



DOUBLE DOODLE

- Enhance visual & hand-eye co-ordination skills, focus, social and creative skills
- Experience a unique blend of simple, free-flowing drawing and painting techniques and movements with a developmental basis
- For children and adults of all learning and creative abilities

Course created by

Are you looking for new tools and ideas to further develop active vision, hand-eye co-ordination and creative expression? This highly practical workshop offers effective and enjoyable techniques that can be adapted for almost any school, professional or home setting. Achieve this through simple, enjoyable movement and art activities, with a grounding in sensory and motor skills development. Discover how to improve:



Gail E Dennison

- visual skills, such as for reading
- hand-eye co-ordination, for handwriting and other fine motor skills
- sustained attention in the body midline for focus
- crossing the visual/kinesthetic body midline to help motor and learning skills
- spatial awareness, depth perception and much more ...

At the same time, do something for yourself! Explore your own innate ability to draw, paint, connect with colour, shape and movement, find enjoyment and ease in creative expression. You could discover gifts you did not know you had and find enjoyment where you previously felt blocked. Learn how to help others open the door to confident self-expression.



The key activity is **Double Doodle** - a movement for motor and visual development which involves doodling, drawing or painting while moving both hands simultaneously. Build on this with other gentle physical exercises with a motor and visual/perceptual basis.

Who should attend? Educators, Occupational Therapists, Art Therapists, Mental Healthcare Professionals, Personal Development Trainers, anyone wishing to free up your creative expression in a non-competitive environment

About the Trainer: Niki Honoré is an experienced Educational Kinesiology, Optimal Brain Organisation and Double Doodle International Faculty Trainer.

BOOKINGS & FURTHER INFORMATION

- **Course fee:** £125, including materials & £10 "Bring a friend" discount
- **Phone:** 0845 652 2562 / 020 3239 1032 / 020 8202 9747
- **Web:** www.3dseminars.co.uk, for downloadable registration form & payment
- **Email:** contact@3dseminars.co.uk for further information



3D Seminars TRAINING & CONSULTANCY

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