



## 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 May 2025, 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.

## FREE 8 WEEK PROGRAM FOR KIDS EXPERIENCING MILD ANXIETY

**SAT 10 MAY – SAT 28 JUNE 2025**

**10.00AM – 12.00PM**

**LIMITED SPACES AVAILABLE**

To apply, **click here**  
or scan the QR code



**For more information contact**

**MUDGEE ARTS PRECINCT**

**ph: 6378 2850**

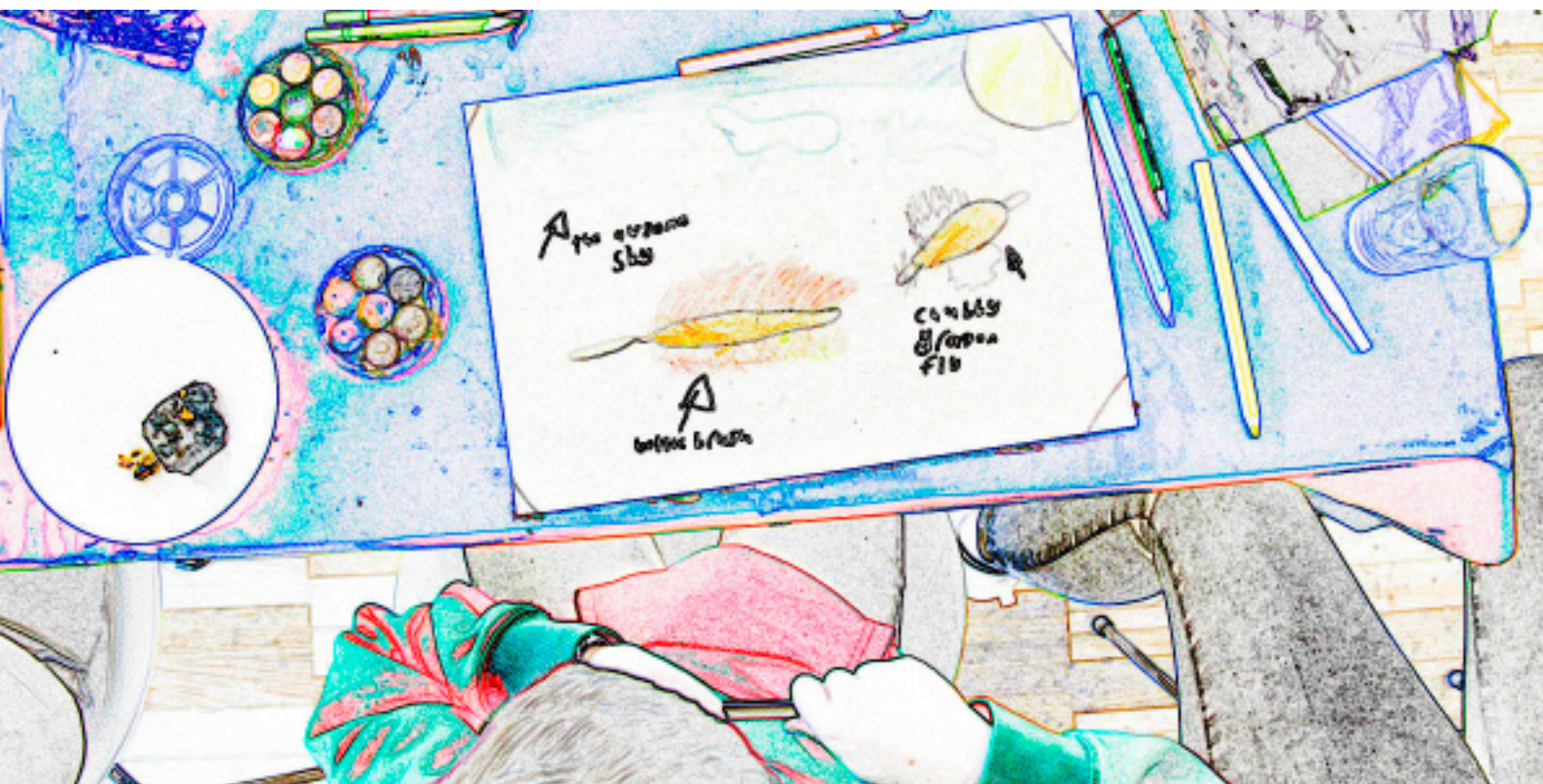
**e: map@midwestern.nsw.gov.au**

**mudgeeartsprecinct.com.au**



**Black Dog  
Institute**





## 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.

## 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 program was developed by the Art Gallery of NSW in collaboration with the Black Dog Institute and is funded by Wollar Solar Farm.

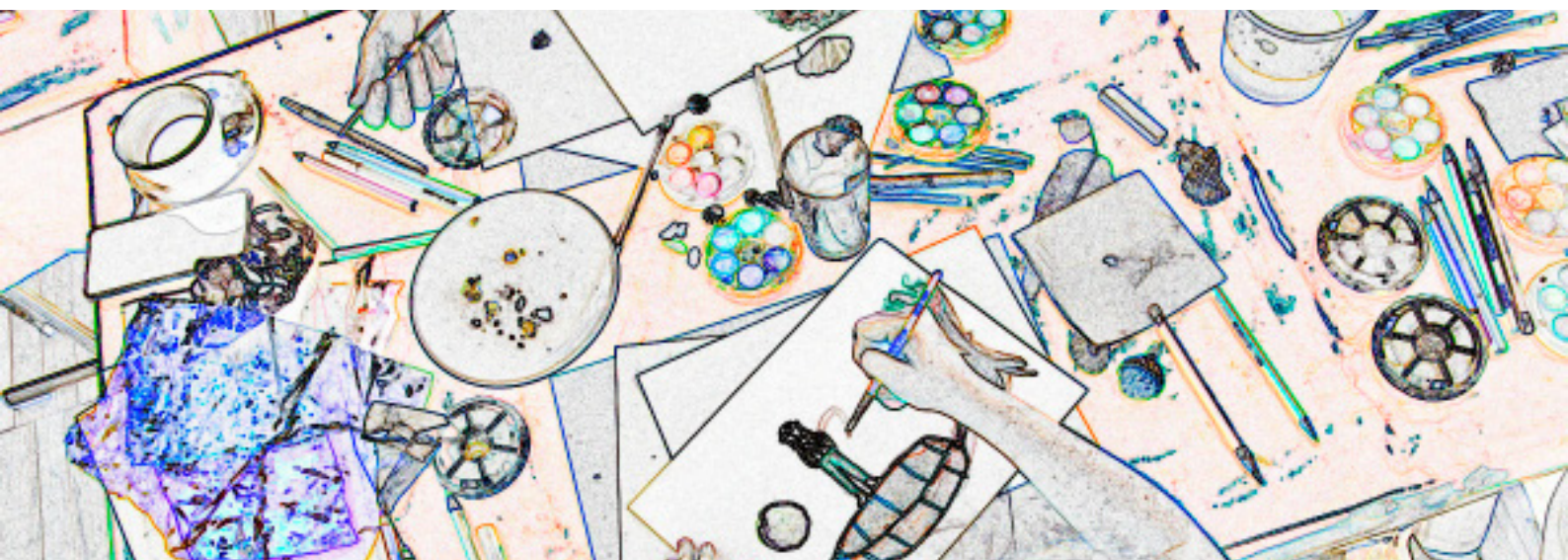




## ARTS ENGAGEMENT SESSION THEMES

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

On completion of the program participants (parents/caregivers and children) will be asked to complete a survey evaluating the program and their experience if they agree to participate.





## 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.