

Art-Wellness Lessons

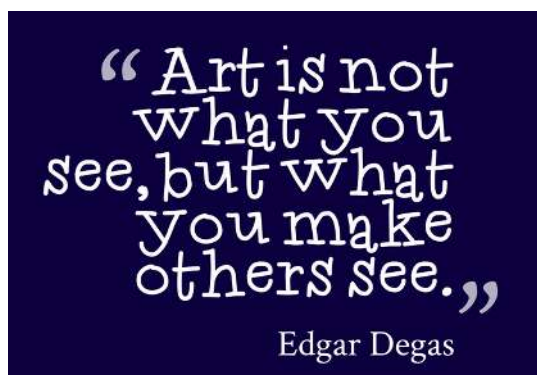
Curriculum Intent

The creative arts ignite innovation and imagination, fostering lifelong skills that enhance a student's perception, understanding, productivity, and wellbeing. However, recent funding cuts, accountability measures, and the impact of the global pandemic have made arts subjects more vulnerable, risking further neglect in education as the emphasis shifts to core subjects and catching up.

The benefits of art for improving wellbeing have been increasingly studied and advocated for in recent years – from relieving anxiety and stress to improving resilience. Arts lessons are also useful for developing effective communication skills. Arts, culture, and creativity play a crucial role in helping children and young people discover and express their voices. Another aspect of the arts for wellbeing is a sense of achievement. For pupils who struggle with core academic subjects, indulging in more creative pursuits can provide a much needed boost!

The creative arts—music, drama, art, design, and dance—unite students from diverse backgrounds, helping them express themselves and gain a deeper understanding of their identity and place in the world. These disciplines provide countless invaluable benefits to students, the community, and educators alike.

At Red Balloon, we provide art lessons to encourage students to be creative, have fun, and express their true selves. Offering a refreshing break from the pressures of core academic studies, enhancing student wellbeing and, consequently, improving overall performance.



"Arts subjects encourage self-expression and creativity and can build confidence as well as a sense of individual identity".

