

Study course by Olga Verasen

Wizard's Workshops

Creativity to support children's stress resistance

How to organize Creativity Workshops for multi-aged children

in the different places with resources at hand

When we create Beauty from the heart, we create Beauty in Life. Together with our children, we can learn how to create the best with people and for people.

From my life and professional experience, I learn how creativity, based on human and family values in unity with Nature creates amazing support life resources, reduces fear, and supports the active position "I Create My Life!"

Step by step, simple but effective techniques of creativity appear. I call it "Wizard's Workshops". I am happy to share it with you! From my heart to yours!

With love, Olga Darya Verasen



The value of Wizard's Workshops

- **Stress-reducing:** supports consciously developing the sensory system and positive feelings.
 - **Uniqueness:** develops unique abilities and talents through the freedom to choose activities.
 - **Leadership:** develops a proactive position, responsibility, and skills to support others.
 - **Communication:** develops abilities to create as a team in multi-aged children groups and types of activities.
 - **Culture:** supports national traditions, native culture, and value of creative work.
 - **Sensibility:** activities are based on Human values in Unity with Nature.
 - **Family:** supports activities with multi-aged children, parents, and grandparents.
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About the study course

The main feature of Wizards Workshops is the opportunity to choose the sphere of creativity and a special approach to interaction.

These two features contribute to reducing stress, supporting life balance, and development of individual talents, the ability to show and implement them in practical activities in a team environment.

We will demonstrate 7 directions of Creativity and explain what makes them unique. We will review how Creativity Workshops can be organized within a family, library, school, or health support center setting.

Creativity Workshops honor the value of family and intergenerational relationships, supporting folk traditions as a reflection of the beauty and wisdom of a people's culture

The study course includes

- How to effectively organize a Creativity Space for children with supplies that you have. 1
- Basic of creativity communication with children on Workshops: "I share with you what I have."
- Conscious development of a sensory system and positive feelings: Feeling-Thinking-Action-Result.
- Creativity games for developing harmonious communication skills: I and I, I and You, I and World.
- Seven directions of creativity technology:
 - 1 - handmade books
 - 2 - handmade toys
 - 3 - sculpture, crafts from natural materials
 - 4 - modeling, paper crafts
 - 5 - painting on various surfaces, incl. based on natural materials
 - 6 - cards, gifts
 - 7 - home design and interior decoration for the holidays.

The time:

- express online course—1.5 hours.
- full course—7 hours

Audience

- parents
- teachers
- librarians

- students
- social care specialists
- volunteers

Creativity Workshops are based on the education program “Supporting stress resistance and immunity through the conscious development of the sensory system and feelings”





[More about Wizard's Workshops](#)

About author

Olga has over 20 years of scientific experience and practice-based activities as a biologist, teacher, writer, artist, and volunteer activities in schools, education centers, and children's hospitals.

Olga creates resources for harmonious development and health through her activity as a system-integrative coach, expert /coaching Instructor/trainer (ECA), European Coaching Association, Germany.

She is the mother of 3 children and a grandmother of 3, she and her husband Joff are citizens of The United States of America.

For more information

[Olga's experience](#)



Contact

