Culture Dose for Kids

Culture Dose for Kids is an arts engagement program for young people, aged 10-12, with mild anxiety. For research purposes in this project, mild anxiety refers to children who worry a little more than their peers but have not been diagnosed with an anxiety disorder.

Parents/carers can choose to participate in a parallel project at the same time, but in a different space.

Culture Dose for Kids is the pilot program for a larger, regional and national project. Researchers will measure and evaluate impact. Participants will be asked to take part in surveys and interviews.

Begins 7th May
Saturday mornings
10am to 12pm

8–week program at the Art Gallery of NSW
Culture Dose for Kids is modeled on similar Art Gallery of NSW programs created for adults with a lived experience of anxiety or depression.

The program consists of two parts: a guided slow-look at artworks in the gallery (45 minutes) followed by an hour of playful art creation.

8 sessions will focus on 8 themes that are mindful to kids. Activities will be led by trained staff. There is no cost to participate, but numbers will be limited to 15 to 20 young people.

Researchers from Black Dog Institute will measure and evaluate the effectiveness of the program and its potential health benefits on young people and their parents or carers.

Program outline

- Connecting with nature
- Exploring imagination through art
- Imagining in colour
- Staying present
- Expressing ourselves
- The practice of sharing
- A sense of belonging
- Joy in everyday life

Schedule

9:30 – 9:55
Parents and children arrive at the Art Gallery

10:00 – 10:45
Children: View 3 artworks through a guided technique
Parents: View 3 artworks in a parallel session

10:45 – 11:00
Bathroom break

11:00 – 11:45
Children: Playful art creation related to the artworks above
Parents: Art creation activities

11:45 – 12:00
Parents and children groups meet together to share and talk about the experience.
Refreshments will be provided by the Gallery.
Data collection

Research activities will include the following data collection methods:

Questionnaires, interviews, observational notes by research staff on group and individual activities and actions, and photographs of completed artworks (which will be non-identifiable).

Participants (parents/caregivers and children) will be asked to complete the following research activities if they agree to participate:

- Take part in a one-on-one interview about your experience of the program and the art activities you completed. This will take about ten minutes.
- Both parents/caregivers and children take part in a questionnaire on anxiety at the first and last sessions, and three months after completion.
- Evaluate your experience of the program through a survey at the last session.
- If you consent, the research team will observe some of the arts activities you take part in to understand the process and your response to it.
- If you consent, allow the research team to photograph any artworks produced (with no identifiable links to participants).

Program Benefits

The program supports non-pharmacological approaches to mental health care.

Research indicates that engagement with the arts increases overall mental health and wellbeing, decreases anxiety and depression symptoms, and increases social connectedness.

Artwork & Funding

Works selected from the Art Gallery of NSW Australian collection will include Indigenous and non-Indigenous artists that are currently displayed in the Gallery. This project is funded by the Jibb Foundation, Black Dog Institute and the Art Gallery of NSW.