

SKILLS FOR  
WORK  
AND  
LIFE



DEFINE, DEVELOP YOUR UNIQUE  
SKILLS, STRENGTHS & OPPORTUNITIES.

4-6YRS



7-12YRS



13-18YRS



+21YRS



Therapeutic Self Development Arts Programs

At Lemonpop Workshops we provide **therapeutic self development** arts programmes based on the philosophy that art making is central to **healing** and **wellness**.

Our Personalised programme uses the creative process of art making to improve and enhance the wellbeing of individuals, in a safe and creative space where participants are invited, guided, and encouraged to rediscover, define and develop him or herself through the art making process.

Lemonpop Workshops continues to have a positive impact on society by working close with Schools, community organisations providing *Creative Solutions* programmes focusing on **Resilience Building, Leadership Training, Self Development, Community Participation and Engagement**; increasing the sense of **Ownership, Responsibility and Empowerment**.



- To be creative and express themselves in different ways
- Experience enjoyment and contribute to other people's enjoyment through creative
- and expressive performance and presentation
- Develop important skills, both those specific to the expressive arts and those which are transferable
- Develop an appreciation of aesthetic and cultural values, identities and ideas and for some, prepare for advanced learning and future careers by building foundations for excellence in the expressive arts.

Our services provide an opportunity to develop weaknesses into strengths, creating opportunities by avoiding threats to your wellbeing, happiness and success



### Self Development Programmes

Participants are guided to discover, define and develop him or herself through the art making process.

### Educational Programmes

Participants develop the skills and attributes which are needed and necessary for learning, life and work opportunities.

### Therapeutic Art Programmes

Learning through Art is about encouraging the development of visual processing skills and improving fine motor skills

### Community Projects

Creative Solutions to wider issues and topics affecting communities... ie social economic or wellbeing

### Celebrations & Milestones

Skilled Art activities aimed at gaining transferrable skills and enjoyable to all ages and families

### Events

Creative engagement & participation through activities that engage groups, families and local communities

## ● All about me

★ DISCOVER /// DEFINE /// DEVELOP /// EXPRESS

Explore & Discover what makes you unique. Identify your uniqueness through activities that provide positive sense of self. Develop transferrable life skills through skill building activities within individual, family, peer and community settings.

## ● Belonging

★ DISCOVER /// DEFINE /// DEVELOP /// EXPRESS

Encourages participants to see things from different perspectives to create a sense of community in which participation is valued and engagement across groups is encouraged.

## ● Make a difference

★ DISCOVER /// DEFINE /// DEVELOP /// EXPRESS

Youth feel free to express their ideas, thoughts and feelings in their immediate environment. What do you stand for?

## ● Identity & Ideals

★ DISCOVER /// DEFINE /// DEVELOP /// EXPRESS

Identify positive and coherent attitudes, beliefs and values that one holds about him/herself and his/her future.

## ● Telling stories

★ DISCOVER /// DEFINE /// DEVELOP /// EXPRESS

Focusing on the range of methods used to communicate and interact with others, including communication skills (verbal and non-verbal and listening), paying attention to detail, assertiveness, conflict-resolution and negotiation strategies.

## ● Order & organisation

★ DISCOVER /// DEFINE /// DEVELOP /// EXPRESS

The motivation and ability to make plans and take action towards meeting a personal goal.

Increased ability to plan and set goals at the conclusion of training/programme. It includes problem-solving, planning, decision-making and critical thinking.

## ● Messages

★ DISCOVER /// DEFINE /// DEVELOP /// EXPRESS

The ability to identify an issue, absorb information from multiple sources and evaluate options to reach a reasonable conclusion. Skills that help to integrate feelings, thinking and actions to achieve specific social and interpersonal goals.

## ● Connecting Places

★ DISCOVER /// DEFINE /// DEVELOP /// EXPRESS

Youth feel safe in their immediate environment. Physical or non physical or remote environment is free from violence, conflict and crime.

## ● Looking forward

★ DISCOVER /// DEFINE /// DEVELOP /// EXPRESS

Increased positive beliefs about personal future aspirations at the conclusion of training/ programme. Having knowledge and optimism about one's future potential, goals, options, choices or experiences.

In order to ensure that the needs of all participants are met, we use workbooks, small and large group discussion, role play, quizzes, video, question and answer. Videos can be subtitled where required. Resources will be provided for the full course including access online presentations and comprehensive lesson plans.

Participants can request to use a workbook that acts as a guide and a graduation certificate for completing the course. Extra costs apply. Throughout the sessions young people will also complete exercises which aim to improve their communication skills, manage personal stress, learn how to assess key areas of their own development and set personal targets using our creative workbook tool.

Lemonpop Workshops is committed to safeguarding children and young people and operate a safer recruitment policy. We have regular DBS checks and receive initial and ongoing safeguarding training.

Lemonpop Workshops work with individual organisations to ensure that all participants are safeguarded and Lemonpop Workshops will take any action required in order to fulfil this responsibility.

**ALL ABOUT ME: HAPPY LIST**  
WEEK 1 EXPLORE & DISCOVER

**DURATION**  
★ SKILL LEVEL

1 Hour/s -- minutes  
★ ★ ★ ★ ★  
INTERMEDIATE CHALLENGING

Participants are encouraged to gather information about themselves or a topic through a range of creative methods to create and develop a list of resources useful for pinpointing and recognising personal interests, strengths and weaknesses to recognise opportunities and avoid threats to their wellbeing.

