



# CULTURE & ARTS

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A program supporting creativity, self  
expression & cultural learning





# PROGRAM OVERVIEW

Supporting participants to explore creativity, self-expression, and cultural learning through a wide range of engaging activities

Across the program, participants will take part in TableTop Travels, where they explore different countries and cultures through art, stories, dress, music, and shared experiences, as well as visual arts using diverse mediums such as murals, photography, textiles, sensory and nature-based art. Creative sessions also include recyclable art, card making, and performing arts activities like music, dance, and movement.

The program aims to build confidence, creativity, and cultural awareness while supporting fine motor skills, communication, teamwork, and emotional expression. Participants are encouraged to engage at their own pace in a supportive, inclusive environment that values individuality and imagination. Through hands-on learning and creative exploration, the program promotes connection, wellbeing, and meaningful participation in the arts and community life.

Programs are subject to a program fee. All reasonable efforts have been made to ensure fees remain minimal.



# PROGRAM THEMES & GOALS

## TableTop Travels - Art, Culture & Discovery

TableTop Travels invites participants to explore a different country or culture each week through creative, hands-on learning. Activities include learning about cultural traditions, clothing, music, and art, watching documentaries, creating themed art projects.

The program builds curiosity, cultural awareness, and communication skills while encouraging teamwork and creative expression.

Participants engage at their own pace and record each “destination” in a personal TableTop Travels Passport, celebrating learning and achievement.

Daily Program Fee: \$8.00

## Visual Arts Studio - Creative Expression

The Visual Arts Studio program focuses on experimenting with a wide range of art mediums and techniques. Participants explore murals, photo collages, textiles, sensory art, nature-based art, and mixed-media projects in a supportive, inclusive environment.

This program supports creativity, confidence, fine motor skills, and self-expression. Participants are encouraged to explore their own style, try new materials, and express ideas visually while building pride in their creative work.

Daily Program Fee: \$8.00

# PROGRAM THEMES & GOALS

## Recyclable Art - Creative Sustainability

Recyclable Art encourages participants to create meaningful artworks using recycled and repurposed materials. Projects promote imagination, problem-solving, and environmental awareness while transforming everyday items into creative pieces.

The program supports fine motor skills, planning, and teamwork while reinforcing sustainability and responsible resource use. Participants experience the satisfaction of turning recycled materials into something new and expressive.

Daily Program Fee: \$8.00

## Card Making & Creative Crafts

This program focuses on detailed, hands-on craft activities such as card making and small creative projects. Participants design and create personalised cards for celebrations, special occasions, or community connection.

The program supports concentration, fine motor skills, creativity, and emotional expression. It also encourages thoughtfulness, communication, and pride in creating something meaningful for others.

Daily Program Fee: \$8.00

# PROGRAM THEMES & GOALS

## Performing Arts - Music, Movement & Expression

The Performing Arts program helps participants build self-expression, communication, and confidence through music, movement, and performance in a fun, inclusive setting.

