

Why are Creativity and Wellbeing Important?

- Creativity can help us to connect with young people who have experienced multiple barriers to their education. Creative collaboration can build skills, relationships and awareness, supporting the formation of trust and increasing feelings of safety.
- Neurochemicals such as serotonin, oxytocin and dopamine released in the brain when we are creative, help us to reduce anxiety, alleviate depression, experience positive emotions and bring us closer to the people around us.
- Young people who have experienced adversity can find it challenging to let go of the defenses that have protected them and often be experienced as withdrawn, anxious or aggressive.
- Participating in creative activities can significantly support young people back into social connection with others and increase their sense of wellbeing and positive mental health over time.

Further Resources

For information about our work and trauma informed approach visit www.kazzum.org.

Check out our '[Resources](#)' page for downloadable professional development guides and practical resources.

We offer training for individuals and organisations throughout the year, dates can be found on the '[Train with Kazzum](#)' page of our website.

About Kazzum

Kazzum Arts are a charity supporting children and young people impacted by trauma and adversity to feel seen heard and valued.

'Switch On' is part of our BUILD programme, delivered at London East Alternative Provision between 2017 – 2023. Weekly arts workshops support young people aged 13-16 to build confidence, relationships and process the experience of school exclusion.



**Educator
Guide**

About 'Switch On' Activity Book:



'Switch On' is a creative activity book designed for young people to experience creativity, increase wellbeing, develop reflective skills and build relationships.

You can offer the book to young people to use independently or when facilitating group activity.

About this Guide:

- This guide accompanies Kazzum's 'Switch On' activity book and has been designed to support educators to plan and deliver creative sessions for student wellbeing.
- We hope that it can provide you with some new games, exercises and tips to help enrich the time you have with young people.

Using 'Switch On' With Groups:

- Read through the book and identify activities you think young people might enjoy.
- Try them out for yourself.
- Reflect on what you enjoyed or what adaptations might need to be made for the group.
- Plan a session which incorporates some activities in an order that makes sense to you.
- Prepare any materials you may need (e.g., paper and pens).
- Facilitate the activities.
- Support young people to relate with one another and reflect on the activities that they have participated in.
- Encourage young people to identify activities they might like to try from the book, either by themselves or as a group.
- Facilitate these activities alongside the young person.
- Support the young people to facilitate their own activities with the group.

Tips for Facilitation

Facilitating group or 1-2-1 activities can be challenging. Sometimes it can be supportive to consider the following to increase engagement:

- Use clear and concise language when introducing and reflecting upon the activities.
- Offer examples of how to participate in the activity, allow space for students to ask clarifying questions. You may also want to try a practice round of an activity or game.
- Join in with the activities to help model participation and show you are part of the group.
- Use praise to highlight positive engagement and support students' confidence.
- If an activity goes well, repeat the activity, find new levels of challenge if something feels too easy or simplify if something feels too complex.
- Be playful and show your own enjoyment and creativity.