

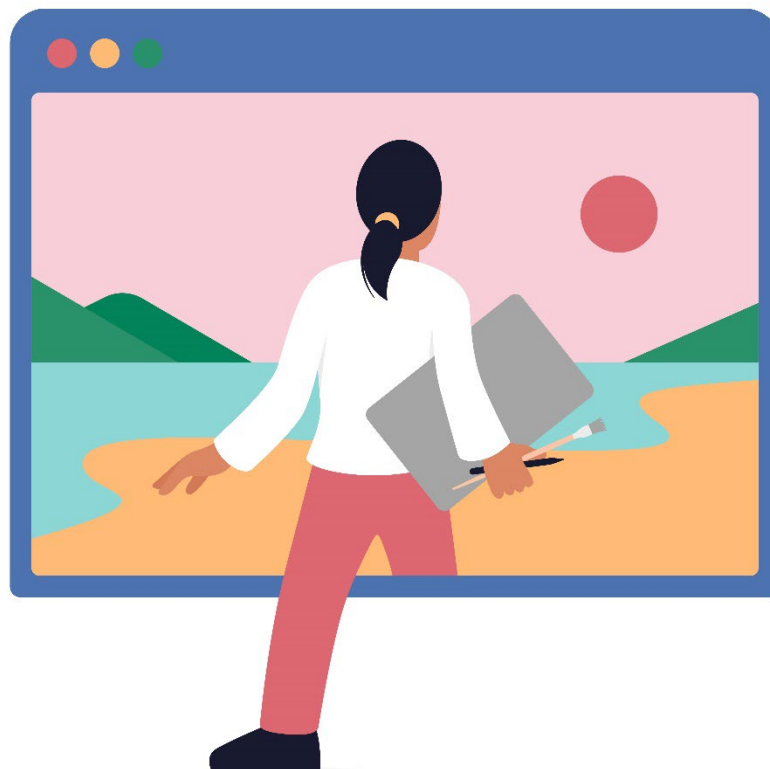
**Using the *Cultivating Creativity Calendar* to promote careers in Art Therapy: a short guide for teachers and careers advisers**

## Overview of the Creativity Calendar including within careers education

The Cultivating Creativity Calendar is a year-long education-based resource developed by the British Association of Art Therapists (BAAT), designed to help young people (ages 11–18) engage with creativity and the arts with confidence, in both home, school and college settings. Through nature-inspired activities, the resource encourages young people to get creative and boosts wellbeing at the same time.

The Calendar can also support careers education by linking the learning from the activities to Art Therapy as a career. This guide offers advice for using the Cultivating Creativity Calendar in schools and colleges to promote a career in Art Therapy and to help meet Gatsby Benchmark 4.

Please note: the Calendar is a learning resource and does not act as a substitute for therapy. For further information on accessing therapeutic support please see the 'Further information and resources section' at the end of this guide.



# Prompts and questions to discuss on completion of Cultivating Creativity Calendar activities

## **Activity:**

Choose one of the creative activities from any of the seasons in the Calendar and complete it on your own or in a small group.

## **Once you have finished the activity:**

Discuss or think about the following:

1. How did you feel about doing the activity?
2. What part of the activity are you most proud of, and why?
3. If you did the activity again, what would you do differently to make it better?
4. If you had more time or wanted to challenge yourself, how could you adapt the activity? For example, by trying different materials, tools, or techniques.
5. In what ways did the activity provide opportunities for the following skills:
  - a. listening
  - b. speaking
  - c. problem-solving
  - d. creativity
  - e. staying positive
  - f. aiming high
  - g. leadership
  - h. teamwork
6. If you were teaching this activity to a group of young people, how could you adapt the activity to provide more opportunities to practice and develop the following skills:
  - a. listening
  - b. speaking
  - c. problem-solving
  - d. creativity
  - e. staying positive
  - f. aiming high
  - g. leadership
  - h. teamwork
7. What benefits do you think doing this creative activity would have for a person whose life has been affected by difficult personal or cultural experiences, illness and / or disability?

## Did you know – Art Therapy as a career?

- There is a career that uses art to help people, of all ages, whose lives has been affected by difficult personal or cultural experiences, illness and / or disability
- Art Therapy is a form of psychotherapy delivered by trained art therapists (also known as art psychotherapists)
- To become an Arts Therapist / Arts Psychotherapist, you need to do an approved Master's degree in art therapy or art psychotherapy
- You'll usually need a first degree in art or a relevant subject (or have a strong art background)

## Further information and resources

- a. [What is art therapy?](#)
- b. [How do I become an Arts Therapist?](#)
- c. [How to access Art Therapy support?](#)

You can find more information about art therapy and articles about art therapy at our website, **baat.org**