



# Sit and Paint

## What is this about?

Discover the therapeutic benefits of art through our relaxing painting sessions designed to relieve stress and promote creative expression. These meditative workshops provide a peaceful break from academic pressures while introducing students to canvas techniques, colour mixing, and basic painting principles. No prior experience is necessary – our supportive instructors guide participants through each session, encouraging personal expression and artistic exploration. Students create their own original artworks to take home, building confidence and providing a creative outlet that can become a lifelong stress-relief practice.

## Location?

Croydon Campus, Lower Ground Floor,  
Green Room

## Day(s) and Timings?

Every Tuesday at 2pm to 3pm

**SCAN ME**



**SIGN UP NOW**



Croydon  
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SIXTH FORM COLLEGE