



A creative approach adopted in professional practice together with the impact on the health and well-being of children and young people.

ECCH7001

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Introduction

- Health and well-being
- Policy in Wales
- Art in the early years
- Well-being and creativity
- Crafting and button art

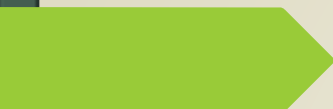


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Health and Well-being

- Health and well-being (Eckersley, 2010)
- Well-being framework (McNaught, 2011)
- Five ways to well-being (MIND, 2013)



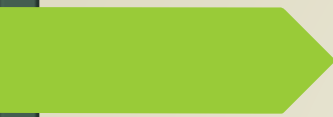


Policy in Wales

➤ Well-being of Future Generations (Wales) Act 2015
(Future Generations, 2019).

- A prosperous Wales
- A resilient Wales
- A more equal Wales
- A healthier Wales
- A Wales of cohesive Communities
- A Wales of vibrant culture and thriving Welsh language
- A globally responsible Wales

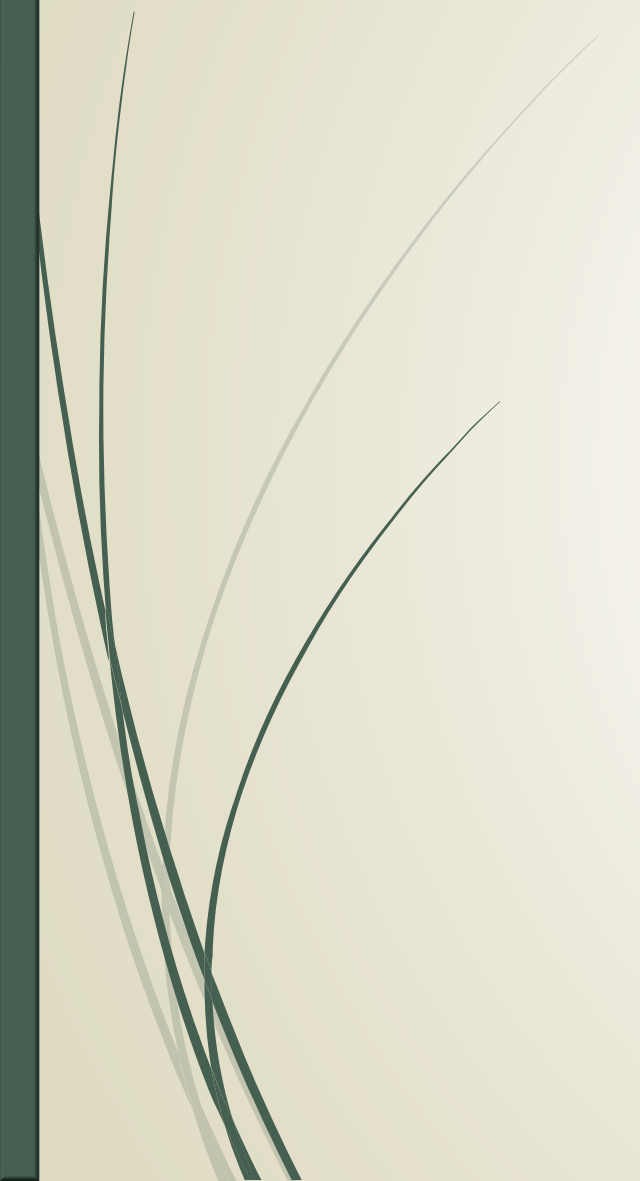
(Future Generations, 2019).



Well-being and creativity

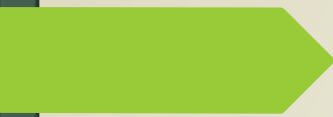
- ▶ How creativity provides a positive impact on the health and well-being
- ▶ Reduces loneliness
- ▶ Reduces anxiety and depression
- ▶ Slows down the effects of dementia
- ▶ Provides a sense of accomplishment and focus
- ▶ Lowers stress levels

(Smith, 2019; Black, 2016)



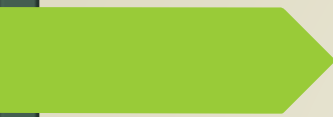


Crafting and button art



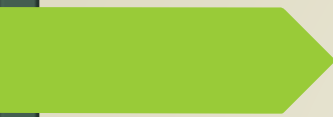
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References

- **Images:**

- Image 1: Five ways to wellbeing. Available at:

<http://blog.thewarehousecareers.co.nz/wp-content/uploads/2015/09/5-ways.jpg>

(Accessed: 10 January 2020).

- Image 2: Health and well-being. Available at:

https://dnr.maryland.gov/pgc/PublishingImages/CGSG-Icon_HealthBenefits.png

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