



A therapeutic activity book for children facing the pain of grief and loss

Draw It Out is an interactive, therapeutic activity book for ages 8+ that supports children with complex and confusing emotions due to grief and loss. Easily adapted for individual or group use, *Draw It Out*:

- Invites children to share their feelings related to grief, honor their loss, identify their support system, and clarify misconceptions – validating and normalizing their situation
- Encourages expression, and discussion of grief-related issues, offering a non-threatening space to process loss and ask difficult questions
- Provides a creative vehicle for developing both a visual and verbal vocabulary for loss, as well as a supportive structure to teach coping strategies and skills for self-care

Developed under the guidance of 27 experts in the fields of Mental Health, Bereavement, Child Life, Art Therapy, and Social Work, the age-appropriate, research-based prompts serve as a springboard for healing conversations – helping children develop strategies to begin emotional healing.

The one-color activity book features engaging illustrations by 26 award-winning illustrators whose work the kids may recognize from animated TV shows, toy design, children's books, cartoons, and games.

Add this important and unique resource to your toolkit today! *Proceeds help nonprofit Art with Heart reach kids through the power of creativity.* Bulk discounts are available.

BOOK DETAILS Dimensions: 7.5" x 10" • Saddle stitched 48 pages • One color • See website for prices Bulk rates available

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e: info@artwithheart.org | p: 206.362.4047

ADDITIONAL GOALS FOR GRIEVING CHILDREN: Navigate through Worden's Tasks of Grief • Identify and express additional feelings related to the loss (anger, denial, guilt, etc.) • Acknowledge, accept, reorganize, and adjust to the new normal. *Draw It Out is not meant to be a substitute for counseling, but to be used in conjunction with it.*