



Free Workshops*

* All YCHLOW members are entitled to 2 free workshop sessions per affiliation year.



JUGGLING AND CIRCUS SKILLS

A chance to try out juggling, plate spinning, gymnastic ribbons and diabolos and even make your own juggling balls so you can keep on practising. This workshop is great fun, physically active and a good way to learn about following instructions to achieve a goal.

Every Child Matters: Be Healthy, Stay Safe

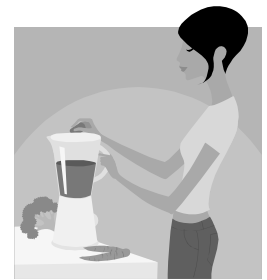
Time Needed: 1 session

HEALTHY LIFESTYLES

Explore healthy eating, active lifestyles and mental health topics by taking part in a wide range of activities ranging from team quizzes to smoothie making. Find out more about what it means to be healthy and become better able to make healthy choices

Every Child Matters: Be Healthy, Enjoy and Achieve

Time Needed: 1 or 2 sessions



BANNER MAKING OR T-SHIRT PAINTING

Choose to either work as a whole group to make a banner which is a great team building exercise or paint individual t-shirts and exercise those creative skills in this enjoyable workshop. The workshop is also a chance to learn about the process of going from initial idea to finished product.

Every Child Matters: Enjoy and Achieve, Achieve Economic Wellbeing

Time Needed: 1 or 2 sessions

SCRAP SCULPTURES

Using recycled/pre-used materials that you collect before the workshop, young people work in groups to create their very own masterpiece. A theme is decided in advance and during the workshop the young people must work together as a group to design and make their sculpture.

Every Child Matters: Enjoy and Achieve, Make a Positive Contribution

Time Needed: 1 session

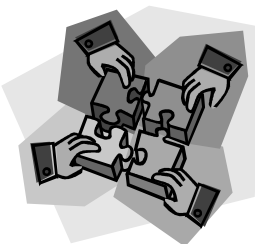


INITIATIVE CHALLENGES AND TEAM GAMES

This workshop is lively, fun and challenging. Working in groups young people will have to put their problem solving and teamwork skills into practise to complete a varied range of tasks that will challenge them both physically and mentally.

Every Child Matters: Be Healthy, Make a Positive Contribution, Enjoy and Achieve

Time Needed: 1 session



**Should you require this information in an alternative format
or to book a workshop please contact us:**

Telephone: 01962 852307 or Email: cs1.ychiow@gmail.com

MASKS WORKSHOP

An art and drama based activity in which young people first of all create a character by decorating a mask and then bring that character to life through drama. A chance to explore image, identity and self-expression in a fun, enjoyable way.

Every Child Matters: Be Healthy, Enjoy and Achieve

Time Needed: 1 session



AROUND THE WORLD

A chance for young people to take part in a range of activities that stem from different world cultures that are now commonly part of life in the UK. Including origami, kite making and more. Each activity is something fun to do in its own but also a chance to learn about other people and other places, to share knowledge and experiences and broaden horizons.

Every Child Matters: Enjoy and Achieve, Make a Positive Contribution

Time Needed: 1 session

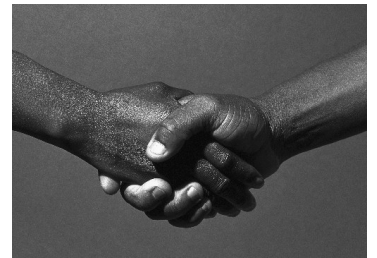


BEAT BULLYING

This is a workshop aimed at examining the issue of Bullying with young people, encouraging them to consider the feelings and actions of the bully, the victims and the bystander and look at how everyone can help. Then using this information the young people will pass on their knowledge to other young people, some Peer Education in practice.

Every Child Matters: Staying Safe, Make a Positive Contribution

Time Needed: 1 or 2 sessions



STAYING SAFE

Hanging out with friends, going out and about on the roads, on the internet; how do young people keep themselves safe? In this workshop there will be a range of different activities that can be included in your session that are designed to help young people keep themselves, and each other, safe.

Every Child Matters: Stay Safe, Make a Positive Contribution, Enjoy and Achieve

Time Needed: 1 or 2 sessions



MAKING THE NEWS

How much do young people know about their local communities? This workshop is centred around the task of young people making their own local TV News programme. During the workshop there will be activities looking at teamwork and communication skills as well as the chance to learn new skills such as how to use a camcorder and laptop to make their own short news broadcast.

Every Child Matters: Make a Positive Contribution, Enjoy and Achieve

Time Needed: 1 or 2 sessions



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