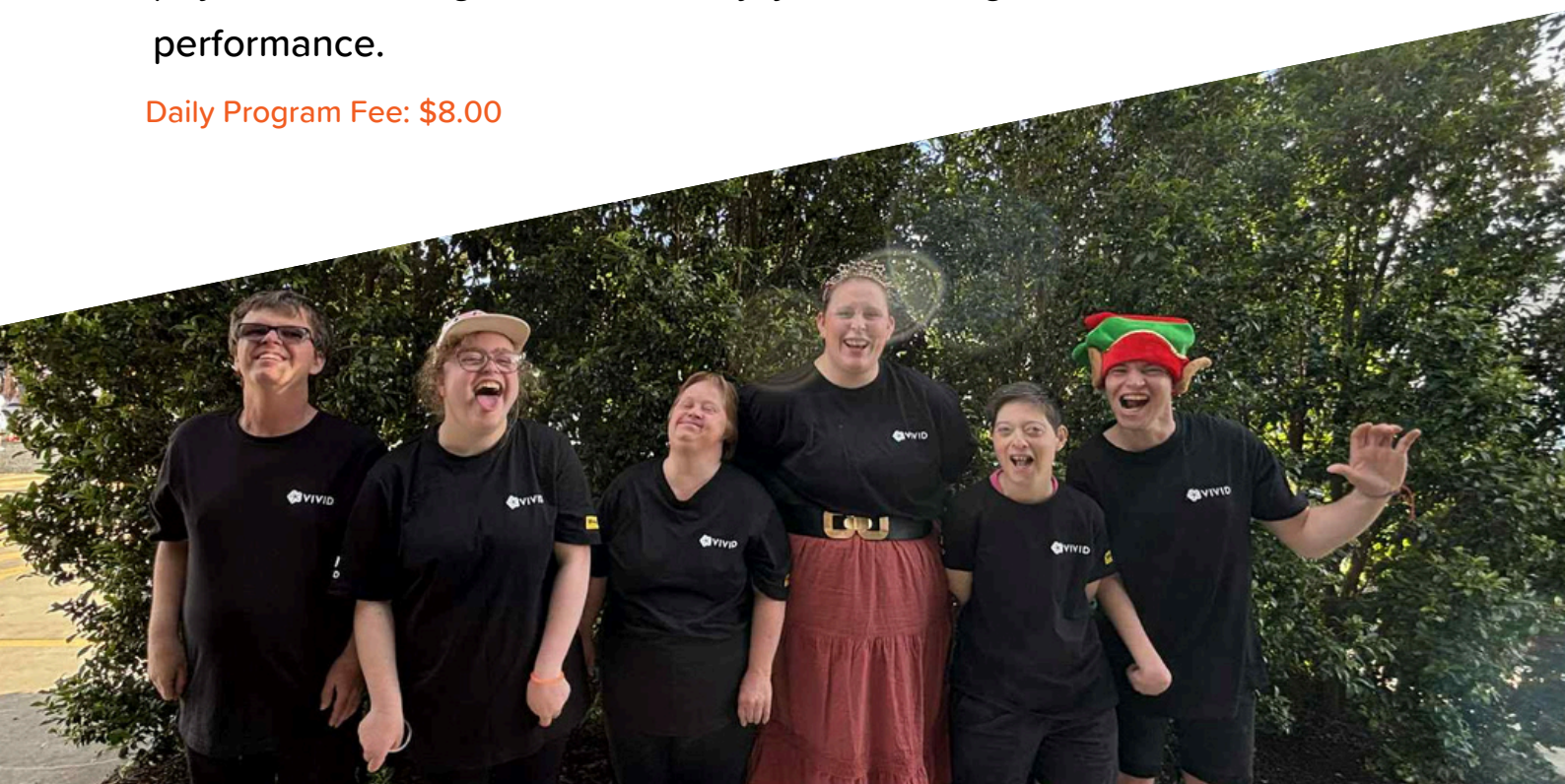
### Morning Session: **Silent Voices**

Silent Voices is a creative, movement-based program where participants learn to sign popular songs using gesture, expression, and rhythm. It builds communication skills, memory, coordination, and emotional expression, while fostering teamwork, connection, and shared achievement.

### Afternoon Session: **Music, Dance & Movement**

The afternoon session offers a range of performing arts activities such as music listening, rhythm work, dance, creative movement, and group participation. The flexible, accessible approach supports confidence, physical wellbeing, and overall enjoyment through movement and performance.

Daily Program Fee: \$8.00



# WE ARE VIVID

## CONTACT US:

Head Office

461-463 High Street, Echuca, VIC 3564

03 5480 6611

[info@wearevivid.org.au](mailto:info@wearevivid.org.au)

In Echuca

228-238 High Street

Echuca 3564

03 5482 1075

In Kyabram

17 Albion Street

Kyabram 3620

03 5853 1990

## GET SUPPORT

[www.wearevivid.org.au](http://www.wearevivid.org.au)



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