



April 2025

WORKSHOP COLLABORATIO N PROPOSAL

Presented to
Harris Academy Chobham

Presented by
Grace Li

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About This Workshop

Colorful Souls

Colorful Souls is a wellbeing-focused creative workshop designed for secondary school students to explore and manage their emotions through accessible artistic practices. At its core, this session promotes self-awareness, emotional regulation, and psychological resilience by introducing students to creative tools they can continue using independently beyond the classroom.

The workshop is designed to respond to the growing mental health challenges faced by young people, particularly in high-pressure academic environments. Through a non-clinical, non-assessed approach, this session offers a safe space for reflection, creativity, and emotional support—without the need for prior artistic experience or verbal disclosures. Each activity is built around fostering a positive, self-guided emotional journey.

Led by facilitator **Grace Li**, the workshop will be co-delivered with guest artist **Alice Tsai**, whose personal practice centres on using visual language to externalise thoughts and emotions. Alice's involvement provides students with an authentic example of how creative expression can be harnessed as a meaningful tool for mental wellbeing. The session will also be supported and supervised by a representative from the **University of the Arts London Mental Health Department**, ensuring that the content remains psychologically safe and age-appropriate.

During the workshop, students will engage with a series of hands-on activities, including:

- **Intuitive drawing and mark-making** to help process emotional energy
- **Visual journaling** as a tool for self-reflection and internal dialogue
- **Collaborative or solo collage-making** as a way to explore identity and communication
- Optional group reflection or creative sharing

The session is structured to allow each student to engage at their own pace and comfort level. It supports the wider PSHE curriculum and contributes to school-wide wellbeing goals by empowering students with tools for:

- Emotional literacy
- Mindfulness and grounding
- Self-expression without performance pressure
- Mental health destigmatisation through creative engagement

This workshop is ideally suited for a class-sized group (20 students) and can be adapted to accommodate different year groups or pastoral needs. All necessary materials will be provided, and the session will be delivered in partnership with school staff to ensure alignment with safeguarding and behaviour policies.

Team

Orgnizer - Grace Li

Central Saint Martins final year student in Culture, Criticism and Curation.

Contacts: g.li1020211@arts.ac.uk

Guest Artist - Alice Tsai

Central Saint Martins MA Fine Arts graduate, Alice Tsai is a visual artist known for transforming personal emotion into vibrant, intuitive art. Her work explores inner landscapes through sculptures, crochet, live performances and paintings, Alice will guide students through processes that allow them to express thoughts they may not yet have words for.

Artist Website: [🌐 Min-Jung Tsai — Bio Site](#)

Professional Supervisor - UAL Mental Health Services

To ensure the workshop is emotionally safe and psychologically informed, I have partnered with the University of the Arts London (UAL) Mental Health department. They will serve as professional supervisors, offering expert guidance on workshop design, delivery, and safeguarding practices.

Safeguarding and Risk Assessment

The safety and wellbeing of all participants is our highest priority, this workshop has been carefully designed to be emotionally supportive, physically safe, and compliant with safeguarding and health regulations when working with students under 18.

A full risk assessment document can be provided upon request or prior to the confirmed workshop date.

Outlined below are the key areas of risk management considered for this workshop:

a) Safeguarding and Child Protection

1. All external facilitators will either hold a current Enhanced DBS certificate or background check for the adults in the same room and will be supervised at all times by Harris Academy Chobham staff.
2. The workshop will operate in accordance with the Children Acts 1989 and 2004 and the statutory guidance in *Keeping Children Safe in Education (2023)*.
3. A designated safeguarding lead from the school will be consulted prior to the session and present onsite during the workshop.
4. All facilitators understand the procedures for responding to student disclosures or emotional distress and will report any concerns immediately to the safeguarding lead.

b) Health and Safety

1. All materials used in the workshop (e.g., collage tools, adhesives, paints) will be safe, non-toxic, and age-appropriate.
2. Potential physical risks (e.g. use of scissors, glue, paper cutters) will be managed through clear instruction and supervision, all tools will be school-approved.
3. Facilitators will ensure a safe physical setup of the classroom or art space, including awareness of fire exits and emergency procedures.
4. Any known student allergies or material sensitivities will be checked with staff in advance.

