TENEO
THE SMARTER SCHOOL



Creative Labs

Grade 4 - 11

Creative wellbeing and emotional resilience programme using mindful art practices, nervous system regulation tools, and life coaching support.

Online



About

Creative Labs is a creative wellbeing and emotional resilience programme designed to help students navigate stress, anxiety, overwhelm, emotional pressure, and the challenges of modern life and online schooling. Using guided creative practices such as zendoodling, neurographic art, mindful pattern work, and reflective exercises, students learn practical tools to regulate emotions, improve focus and concentration, build resilience, reduce stress, and develop greater self-awareness and confidence. Creative Labs is not an art class, but a supportive space where creativity becomes a tool for emotional wellbeing, mindfulness, nervous system regulation, and personal growth. Students are likely to develop: emotional regulation skills stress and anxiety management tools resilience and coping strategies improved focus and mindfulness creative thinking and self-expression confidence and self-awareness healthier study and emotional balance habits The programme is facilitated by Michelle Joubert, a certified Life Coach and Therapeutic Art Guide, who combines practical emotional support with intuitive and individualised guidance for each student.



Duration

Once a week for 4 weeks per lab - each lab has a different theme

Tuesdays Grade 4 - 6 3h30 to 4h30 |
Wednesday Grades 7 - 9 3h30 to 4h30 |
Thursday Grades 10 to 11 3h30 to 4h30 |

Grade 12 has two creative labs - exam prep prelim and exam prep finals

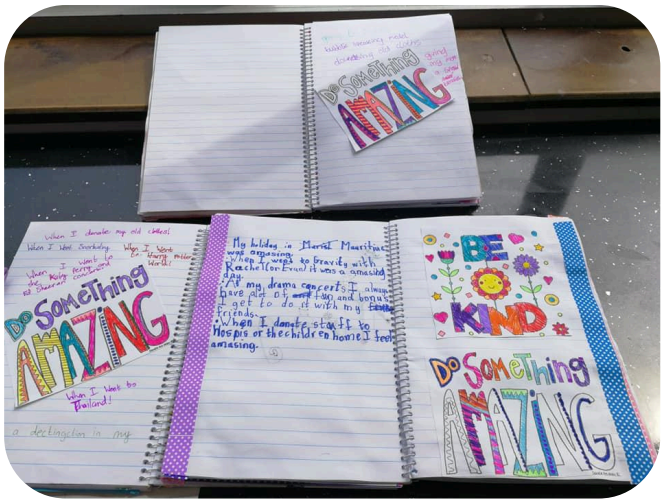
Cost

R 750 per lab | R 1400 for 2 labs per term

Payment terms:
Payment is required prior to enrolment to secure a student's place in the programme. Payments are processed via PayFast, which also offers flexible payment options through Payflex for qualifying families.

Who can join?

Grade 4 - 11



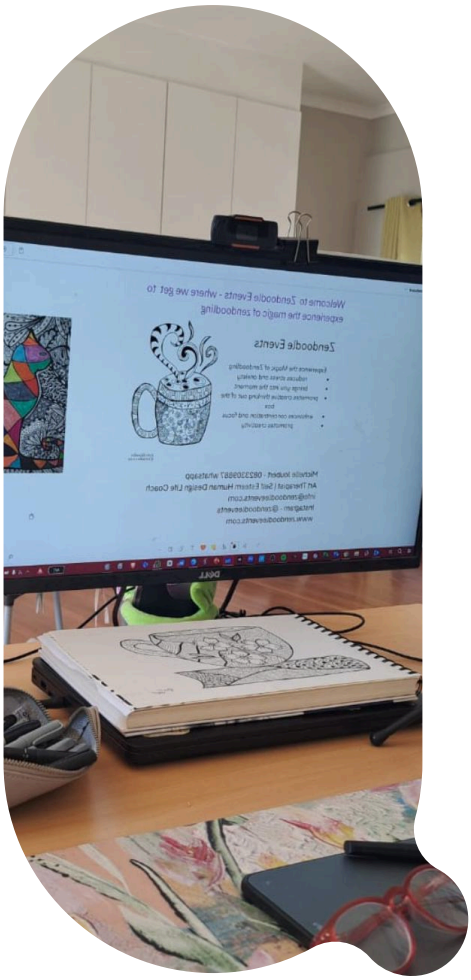
Ready to sign up?

Fill in your details to make an enquiry or join us for a fun-filled experience.

Join now

Programme requirements::

Students require access to basic art stationery (paper, pens, pencils, coloured markers where possible), internet access for online participation if applicable, and a willingness to participate in guided creative wellbeing activities. No prior experience in art or mindfulness practices is required. Creative Labs is designed to support students of varying personalities, learning styles, and creative abilities in a pressure-free environment.



Student responsibilities:

Students are encouraged to participate respectfully, engage openly in activities, and contribute to creating a supportive and safe environment for all participants. Students are responsible for attending sessions prepared with the required materials, respecting the confidentiality and experiences of others, and approaching activities with kindness, curiosity, and an open mind.



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Join now