

Free Online Courses

Dudley Adult and Community Learning

Creative Well Being Journal (live now)

The aim of this course is to follow the tutorials to create your own Creative Well Being Journal. This course is suitable for anyone who wants to learn reflective, creative Mindful techniques in order to bring more positivity into their lives which will support mental Well Being. This six hour course will teach you how to make and bind your own journal, using collage techniques to decorate the front cover. You will then be guided through ways to add daily reflections and use relaxing art techniques to fill in your journal

Creating Artwork using a Theme or Subject matter

Birds in Art (live now)

This short course will form part of a series of topic or theme based modules exploring a range of subject matter, using images, clips and suggestions to develop artwork. The course will provide opportunities to experiment and try out techniques and to see the creative process as part of a larger forum exploring other art forms to inspire, connect and motivate creativity. The modules encourage self- directed learning but with the added support of the resources opening up discussion and creative thinking .In this course the theme of [birds](#) is used providing clips to explore bird painting, painting feathers and exploring songs and poetry that celebrate [birds](#).

Creating and Developing a Sketchbook Journal (live now)

The introductory course aims to provide you with information about Sketchbook Journals, how to set one up and suggestions of how it can be used and developed over a period of time. Creating a Sketchbook Journal can be used concurrently with other arts and crafts courses you are involved in and can provide the structure in which to store, trial and develop your ideas for projects and themes.

An Introduction to Resilience (live Monday 4th)

The more resilient someone is, the better they are at getting through tough times, and the better their chances at recovering from experiences of adversity and trauma. The aim of this short course is to help you to learn new techniques to build your resilience to overcome setbacks. We can learn from mistakes and understand how we can face challenges, take risks and develop our mental toughness. In the course you can do a series of reflective activities learn resilience strategies.

Safer on Line (live now)

This course is designed to enable the learner to recognise the risks associated with using the internet, social media and how to protect your identity on line. To complete the course, you will work your way through each of the guides and quizzes and complete the end of topic quizzes to recap your knowledge

Emotional Wellbeing - Introductory Online Workshop (live 6th May)

Did you know that your emotions are the driving force behind your motivation? Do you laze around telling yourself you really SHOULD be doing something?, notice an increase in poor lifestyle habits like overeating, spending ages on line or always on the go and not stopping, or regularly feel low, helpless or tearful?

When these types of behaviour happen it indicates something is off balance. Our behaviours directly link to our emotions. Our emotions are an important guidance system that can help us better self-manage our daily lives.

If you would like to know more our introductory emotional wellbeing workshop is being offered online free of charge. We'll show you how to recognise your emotions and what to do to empower yourself to feel better and be more motivated.

Please note this workshop is for educational purposes only and does not replace the care of your GP.

Exercise – theory and practice (live June 2020)

How would you like the chance to work with an Exercise Professional?.

On this course, you will increase your knowledge of the `Science of Exercise`, learn the best exercises for `you`, how to exercise with correct technique and more safely, learn how much to do and how hard to work to achieve results.

In addition, you will increase your fitness levels, set realistic goals and have a chance to achieve these, as well as having lots of fun too!

A good diet is essential to you achieving your goals and as well as learning healthy eating tips, you will get a chance to cook a range of healthy meals, chosen by you and all aimed to help you on your way to a `healthier you`

Courses in planning - not yet confirmed

- Urban Sketching
- Gardening – summer planting
- Deaf Awareness
- Volunteering
- Photography