

MUDGEE
ARTS
PRECINCT

CULTURE DOSE FOR KIDS (AND THEIR PARENT/CARER)



INTRODUCTION

- Culture Dose for Kids is an arts engagement program for young people, aged 9-12, with mild anxiety. Anxiety itself is a normal emotion.
- However, some young people worry more than others, either through a greater number of worries or more frequent or intense worries. For research purposes in this project, mild anxiety refers to children who worry a little more than their peers but have not been diagnosed with an anxiety disorder.
- Commencing 10 February 2024, this 8-week program will be held on Saturdays at 10am, at Mudgee Arts Precinct.
- This program is modeled on the successful pilot at the Art Gallery of NSW. Parents/carers play a vital supporting role in this program. Parents/carers are invited to participate in Culture Dose for Kids at the same time in a different space.
- Researchers will measure and evaluate impact. Participants will be asked to take part in surveys and interviews.*

FREE 8 WEEK PROGRAM FOR KIDS EXPERIENCING MILD ANXIETY

SAT 10 FEB – SAT 30 MAR 2024
10.00AM – 12.00PM
LIMITED SPACES AVAILABLE

To apply, [click here](#)
or scan the QR code



**For more information contact
MUDGEE ARTS PRECINCT**

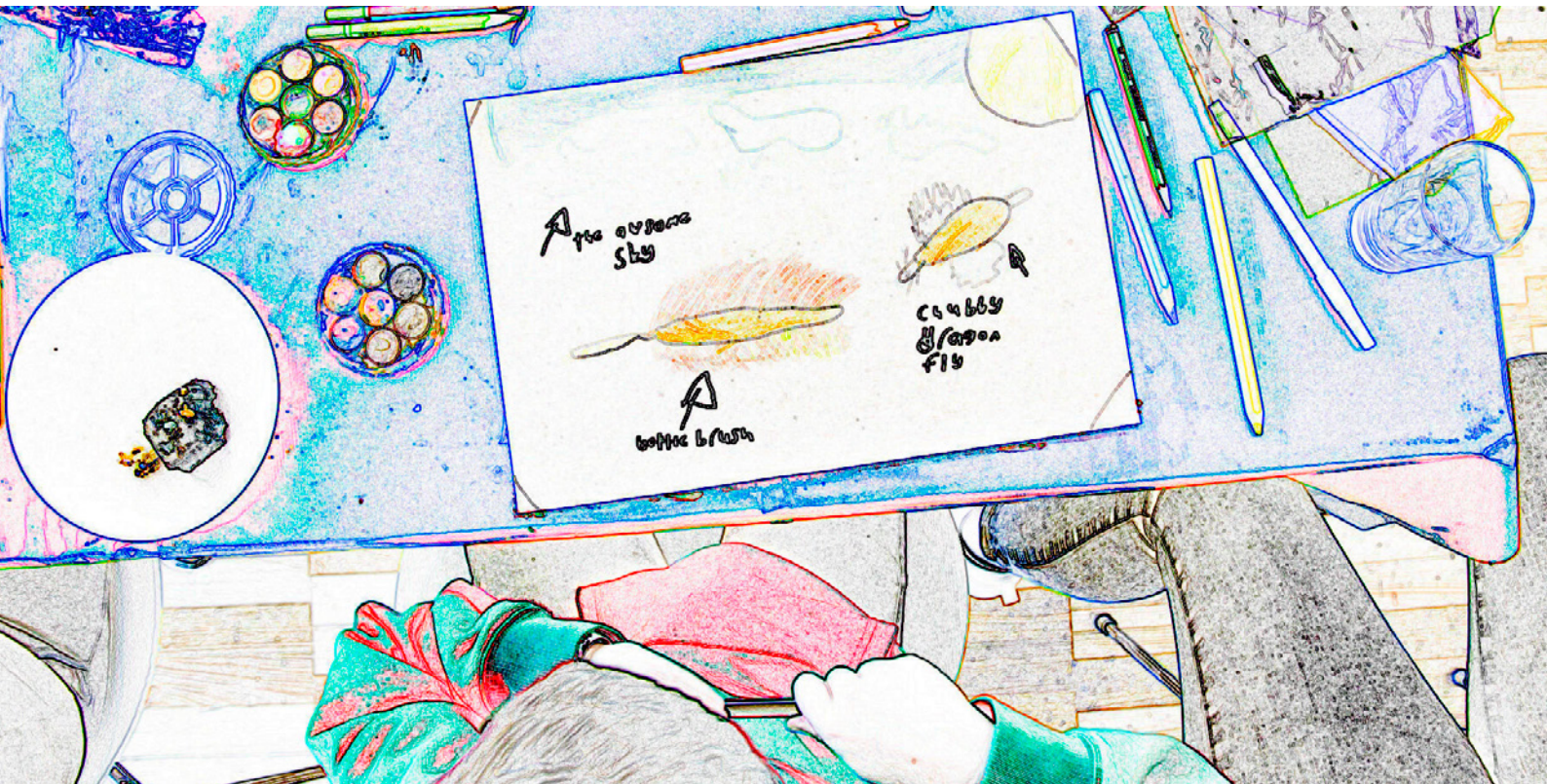
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mudgeeartsprecinct.com.au



This project is a collaboration between Mid-Western Regional Council, Black Dog Institute and the Art Gallery of NSW



PROGRAM OUTLINE

- Culture Dose for Kids is both a research study and an arts engagement program.
- Culture Dose for Kids is modelled on similar Art Gallery of NSW programs created for adults with a lived experience of anxiety or depression.
- The program consists of two parts: a guided slow-look at artworks in the gallery (45 minutes) followed by an hour of playful art creation.
- 8 sessions will focus on 8 themes that are mindful to kids.
- Activities will be led by trained staff. There is no cost to participate, but numbers will be limited to 10 to 15 young people and their parent/carer.
- Researchers from Black Dog Institute will measure and evaluate the effectiveness of the program and its potential health benefits on young people and their parents or carers.

