



Knitting Session For Mental Wellbeing

Length: 1hr. 4-12week program.

Delivery modes: Onsite & Virtual Classes.

Details: This knit workshop can be used as a creative stress relief initiative or a winter wellness team bonding session. From tea cup sleeves to beanie hats, socks and scarves – get cosy and creative with this warming session. The relaxation element of knitting can help to manage emotional health and improve cardiovascular health.

A one hour workshop takes you through the basics of knitting, including the traditional 'Cast On-Knit&Purl-Cast Off' technique.

During the session, expect to:

- Learn simple knitting patterns
- Gain knowledge on suitable yarns/needles for each project
- Start creating a personal item

4-12 week programs explore the world of knitting in depth – providing opportunities to explore complex knitting techniques, and work on various projects such as arm blanket knitting and puppet making.

By the end of the 12 week program, individuals should feel comfortable working independently.

Connect with WORKBLIS to discuss requirements - hi@workblis.com