

Half day Incursion – Creativity and Movement Mental Health Workshop

This 2 ½ hour long workshop encourages students to explore Emotional Wellbeing & Resilience through the mediums of Creativity and Circus. Participants begin the session with Circus props and discuss the importance of Persistence and Resilience. Students then create their own Mental Health artworks based on identifying Emotions and Self-Limiting beliefs.



Cost of Workshop: \$490

Based on a maximum of 25 students, duration 2.5 hours

This does not include the cost of extra travel time to schools outside of Bendigo region

