

Art with Heart Catalog

CREATIVE EXPRESSION RESOURCES FOR KIDS GRADES K-12



**Building a
healthier future
for Kids and youth.**

Art with
Heart
akin

artwithheart.org

TABLE OF CONTENTS

ADVERSE CHILDHOOD EXPERIENCES (ACEs) & CREATIVE EXPRESSION	
What ACEs are	3
How creative expression re-wires the brain	4
Prevention and intervention	4
SOCIAL EMOTIONAL LEARNING RESOURCES	
Grades K-2 (Magnificent Marvelous Me)	5
Grades 3-5 (Draw it Out)	6
Grades 6-8 (Ink About It)	7
Grades 9-12 (Chill & Spill)	8
IMPORTANT NOTES ABOUT ALL ART WITH HEART RESOURCES	
9	
ACADEMIC & THERAPEUTIC ALIGNMENTS	
10	
CASEL	10
Second Step (Committee for Children)	10
Therapeutic alignments	10
TESTIMONIALS	
11	
PROFESSIONAL DEVELOPMENT & TRAINING	
12	
PRODUCT & PRICE LIST	
13	



20 YEARS OF IMPACT

For over 20 years, **Art with Heart** has been using the healing power of creative expression to support kids and youth. Our therapeutic, art-based curriculum and books are a proven path to transforming pain into possibility. Now in our third decade, we've merged with **Childhaven** and a family of services dedicated to relational health and connecting with kids and their communities in all the places they live, learn, and play.

ACEs & CREATIVE EXPRESSION

"ACEs are adverse childhood experiences that harm children's developing brains and lead to changing how they respond to stress and damages their immune systems so profoundly that the effects show up decades later."

- ACES Connection, ACES Science 101

A staggering 35 million American kids are struggling with ACEs. After exposure to multiple ACEs, kids have twice the risk of heart disease, three times the risk of depression, and a greater risk of chronic disease, mental illness, and violence.

Stress is a natural and inevitable part of being a kid. The type of stress makes a difference and when stress becomes toxic, kids' brains aren't able to develop. Trauma or toxic stress, are stored in images, sounds, and sensations; creativity uses those same things to bring the brain back online.

BOOKS & CURRICULA TO HELP REDUCE TOXIC STRESS

Art with Heart's portfolio of therapeutic activity books for kids, and companion curricula for the adults who serve them, are a jumping off point for transformation. Our creative expression resources can help kids and youth understand and release difficult feelings, develop social emotional learning (SEL) skills, and build resiliency for a healthier future.

HOW CREATIVE EXPRESSION REWIRES THE BRAIN



Creative expression activates the same parts of the brain that experience disruption due to toxic stress. It creates opportunities for the amygdala, which is responsible for our fight/flight/freeze response, to calm down. Creative expression helps the pre-frontal cortex to get back in charge of the body, while helping the hippocampus to put memories in the past where they belong.

PREVENTION:

Kids learn Social Emotional Learning skills through creative expression, which helps them better understand themselves and others. Kid's emotional well-being is improved.

INTERVENTION:

When a kid experiences trauma or adversity they can use creative expression to make sense of the experience and to calm their bodies down.

PREVENTION & INTERVENTION



"Art with Heart aligns with what we're doing in schools, especially for students who have been impacted by a traumatic event or ongoing adversities that don't let up. We don't want those students to sit in a state of elevated anxiety. Art with Heart gives kids avenues to be heard, and teaches them to recognize an emotion and regulate that emotion, which puts them in a position to be more successful, both academically and behaviorally."

— **David Lewis, LMHC,**
Behavioral Health Services,
Seattle Public Schools

"Art with Heart is a great complement for a social-emotional learning curricula like Second Step. It gives children a chance to look inside and process the feelings that arise; plus all of the topics and issues that explored in all of AWH materials gives kids even more opportunities to process their emotional experience."

— **Tonje Molyneux, M.Ed.,**
Sr. Educational Designer,
Committee for Children



GRADES K - 2 | MAGNIFICENT MARVELOUS ME!