c) Emotional and Psychological Wellbeing

1. Workshop content has been carefully designed to be supportive rather than triggering. However, given the emotional nature of self-expression, there will be:
 - Time for individual quiet reflection and a safe space available if needed.
 - An option for students to opt out of any activity.
 - Support from staff or a mental health professional available on site.
2. Emotional risks will be discussed in advance with the school's wellbeing or pastoral team to ensure appropriate boundaries and support.

d) Consent and Participation

1. Participation will be voluntary and non-assessed.

2. Students will be encouraged to engage at their own comfort level.
3. If required by the school, parental or guardian consent will be obtained prior to the session.

e) Data Protection and Privacy (GDPR)

1. No personal information will be collected or recorded without prior consent.
2. If documentation of the workshop (e.g., photographs, videos, student artwork) is desired for educational or promotional use, explicit written consent will be obtained from the school and participants or their guardians.
3. All data handling will comply with the UK GDPR and Data Protection Act 2018.

We are committed to working closely with Harris Academy Chobham to ensure that all safeguarding procedures align with the school's existing policies and risk protocols.

Proposed Timeline

Duration: 2.5h (from 12pm - 2:30pm) open to be discussed accordingly

Participants: 20 students aged 13-16

Location: Classroom and outdoor spaces within the community

12:00-12:10	Meet up
12:10-12:30	Introduction: Icebreaker and brief grounding activity, Introduction of ourselves and to the idea of emotions as colours, textures, and natural forms, Explanation of the day's theme: " <i>What does your soul feel like today?</i> "
12:30-12:35	Walk to green area
12:35-12:55	Students finds natural materials to work with (falling leaves, flowers, etc)
12:55-13:00	Walk back to classroom
13:00-13:30	Creative time
13:30-14:20	Optional sharing inspirational ideas to each other; Group discussion about how art can be used to release emotions and create calm.
14:20-14:30	Wrapping up and goodbyes

This workshop is designed as a single-session, half-day (or double-period) experience that introduces students to creative processes for self-reflection, emotional expression, and calm focus.

Core Theme: The Colour of my Soul — A Collage of Colour, Nature, and Emotion

Through guided reflection, found natural materials (fallen leaves), and expressive mark-making, students will create a mixed media collage representing their inner emotional landscape — what their "soul" might look like through shape, colour, and texture.

Students use the collected natural elements alongside their choice of:

- Acrylic paint or watercolours
- Crayons, oil pastels, coloured pencils
- Paper textures or fabric scraps (optional)

The goal is to create a personal visual composition using **shape, colour, and layering** to represent their emotional or inner self.

Students will be given quiet time and soothing background music to encourage mindfulness and immersion.

Optional additions:

- Prompt cards or words to inspire those who may feel blocked (e.g., “confused,” “hopeful,” “warm,” “floating”)
- Journaling corner with pencils and reflective questions

Creative Materials Provided:

Non-toxic watercolours, acrylic paints, crayons, and oil pastels

Mixed paper (A4 and A3), glue sticks, scissors, brushes

Pre-dried and clean leaves (if outdoor access isn't available)

Optional: magazines, tissue paper, fabric offcuts for additional collage

Alternative/Extended Idea (Optional – Not included in initial delivery):

We are also exploring a future iteration of this workshop involving **textile-based emotional expression through basic crochet or finger knitting**. However, due to the need for close tool use and additional time, this activity is better suited for a smaller or older group in a focused creative club format. We are happy to explore this option in future collaboration.

Proposed Budget

Item	Description	Cost
Artist Fee	Honorarium for Alice Tsai (Half day delivery+ Prep)	£100
Workshop Facilitation	Planning, coordinating and facilitation by Grace Li	£100
Art Materials	Paper, Paints, Brushes, Pens, Glues, etc provided by school	£0
Travel	Transport costs for facilitators	£40
Supervision Support	Mental Health supervision from UAL professional	In kind support
TOTAL		£240

Note: This budget outlines the anticipated costs involved in delivering the workshop. We are happy to discuss adjustments depending on the school's available resources or funding support, it may vary depending on duration, group size, and material needs. I can also explore external funding options or reduce costs by collaborating on resources if need.

Next steps and Availability

I would be delighted to meet with your team to further discuss how we can tailor the workshop to suit your students' needs. Suggested dates and session lengths can be adjusted based on your calendar, I am available for delivery during June and July, with flexibility on days.

Please find my contact details below should you wish to discuss further or arrange a preliminary meeting.

Thank you for your time and consideration, I look forward to the opportunity to deliver this workshop into real life for your students' wellbeing through art.

With kind regards,

Grace Li

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