

**Want to learn creative new ways to express yourself?**



## **Expressions! Creative Series for Teens (ages 14 – 18)**

**When:** Wednesdays March 1, 8, 15 and/or 22, 2023

**Time:** 3:00 – 4:00 pm

**Where:** The Upper Room, 36 Tsienneto Road, Derry, NH

**Cost:** FREE All supplies included!

Sign up with your friends, come over after school, and have some creative fun with us!

### **Clay Creations- March 1, 2023**

In this group, we be working with clay! Creating through clay activates your 5 senses, has a calming and stress-relieving effect, and allows for creative exploration without judgment. We will use air-dry clay and will glaze our creations when they are complete.

### **Picture our Lives - March 8, 2023**

Have you ever heard the figure of speech that life is like a river, flowing through twists and turns, sometimes rushing quickly and other times more slowly? We will use poster board, rocks, shells, beads, twigs, and a variety of other materials to create a sculpture of our life's river, thinking about what causes our river to flow strong, things that make it harder and how to adjust.

### **Succulent Garden and Haiku- March 15, 2023**

We will be making our own succulent gardens and writing poetry! Each participant will go home with their own little succulent garden, and a notebook for writing poetry at home.

### **Group Paint- March 22, 2023**

As a group we will design and paint a large picture for display at The Upper Room for all to see! This will involve teamwork, communication, and collaboration.

**Sign up for any (or all) sessions by completing the form at [bit.ly/TURExpressions](https://bit.ly/TURExpressions)**

**For more information, please contact Camden at [ctillinghast@urteachers.org](mailto:ctillinghast@urteachers.org)**

**The Upper Room, a Family Resource Center**

**36 Tsienneto Road Derry, NH 03038**

**URTeachers.org**

**For more information, call 603-437-8477**