PRIMARY SEL GOALS:

- Self-awareness
- Self-management
- Social awareness

PRIMARY THERAPEUTIC GOALS:

- Examine identity
- Explore and develop personal values
- Develop capacity to tolerate mixed emotions
- Identify helpful and unhelpful thoughts and misconceptions
- Create safe distance from experience to express feelings
- Identify support systems

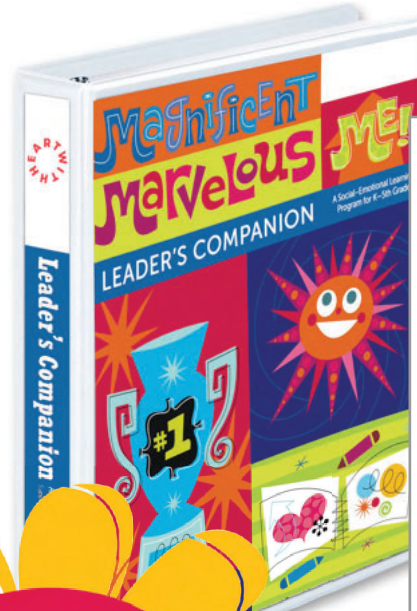
Magnificent Marvelous Me! gives kids a chance to name their emotions, identify their support systems, and recognize dreams for the future. This 48-page therapeutic activity book is designed to decrease isolation and helplessness, increase self-esteem and self-awareness, offer a safe place for confusing feelings, and help build resilience and coping skills when faced with challenges. Includes 25 different activities including drawing, writing, and coloring with prompts about identity, community, and emotional vocabulary.

Therapeutic activity book for kids:



sample book activity

Companion curricula for adults:



LESSON 5:

TREE OF LIFE

PAGE 7

"Many a man with no family tree has succeeded because he branched out for himself."

—Leo Akman

SEL SKILL DEVELOPMENT:
Identity Building, Relationship Skills

Priming Activity: Tableau

Children will create a tableau. Explain the concept of tableau (a still picture), and introduce the theater game. You will be the starting point; stand in the middle of the room and create the shape of a tree in whatever way you'd like. Maybe you're a palm tree and you hold your arms above you for fronds. Or maybe you're a weeping willow and your arms and head hang limp and your face is exaggeratedly sad. Keep in mind that the type of tree you mime will help inform the scene the children create.

Model what the children will be doing by shouting out, "I'm a _____ tree!" Then call out the name of each child in your group. The children will run to the tree and create another piece of the scene beside the tree. Have children shout out what they are. For example, "I'm the sun keeping the tree warm!" "I'm a dog sniffing the tree trunk!" The game will be fast and is intended to be silly.

You can repeat the tableau exercise with different trees or environments. Maybe the next round you're a flower, etc.

Art Activity: Community Tree

MATERIALS: foam, vase, or oatmeal can for base, sticks, leaves, paper, yarn, ribbon, scissors, hole punches

PREP: Collect photos to share of nature-based art, including leaf rubbings. Create the base of the tree from something that branches can easily pierce or stick out of, such as a stand-up piece of foam, an oatmeal can, or an old vase.

EXPLAIN: Here in the Magnificent Marvelous Me! group we're part of a community. And we each come from communities of our own. We're going to create a tree together as a group that highlights those communities. Each participant will have a branch in the community tree. Each branch will be different, but there is still unity in that we create a new object when all our branches come together.

CREATE:

1. Spend part of the first lesson on a nature walk to collect natural materials, such as sticks and leaves. Explain that the sticks or branches support the leaves and that they're going to represent the supports in our lives.
2. Back in the classroom, allow participants time to decorate their branches with things that remind them of their supports. They can write directly on the branches with paint pens or metallic markers, or write on ribbons and tie ribbons to the branches. The important part is that they focus on people who support them and decorate the branches with these people in mind.

sample curricula lesson



PRIMARY SEL GOALS:

