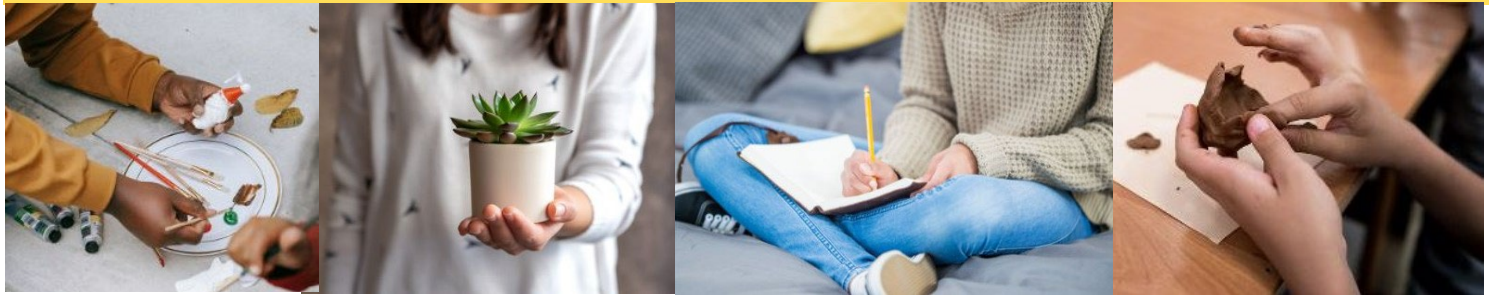


Want to learn creative new ways to express yourself?



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

For more information, please contact Camden at ctillinghast@urteachers.org