PROGRAM BENEFITS

- The program supports non-pharmacological approaches to mental health care.
- Research indicates that engagement with the arts increases overall mental health and well-being, decreases anxiety and depression symptoms, and increases social connectedness.

ARTWORKS

- Works selected for the program will include Indigenous and non-Indigenous artists.

FUNDING

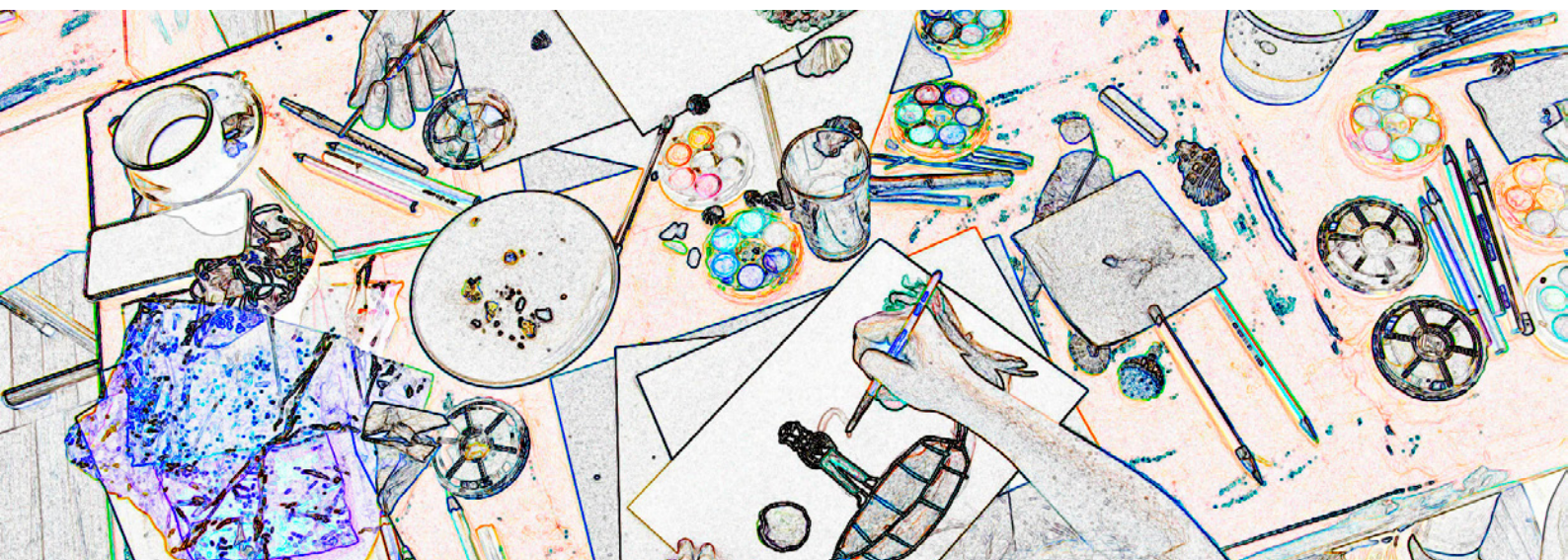
- This project is funded by the Jibb Foundation, Black Dog Institute and the Art Gallery of NSW.

ARTS ENGAGEMENT SESSION THEMES

Session One:	Connecting with nature
Session Two:	Exploring imagination through art
Session Three:	Imagining in colour
Session Four:	Staying Present
Session Five:	Expressing ourselves through experimentation
Session Six:	The practice of sharing
Session Seven:	A sense of belonging
Session Eight:	Joy in everyday life

Participants (parents/caregivers and children) will be asked to complete the following research activities if they agree to participate:

- Take part in a one-on-one interview about your experience of the program and the art activities you completed. This will take about ten minutes.
- Parents/caregivers take part in a questionnaire on anxiety at the first and last sessions, and three months after completion.
- Evaluate your experience of the program through a survey at the last session.
- If you consent, the research team will observe some of the arts activities you take part in to understand the process and your response to it.
- If you consent, allow the research team to photograph any artworks produced (with no identifiable links to participants).





PROGRAM SCHEDULE

9.55

Children and parents arrive at Mudgee Arts Precinct

10.00 – 10.45

Children view 3 artworks through a guided technique

Parents view 3 artworks in a parallel session

10.45 – 11.00

Morning tea, together

11.00 – 11.45

Playful art creation related to the artworks above

Parents join child in art creation activities

11.45 – 12.00

Everyone meets together to share and talk about the experience.