- Self-awareness
- Self-management

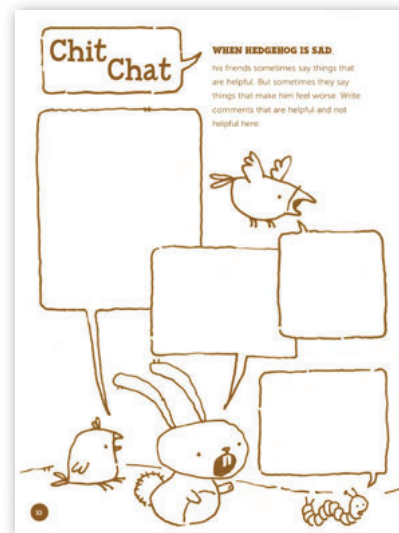
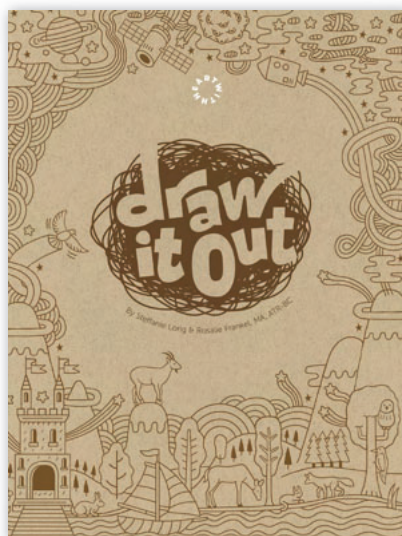
PRIMARY THERAPEUTIC GOALS:

- Examine identity explore and develop personal values
- Develop emotion vocabulary
- Increase awareness of mind/body connection
- Develop capacity to tolerate mixed emotions
- Identify helpful and unhelpful thoughts and misconceptions
- Create safe distance from experience to express feelings
- Integrate past experiences

GRADES 3 - 5 | DRAW IT OUT

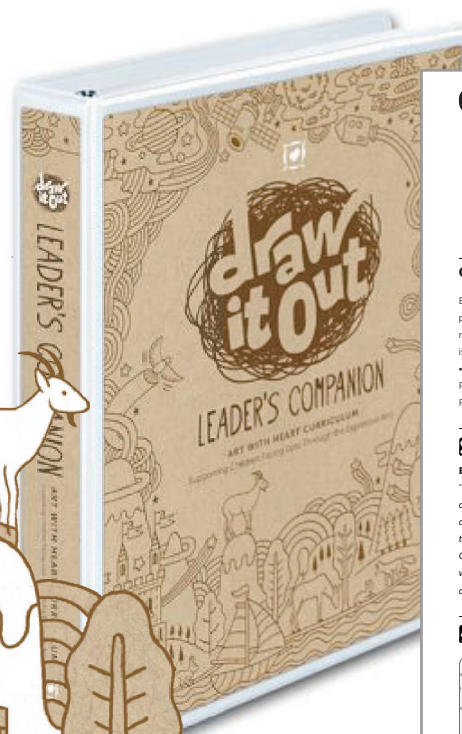
Draw It Out offers kids a safe place to ask difficult life questions and ponder their answers. This creative-expression book supports kids in better understanding their complex and confusing emotions, whether healing from grief or a major loss, or facing chronic adversity and ongoing life challenges. It invites kids to share their emotions, identify their support systems, and learn coping strategies and skills for self-care.

Therapeutic activity book for kids:



sample book activity

Companion curricula for adults:



EXPERIENTIAL LEARNING ACTIVITIES

CHIT CHAT / LISTEN TO ME! PG. 28-29

"We think that holding on makes us strong, but sometimes it is letting go." — Herman Hesse

CHIT CHAT: THERAPEUTIC GOALS

Explore what is important to them • Focus on solutions • Release of helplessness; provide corrective power • Prompt projection/reflective distance • Identify misperceptions or unhelpful views • Build confidence • Decrease feelings of isolation • Normalize/recognize commonalities • Identify/recognize support system • Encourage assertiveness to express needs • Encourage storytelling • Increase awareness of mind/body connection • Prompt creative symbolic reasoning • Reduce negative emotional/behavioral responses • Guard against anxiety/fear • Reframe thoughts with positive message

