

Kolor Kinesiology (KK) is a personal growth course through which I was able to develop personal awareness as I developed my knowledge and skills around colour and art techniques.

As a primary school teacher, I was aware of my strengths in teaching maths and language and would far rather take children for a dance or sport lesson than an art lesson. The thought of paint and mess could have me cringing from the planning stage through to setting up to clean up. However, you cannot stop children from drawing and I had always been fascinated in watching children's drawings mature over a year in colour, technique, detail and context.

One day I was brave enough to embark on the KK course and I was amazed at how quickly my art techniques and confidence, as well as my drawings and paintings, developed as the units progressed. The KK course is a step by step journey into exploring different art media and using themes designed to tap into a greater understanding of self. Reflecting back on the portfolio of work built up during the course is enlightening as personal behavioural patterns are explored and resolved.

As a teacher KK gives me the confidence to explore my own awareness of self through art expression and therefore the confidence to guide children through a similar process. The lessons are well set out with step by step instructions. The themes are developmental with many opportunities for extension. The activities range from quick and simple activities through to art projects. At each stage the student is given the opportunity to reflect on what the work is revealing to them at a personal level. I would be confident using KK with any age student ranging from pre-primary through to adults.

Annette Southall