



Ages
11 - 14

June 26 - July 12
10am-12nn

Creative Bridges: Empowering Social Skills through Expressive Arts

Led by Art therapy master Julie Byrne, an HKU lecturer and experienced art therapist with extensive experience in special education, this group aims to promote self-expression and understanding through a variety of channels beyond words.



**EARLY BIRD
20% BEFORE 31/5**

HK\$800
per lesson

Wednesdays
and Thursday

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Expressive Arts and Yoga Self-Expression Group for ASD students

Art is fun and a natural way to induce proactive self-expression. Our program offers children on the spectrum with little language skills alternative avenues to communicate and express themselves visually, linguistically (or para-linguistically if they are pre-verbal), and somatically through engaging in the arts.

What We Offer:



Multimodal Experiences

Each session provides exposure to different expressive arts such as sounds, textures, rhythms, and visuals, allowing children to stimulate their expressive channels.



Proactive Creation

Children are encouraged to proactively create their own art, music, movement, or dance piece based on their interpretations, fostering autonomy and creativity.



Promoting Awareness and Emotional Growth

Our program promotes self-awareness, emotional growth, interaction, and connections with others through artistic expression.



Yoga and Meditation

Infused into the program, yoga and meditation stimulate a greater body and mind connection, fostering self-regulation and overall well-being.

Group Sessions:

- Mornings 10am -12noon
- Wednesdays and Fridays
- Dates: June 26,28 ; July 3,5, 10,12
- 6 sessions in all