

Reflective Art Workshops

Wellbeing Service



Weekly reflective art workshops delivered in a welcoming environment to allow for self-reflection and well-being support.

Each 1.5 hour workshop offers a stand-alone art activity. Participants can attend all six sessions in the series, or book onto individual sessions of interest.

Art materials will be available but if you have some personal materials you like to use please feel free to bring them with you.

**No previous art-making experience needed,
a warm welcome to all.**

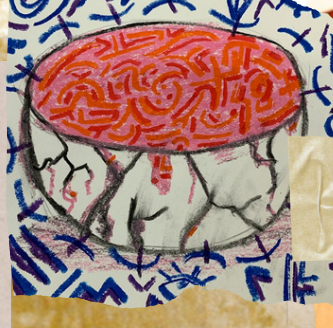
**Fridays, 9:30-11am,
Meeting Room 1, Neuadd Rathbone**

If you are interested, please contact us at:
wellbeingservices@bangor.ac.uk giving your name, university email address
and student ID number or scan the QR code below:



Timetable

Fridays
9:30-11am



19/4/24 Kintsugi: Kintsugi (golden joinery) is the Japanese art of repairing broken pottery with lacquer dusted or mixed with powdered gold, silver, or platinum. As a philosophy, it treats breakage and repair as part of the history of an object, rather than something to disguise. We will use this as a metaphor for life and resilience during a drawing activity which will explore our past resilience.

26/4/24 Positivity Portfolio: Barbara Fredrickson, a leading researcher in positive emotions, recommends creating a range of physical portfolios of objects and mementos to evoke particular positive emotions such as pride, joy and amusement. Make your own positivity portfolio case to store personal items such as ephemera, notes, letters, cards, photos and other personal items with positive associations.

3/5/24 Neurographic Art: A brief introduction to neurographic art, developed by psychologist, artist, and architect, Dr Pavel Piscev in 2014. The technique invites us to draw freeform lines on paper, called neurolines. As the line travels across the page, it encourages us to relax and can act as a form of meditation as the pen creates random lines and shapes.

10/5/24 Paper Cut-Out Image: Artist Henri Matisse started 'carving into colour' in his late sixties and created a series of spectacular cut-out images. It is believed Matisse started to create art in this way due to ill health where painting had become too difficult. A challenging period drove invention and a determination to persevere with creativity. During this session we will 'draw with scissors' and create individual paper cut-out images of our own to keep.

17/5/24 Gratitude: Practicing gratitude is known to have a positive impact upon our wellbeing. It helps our minds to focus on what we have as opposed to what we do not. During this workshop we will use a variety of art materials to create a personal gratitude lantern.

24/5/24 Mandala Pebbles: Make your own mandala by painting a pebble to keep. In the ancient Sanskrit language of Hinduism and Buddhism, mandala means "circle." The psychoanalyst Carl Jung believed that the mandala represents the Self and that drawing a mandala gives a person a sacred space to meet that Self.