SEL: Self-Awareness • Self-Management • Social Awareness • Relationship Skills

VOCABULARY: Graffiti, Courage

GRIEF-FITI WALL

EXPLAIN: Who knows what graffiti is? Graffiti is when someone writes, draws, or "tags" a message without permission on a public space. Sometimes when people offer advice or say things that are not so nice, it kind of feels like they are "tagging" on us - saying things that are unwelcome. On this wall, use the thin-tipped markers to write all the messages you've heard that are hurtful things or make you feel icky. Once you are done, use the thick-tipped markers to cover over those messages with things you want to say to them or messages you think they should hear. You can also draw over or cross out the negative messages as you go.

• Masking or painter's tape

• Butcher paper (double layer paper to protect surfaces and tape to a wall or the ground)

• Markers (various sizes)

• OPTION: Paint/brushes or large dry erase board and pens

CLAY CONVERSATION

EXPLAIN: Sometimes people who love and care about us aren't quite sure what to say when we talk about what happened. Sometimes people try to help us feel better, but what they say actually makes us feel worse. Has that ever happened to you or have you overheard people saying things like that? How did these comments make you feel? Write answers on the board. We are going to make creatures out of clay that represents these unhelpful comments and how they make us feel. Pass out clay. When you are done making your unhelpful creature, you can smooth or smash it. Take photos of the clay creatures before they are destroyed.

OPTIONAL: Don't smash the creature, but make a new creature showing how you'd like to feel instead and let the two play out a conversation between them.

• Self-hardening clay (various colors)

• Sculpting supplies

• Writing supplies

sample curricula lesson

GRADES 6 - 8 | INK ABOUT IT

PRIMARY SEL GOALS:

- Self-awareness
- Self-management
- Social awareness

PRIMARY THERAPEUTIC GOALS:

- Examine identity
- Develop capacity to tolerate mixed emotions
- Develop emotional vocabulary
- Identify support systems
- Build empathy

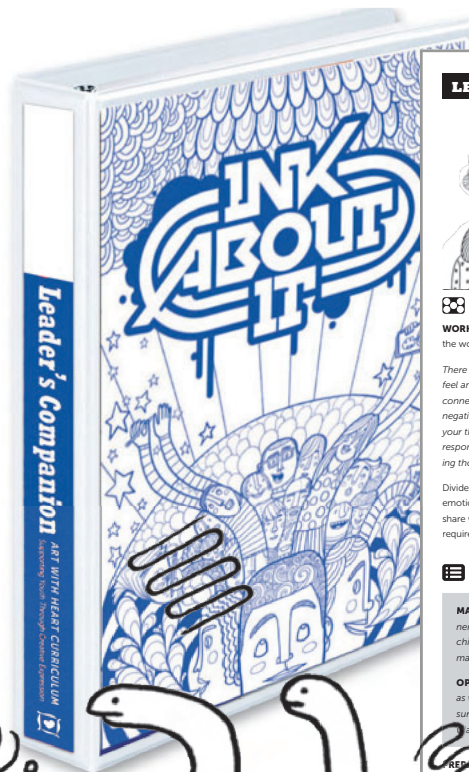
Ink About It asks middle-school kids what they want from relationships, how they handle stress, and what goals they most want to accomplish. Grades 6 through 8 are critical social and emotional learning years, so this book is designed to reach young people with writing and art prompts for self-exploration, self-awareness, and self-acceptance. Includes 20 different activities with various themes; including identity, emotion regulation, and relationships.

Therapeutic activity book for kids:



sample book activity

Companion curricula for adults:



LESSON 10 FIGURING OUT FEELINGS P. 11



"Feelings or emotions are the universal language and are to be honored. They are the authentic expression of who you are at your deepest place."
—Judith Wright

THERAPEUTIC GOALS:
Increase awareness of mind/body connections,
develop emotional literacy

PRIMING ACTIVITY: COMPARE/CONTRAST

WORKBOOK: Have participants answer the prompts in the workbook.

