

Culture Dose for Kids (and their parent/carer)

Regional Galleries NSW Research Project
Information sheet: 2023



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 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 4 May 2024, this 8-week program will be held on Saturdays at Goulburn Regional Art Gallery.
- 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 of the children will participate in Culture Dose for Kids at the same time in a different space.
- Participants may be asked to take part in surveys and interviews.

If you would like and consent to participate in this program, please contact us:

artgallery@goulburn.nsw.gov.au
(02) 4823 4494

The project is a collaboration between Goulburn Regional Art Gallery, Black Dog Institute and the Art Gallery of NSW.





Program Outline

- Culture Dose for Kids is an arts engagement program.
- Culture Dose for Kids is modeled 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 6 young people and their parent/carer.
- The program will be evaluated for 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 wellbeing, decreases anxiety and depression symptoms, and increases social connectedness.

Artworks

- Works selected from the gallery will include Indigenous and non-Indigenous artists that are displayed in the gallery.

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

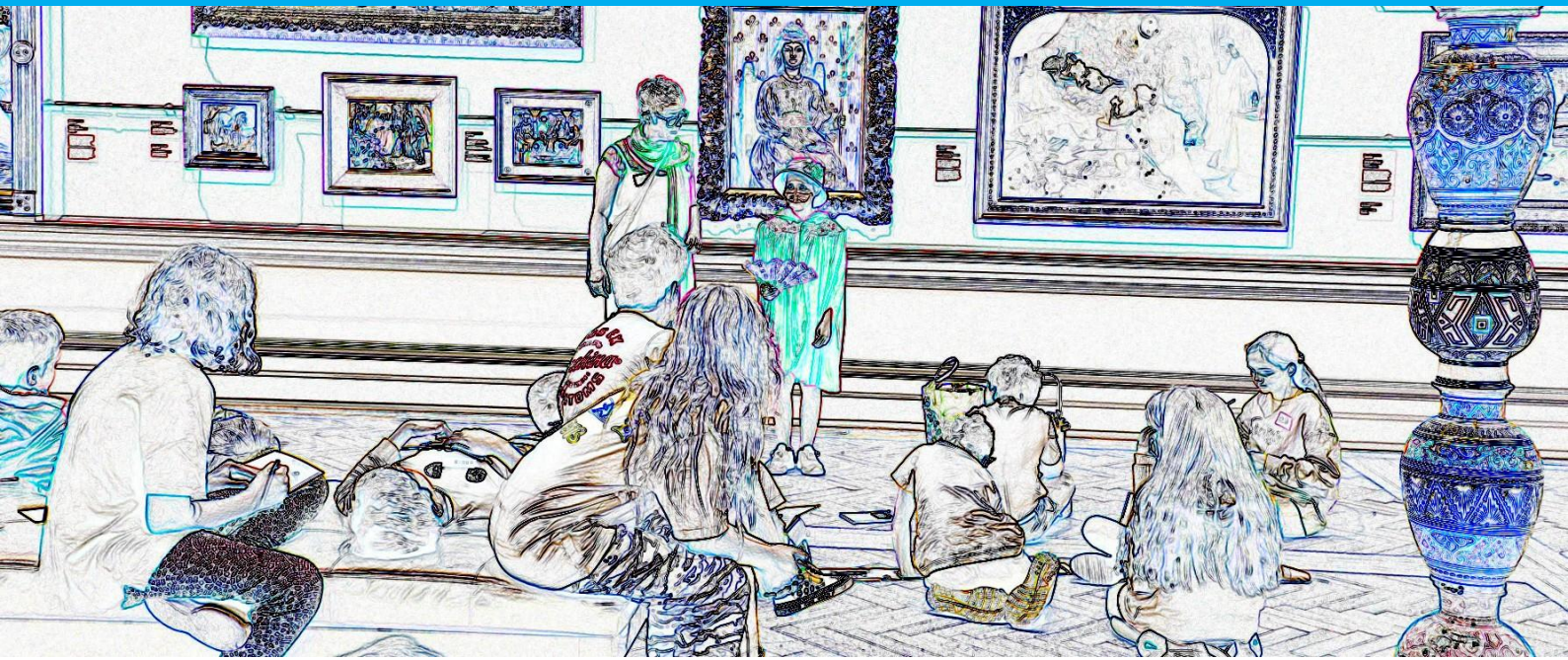
Session Four: Staying Present

Session Five: Expressing ourselves through experimentation

Session Six: The practice of sharing

Session Seven: A sense of belonging

Session Eight: Joy in everyday life



Schedule

9.55

Children and parents arrive at the Gallery

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.