships and Boundaries or other LLDD Health or Life Skills courses available at the college, following the successful completion of this course.

Contact us

Our friendly staff can give you further advice and support.



email: adultcollegeenquiries@lbbd.gov.uk



call: 020 8270 4722