There is a huge connection between how we think and feel and how our bodies react. It's called the mind-body connection, and it works both ways: when you are feeling negatively, your body reacts negatively. But you can also use your thoughts to positively influence some of your physical responses. When you think about happy times or think calming thoughts, your body tends to relax.

Divide participants into small groups and pass out premade emotion word cards, one per person, and ask them not to share with each other (clear out any furniture, as this game requires room to move). Take turns among your small group

to individually act out your emotion, without talking. Help us really feel the emotion. The group members who are not acting out the emotion will try to guess what the emotion is. Continue until the last participant has gone. End with some stretching and quiet breathing to create body awareness.

How easy was it to guess your group member's emotions on the first try? Was it hard for anyone? Discuss as a group. Sometimes emotions can show up differently for different people. Some people express their emotions in obvious ways, and for other people, it's not so obvious. If it is anticipated that participants will be uncomfortable acting in small groups, lead them through a discussion about how people can show the same emotions differently from person to person.

ART ACTIVITY: RAY OF LIGHT COLLAGE

MATERIALS: Acrylic paint, paper towels, plastic dinner plates (for circle templates), cardstock, pencils, chipboard or cardboard (for collage backing), scissors, magazines, Mod Podge

OPTIONAL MATERIALS: Supply additional EPHEMERA, as well as MIXED MEDIA to add to their collage. Make sure to provide strong glue (such as Judkins Diamond Glaze) to make sure 3-D items will adhere.

PREP: On slips of paper, write down the emotion words found in the workbook, adding other emotions so that each participant gets handed one emotion for the PRIMING

ACTIVITY. If you are short on time, cut out the circles earlier rather than having participants cut them out themselves.

EXPLAIN: Today we will be making ray of light collages, focusing on how we feel when we are happy. Show your sample.

DEMONSTRATION: Show how to make sunbeams by using a plate as a template to create a circle from cardstock paper, cut out the circle. Find the middle by carefully folding it in half three times and then unfolding. Cut out each 'pizza slice' to serve as a sunbeam template, and use these templates to trace images in magazines.

Ink About It Leader's Companion

sample curricula lesson

9 - 12 | CHILL & SPILL

PRIMARY SEL GOALS:

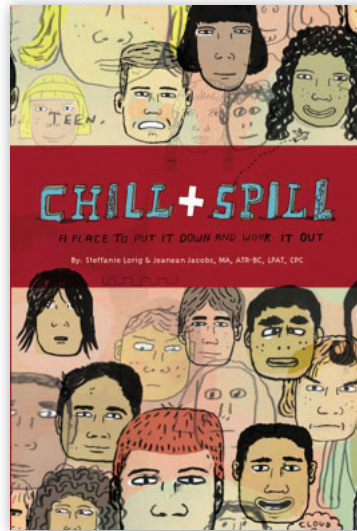
- Self-management
- Social awareness
- Responsible decision making

PRIMARY THERAPEUTIC GOALS:

- Increase awareness of emotion/cognition connections
- Develop capacity to tolerate mixed emotions
- Create safe distance from experience to express feelings
- Identify helpful and unhelpful thoughts and misconceptions

Chill & Spill combines prompts and activities as well as blank pages, giving teens lots of room to express their feelings, fears, and frustrations. Using a blended therapeutic approach of art therapy, narrative therapy, and cognitive-behavioral therapy, this eclectic journal is uniquely designed to reach teens who are reluctant to communicate. Includes 10 different activities with various themes; including self-care, reflection, and goal setting.

Therapeutic activity book for kids:



sample book activity

Companion curricula for adults:



TAB THREE: ACTIVITIES

IDEAS FOR VARIATION: Powerful/Powerless, Chill & Spill p. 20

POWER **POW** **er** **less**

"Know well what leads you forward and what holds you back..."
-Buddha

POWERFUL/POWERLESS THERAPEUTIC GOALS

- Prompt creative symbolic reasoning.
- Examine identity, confidence, and self-esteem.
- Identify self-image distortions.
- Use creativity to problem-solve.
- Release helplessness; gain corrective power.
- Activate creativity/imaginative thinking.
- Reconcile emotional conflicts.
- **SEL:** Self-Awareness, Self-Management, Responsible Decision-Making.

