

Wellbeing Festival



We love how creativity can support people's wellbeing and help them manage their mental health. We'd like you to create, plan and pitch an online **Wellbeing Festival** for young people to inspire them to get creative and take care of their mental health at the same time.

The key tasks are:

- **Create your festival line up!** Design activities you think could inspire other young people to manage their wellbeing using arts and cultural activities – this could be song writing workshops, crafting sessions, slam poetry, movement classes – the sky's the limit!
- **Create a name for your festival and design a logo and a flyer for your online event.**
- **Share your festival ideas with your classmates in a 15 minute presentation** – this can be as creative as you like so think outside the box!

Want to go one step further?

- Create a digital exhibition or performance that showcases your lockdown experiences and how you've looked after yourself. This could be a series of photographs, a piece of creative writing, a song, a piece of dance that you film and capture – this is your chance to showcase your creativity so go for it!