**ALL ABOUT ME : CUSTOM CANVAS**  
WEEK 2 EXPLORE & DISCOVER

**DURATION**  
★ SKILL LEVEL

1 Hour/s -- minutes  
★ ★ ★ ★ ★  
INTERMEDIATE CHALLENGING

Celebrate who you are by creating a canvas that represents YOU and your uniqueness... use your interests as a resource of what goes onto the image. The more quirky and weird..the more interesting it becomes. Express yourself and show your true colours.

**IDENTITY & IDEALS: CARD MAKING**  
WEEK 3 EXPLORE & DISCOVER

**DURATION**  
★ SKILL LEVEL

1 Hour/s -- minutes  
★ ★ ★ ★ ★  
INTERMEDIATE CHALLENGING

Spread love or celebrate the festivities by creating a personalised Card for a friend, family member or someone special! Recycle and ReUse is important in finding resourceful uses for things we would normally throw away or finding new uses for things that can be found around the house or easily accessible to us.

**BELONGING : DESIGN A TEE SHIRT**  
WEEK 4 DEFINE YOURSELF

**DURATION**  
★ SKILL LEVEL

1 Hour/s -- minutes  
★ ★ ★ ★ ★  
INTERMEDIATE CHALLENGING

If you could wear any t-shirt you like...what would it be? What colours? What design? Would it be an image or would it be a message or inspirational quote or simply a statement about you. How would you define yourself or make your design as unique as you are!

**BELONGING: CREATE & MAKE YOUR TEE**  
WEEK 5 DEFINE YOURSELF

**DURATION**  
★ SKILL LEVEL

1 Hour/s -- minutes  
★ ★ ★ ★ ★  
INTERMEDIATE CHALLENGING

Stand out from the rest and celebrate who you are by actually creating a t-shirt that represents you and your uniqueness... express yourself and show your true colours. Using your design as a guide helps to consider what materials to use to achieve the best results.

**TELLING STORIES : WRITE A POEM**  
WEEK 6 DEFINE YOURSELF

**DURATION**  
★ SKILL LEVEL

1 Hour/s -- minutes  
★ ★ ★ ★ ★  
INTERMEDIATE CHALLENGING

Create list of words or stream of consciousness by developing a resource list of information about the topic. Expanding our understanding of the topic from our perspective and creating a narrative by developing the words into a structure of verses or chapters.

**ORDER & ORGANISATION: STORYBOARD**  
WEEK 7 DEVELOP YOURSELF

**DURATION**  
**SKILL LEVEL**

1 Hour/s -- minutes  
★ ★ ★ ★ ★  
INTERMEDIATE CHALLENGING

Share a story or narrative piece from your personal life, childhood or an experience that you are happy or proud of.

It can be a made up storyline as imagination enables us to explore alternatives and enjoy expressing ourselves.

**ORDER & ORGANISATION : BOOKMAKING**  
WEEK 8 DEVELOP YOURSELF

**DURATION**  
**SKILL LEVEL**

1 Hour/s -- minutes  
★ ★ ★ ★ ★  
INTERMEDIATE CHALLENGING

Collating our favourite things in a book enables us to enjoy and flick through our favourite experiences. Preparation is key to achieving any results. Being ready for any situation enables us to achieve or simply enjoy our experiences.

**MESSAGES : BEHIND THE MASK**  
WEEK 9 DEVELOP YOURSELF

**DURATION**  
**SKILL LEVEL**

1 Hour/s -- minutes  
★ ★ ★ ★ ★  
INTERMEDIATE CHALLENGING

Celebrate who you are by creating a Mask that represents your uniqueness... use your interests as a resource of what goes onto the mask design.

The more quirky and weird the more unique...express yourself and show your true colours.

**CONNECTING PLACES : RICH PICTURE**  
WEEK 10 EXPRESS YOURSELF

**DURATION**  
**SKILL LEVEL**

1 Hour/s -- minutes  
★ ★ ★ ★ ★  
INTERMEDIATE CHALLENGING

Expanding our understanding of where we live or our community. Looking at a different perspective and creating visuals. Make it personal...what do you stand for...express your knowledge or appreciation for where you live or love doing into a mural design that highlights what it means to you.

**MAKING A DIFFERENCE : MURAL / CANVAS**  
WEEK 11 EXPRESS YOURSELF

**DURATION**  
**SKILL LEVEL**

1 Hour/s -- minutes  
★ ★ ★ ★ ★  
INTERMEDIATE CHALLENGING

Participants are encouraged to participate in implementation and painting a mural or large canvas. Leaving a legacy is focusing on what makes you unique or your personal experience.

**MOVING FORWARD : CUSTOM SHOE**  
WEEK 12 EXPRESS YOURSELF

**DURATION**  
**SKILL LEVEL**

1 Hour/s -- minutes  
★ ★ ★ ★ ★  
INTERMEDIATE CHALLENGING

What does your shoes say about you? If you could represent your interests on a shoe or design a shoe that would suit you and your interests. Is it image, pattern or a message / inspirational quote or simply a statement about you... how would you celebrate being unique?



**Our Programmes** are delivered either *once or twice a week*, depending on availability and usually run for Approx. 1-2 hours per session

Programmes are delivered within a **4-12 Week** duration and is aimed at **4 -18 year olds** with programmes catering for **Adults, Families** and the **wider community** available, however can be personalised to accommodate your preferences, needs and requests.

To request our services please contact us and by completing an Expression of Interest form and we will respond with the most suitable solution for you, your Organisation, University, School or College.

### **Lemonpop Workshops**

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