

Offer Your school ART THERAPY Sessions.
Give your students a fun way to **improve their physical, and emotional well-being** using new creative process.

Your students are going to enjoy this experience and **develop their imagination and open their mind to senses and Art.**

They will discover new ways of painting with collages and recycled elements.

The organic nature of the art materials encourages creativity.

This methods emphasizes the importance of **free artistic expression** and **encourages emotional** creativity. Also it **supports the ego**, helps the **development of identity**, and **foster growth**.

Your students are more confident, quiet, purposeful and independent. They **feel news PLEASURE and SATISFACTION.**

Participants release themselves from outside daily stimulation and concentrate on what they need to paint, regarding their feelings.

" Paint Your internal world "

Externalizes feelings

Allows spontaneous expression

Allows emotions

Is non-judgmental

Art Therapy

It uses simple art materials

When it is difficult, painful to express something then ART mixed drawing, painting, coloring, collaging, helps for : **feeling well, calming down, listening ourself, managing emotions, expressing internal feelings.**

ART improve areas of deficit like: **cognition and sensory-motor function, self-esteem and self-awareness, emotional resilience, insight, social skills, conflicts and distress.**

Passion, Fun, Intensity and Confidence

Contact me to organize your school workshops

Material included , Themes defined together

- Part of collage with green & recycling material. This step gives sensitive impact to the environment and keep in mind that everything basic can be reused on other way. All materials are intersting by their aspect, relief, color..
- The second step is the completion of the artwork, using paintings and different techniques. Enjoys also decorative elements and other fancies accessories.



“EnhanceYOURSELF through YOUR IMAGINATION”
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