

Wellbeing Workshop Menu

Categorised by the 5 pillars of wellbeing, as defined by the NHS, the following activities can be delivered independently, or can be combined to create longer wellbeing, CPD or teambuilding events, with the following pricing structure:

Standard rates

These rates apply to businesses, weddings, birthday parties and other individual bookings.

Our standard rates include a small contribution towards the free and discounted activities we run as a social enterprise.

1 Artist Facilitator

Full day (up to 7 hrs) - £400
Half day (up to 3.5 hrs) - £275
1 Hour - £200

2 Artist Facilitators

Full day (up to 7 hrs) - £550
Half day (up to 3.5 hrs) - £375
1 Hour - £275

Education and not for profit rates

These rates apply to schools, home educators, charities, social enterprises and some others.

1 Artist Facilitator

Full day (up to 7 hrs) - £300
Half day (up to 3.5 hrs) - £200
1 Hour - £150

2 Artist Facilitators

Full day (up to 7 hrs) - £450
Half day (up to 3.5 hrs) - £300
1 Hour - £225

Please email info@matipoarts.com for further inquiries and bookings.

Connect

These activities encourage team work, supporting each other, and making new friends.

Team Games: *Get to know your team better with a 1 hour set of team building drama games*

Tag Team Drawing: *Work together with a partner to communicate both verbally and visually, to create a shared portrait*

Collaborative Sculpture: *In teams of 2+ create abstract sculptural pieces, reflecting on your worklife, homelife and inner life*

Active

These activities get participants up and about! Raising your heartrate comes in many forms, and there's something for everyone on this list.

Creative Nature Walk: *Raise your heartrate by taking a walk through nature, collecting inspiration for creative expression.*

Body Language: *Power pose your way through this drama session all about body language*

Introduction to Physical Theatre: *Explore movement, space and collaboration*

Introduction to Puppetry: *Explore breath, weight, focus and character*

Group Puzzle: *Find clues and solve ciphers in this group scavenger hunt*

Learn

These activities are designed to get your synapses firing with new skills. You can also pick any session from our 'intro to...' menu to be tailored for your setting to slot nicely into this category.

Figurative Drawing: *Learn the art of observation in this introduction to putting pen to paper*

Public Speaking: *Learn how to speak with impact in this activity all about unlocking your voice*

Collage: *Create visions of your future in this collage based vision boarding activity.*

Filmmaking 101: *Learn the basics of capturing eye catching digital video*

Give

These activities look to give back to your community, environment and each other.

Letter Writing: *write and decorate a letter to a loved one, or even to a member of your wider community who might need to be thought of today*

Medals: *Create and award medals to your teammates, celebrating successes big and small*

Worry Stones: *Decorate stones to give a smile to someone you care about*

Gorilla Gardening: *Decorate wild flower seed sachets to be released at will into the wild!*

Present

These activities will ground participants in the here and now. They encourage mindfulness, and can offer techniques that participants can take with them to stay present in their every day lives.

54321 Writing: *Take note of the world around you in this mindful writing exercise*

Breathing Practice: *Relax and regulate your breathing in this short and simple activity*

Art Maps: *Eliminate brain fog in this abstract art exercise*