INTRODUCTION: PRIMING CREATIVITY

Review ground rules if necessary. Have a participant read aloud the POWERFUL/POWERLESS page in the *Chill & Spill* journal. Introduce the concept of "Power Poses" to them (do a Google search for more details). Ask them to notice how the difference in how their body feels before doing the pose as compared to after. Then have them write a two-column list in their journals of situations, people, places, or things that make them feel powerful. Have participants highlight the words that are significant or are used frequently and have them complete a FREE ASSOCIATION (TAB 4, P. 94) on a couple of key words.

POWERFUL TATTOO

Ask participants to review the "Powerful" list they wrote in their journals and do THUMBNAIL SKETCHES of simple images that represent the concepts. Have participants trace their hand and part of their arm in pencil, and "tattoo" one of these images on the drawing as a reminder of things they have achieved and things they are still reaching for in their lives.

POWERFUL COLLAGE

Have participants use a pencil to outline their nondominant hand onto card stock and then cut out. Have participants find words and images in magazines that represent things they wrote on their powerful list and paste inside the hand outline.

OPTION: On the second side, allow participants to put images and words that represent powerlessness.

DRAWING AND COLORING materials (TAB 4, p. 105)

- Card stock
- Scissors and/or X-Acto knives with cardboard to protect table surfaces
- LEVEL 2 COLLAGE materials (TAB 4, p. 107)

sample curriculum lesson

Creative expression is a simple and meaningful way for people of all ages to build self-awareness and self-management skills.



Therapeutic activity books for kids:

Although the books have suggested age ranges, it is important to consider the developmental age of the kids with whom you work. We trust that you know them best, and can gather resources that best fit their needs. In fact, Art with Heart resources have been used successfully with adults as well. Creative expression is a simple and meaningful way for people of all ages to build self-awareness and self-management skills.

Each book contains approximately 30 pages filled with illustrations and prompts for creative writing and visual art exercises.

Companion Curricula for adults:

- 100+ art activities
- Alignments with Common Core, CASEL and Second Step
- Best Practices for creative expression
- Planning guides for implementing a creative expression program
- Tips and tricks for various art materials

Our books and curricula can be used on their own, however, the continued use with a trusted adult in one on one sessions or groups can up help kids expand their toolbox and empower them to dig deep into the skills that help them turn pain into possibility.

“Art with Heart is a great complement for a SEL curricula like Second Step. It gives children a chance to look inside and process at their feelings that arise, giving them more opportunities to process their emotional experience.”

– Tonje Molyneux, M.Ed.,
Sr. Educational Designer,
Committee for Children



ACADEMIC & THERAPEUTIC ALIGNMENT

Academic alignments

Social and emotional learning (SEL) is the process through which children and adults understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions. (*CASEL casel.org/what-is-sel/*)

CASEL has identified five core competencies of social and emotional learning: self-awareness, self-management, social awareness, relationship skills, and responsible decision making. Art with Heart has aligned every activity in our resources with these competencies, so that you can easily incorporate creative expression into your existing SEL program, or use our curriculum to start one.

Second Step is a program rooted in social-emotional learning (SEL) that helps transform schools into supportive, successful learning environments uniquely equipped to encourage children to thrive. (*secondstep.org/what-is-second-step*) Second Step provides curricula for education professionals and families to help kids develop their SEL skills.

Art with Heart has aligned every activity with the corresponding Second Step SEL curricula so that teachers have additional activities for teaching SEL using creative expression.



Therapeutic alignments

In addition to SEL alignments, Art with Heart has created a therapeutic goals alignment to support one on one or group therapeutic work. Developed by art therapists and trauma therapists, these goals are also aligned with the CASEL competencies. These goals include: examine identity, develop capacity to tolerate mixed emotions, build empathy, encourage assertiveness in expressing needs, and foster hope for the future, as well as many others.

