



CHILL + SPILL

A PLACE TO PUT IT DOWN AND WORK IT OUT

A Guided Therapeutic Journal for Teens and 'Tweens Dealing with Difficult Issues

Chill & Spill empowers youth to give words to difficult issues they are dealing with, and promotes positive coping and adjustment skills. Based in **cognitive behavioral, narrative and art therapies**, this eclectic journal effectively combines guided creative writing with artistic expression activities which reduce symptoms of trauma, build resiliency, and foster social and emotional development in youth.

Chill & Spill is a must for child life specialists, social workers therapists, school counselors, or teachers who seek an **age-appropriate tool** that is structured, focused and sustainable. The journal is uniquely designed to reach youth (ages 11+) who are reluctant to communicate, helping them express their individuality and explore both head and heart. It offers a combination of 20 different creative writing and artistic expression activities, each followed by five blank pages. The funky illustrations appeal to this hard-to-reach population.

The *Therapist's Companion* and the *Educator's Companion* offer instruction on the best practices of *Chill & Spill* to reduce the harmful effects of stress. Each delves into the concepts behind the activities, and provides curriculum recommendations as well as learning goals, discussion points, materials lists, and ideas for individual or group use. **Add this important and unique resource to your toolkit today!** *Chill & Spill* training workshops are also available. Contact info@artwithheart.org for more info.



CHILL & SPILL	\$18.95 retail. Bulk prices are available online.	ACADEMIC STANDARDS: Chill & Spill is aligned with national McRel Arts Benchmarks for the Arts, Health and Behavioral Studies.
BOOK DETAILS	8.5" x 5.5", 37 full color, plus 70 blank pages	CURRICULUM CONNECTIONS: Trust, Peer Pressure, Goal Setting, Self-Esteem, Self-Awareness, Identity, Grief/Loss, Creativity, Conflict Management, Decision-Making, Empathy, Dreams, Boundaries.
CATEGORY	Self Help, Teen, Expressive Arts, Art Therapy	
ORDER TODAY	www.artwithheartshop.org 100% of the proceeds support youth in crisis!	