

Creativity in Health and Social Care

Subject level	Level 3
What if I need help? (Teacher contacts)	Shaheda Sarang shaheda.sarang@wqe.ac.uk Veronica Tighe veronica.tighe@wqe.ac.uk Afsana Choudhury afsana.choudhury@wqe.ac.uk
Estimated time required to complete activity	1 hour
Resources required: <ul style="list-style-type: none"> • Podcast • Vodcast • Website(s) • Books • Video 	https://cdn2.shopify.com/s/files/1/0049/6261/5365/files/FaberCastell_Graphic_Mandala.pdf?3937 https://cdn2.shopify.com/s/files/1/0049/6261/5365/files/Mandalas10.pdf?3937 https://www.nps.gov/articles/000/origami-cranes.htm https://anyflip.com/tlwsl/lunu/ <p>Printable resource sheets can be found via these weblinks</p>
Assignment details	Stress of modern society can lead to people feeling overwhelmed. Take a break, focus on something else as a diversion. This is much needed for adults as well as young people. Discover insight into some creativity ideas.
How to hand in my work	Email work to WQE Marketing Department – marketing@wqe.ac.uk

How do I extend my learning?

Example:

- Visit Attenborough Arts, Lancaster Road, Leicester
- Extended reading on Kintsugi – Japanese Art for therapy