TESTIMONIALS

IN SCHOOLS

Art with Heart resources have been used in many different ways in schools. In after school programs, social workers or school counselors in small group settings, and teachers in full classrooms have all incorporated creative expression activities to help students thrive.

Social workers and school counselors use our curricula to run small groups focused on specific issues or identity development, or one-on-one to support a student's emotional experience. Teachers incorporate creative expression activities in our curricula to support their dedicated SEL time.

"Art with Heart aligns with what we're doing in schools, especially for students who have been impacted by a traumatic event or ongoing adversities that don't let up. Art with Heart resources gives kids avenues to be heard and teaches them to recognize an emotion and regulate that emotion, which puts them in a position to be more successful, both academically and behaviorally."

-David Lewis, LMHC, Behavioral Health Services, Seattle Public Schools

IN HOSPITALS

Art with Heart has collaborated with children's hospitals around the country to provide child life specialists and social workers with resources to make the hospital experience less difficult for kids experiencing illnesses and their families. Professionals who have one or two opportunities to connect with kids can introduce an activity and then provide books for them to continue the process of developing coping skills and expressing emotions.

"Art with Heart's creative expression books and curricula are helpful in finding ways to start those difficult and meaningful conversations between patients and providers, or patients and their families."

- Helena Hillinga-Haas, art therapist, MA, ATR, CL, Seattle Children's

AFTER A NATURAL DISASTER

Our resources have also been used after natural disasters and community-wide traumas, such as the landslide in Oso, WA and the school shooting at Sandy Hook Elementary in Newton, CT. The creative expression activities found in our books provided a safe space for kids to process their grief and loss.



PROFESSIONAL DEVELOPMENT

Art with Heart provides in-person and online trainings, as well as one-on-one and organization-wide consulting to empower adults to learn to use creative expression with kids to build social emotional learning skills, and develop a new coping mechanism when faced with adversity. We recommend organization or team wide trainings. Reach out if you want a custom training for your school, community based organization, or institution.

CEUs available for all in-person trainings.

PHONE: 425-902-8057

EMAIL: orders@artwithheart.org

IN-PERSON TRAININGS & WEBINARS

We offer a variety of 4-hour in-person creative expression trainings, as well as one-hour webinars, on myriad subjects ranging from creative expression and SEL, to creative expression and ACEs. Please visit our website for the current schedule and pricing.

WEBSITE: artwithheart.org/learn

PHONE: 425-902-8057

EMAIL: orders@artwithheart.org

CUSTOM TRAININGS & TEAM BUILDING

Art with Heart is eager to work with partners to adapt our creative expression training to the unique needs of schools and organizations. If you don't see a training that fits your needs on our website, call us to discuss developing a custom training of 1-hour team building experiences.

PHONE: 425-902-8057

EMAIL: orders@artwithheart.org

PRODUCT & PRICE LIST

Books

Each book contains approximately 30 pages filled with art and prompts for creative writing and visual art exercises.

		BULK PRICE BASED ON QUANTITY (units)			
	INDIVIDUAL	15+	100+	500+	
Grades K-2: Magnificent Marvelous Me (age 6-9)	\$15.00	\$11.55	\$10.20	Contact	
Grades 3-5: Draw It Out (age 7-10)	\$15.00	\$11.55	\$10.20	Contact	
Grades 6-8: Ink About It (age 11-13)	\$15.00	\$11.55	\$10.20	Contact	
Grades 9-12: Chill and Spill (age 13-18)	\$25.00	\$17.75	\$15.00	Contact	



Curricula (Leader's Companions)

A Leader's Companion (curricula) is available to accompany each book. When possible, we recommend books and curricula be used together. However, activities in the curricula can be used on their own. All curricula are \$60 each and include:

- 100+ art activities
- Alignments with Common Core, CASEL and Second Step
- Best Practices for creative expression
- Planning guides for implementing a creative expression program
- Tips and tricks for various art materials