Art with Heart Catalog
CREATIVE EXPRESSION RESOURCES FOR KIDS GRADES K-12

Building a healthier future for Kids and youth.

artwithheart.org
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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 & 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

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 makes sense of the experience and to calm their bodies down.
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:

Companion curricula for adults:

**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

**Lesson 5: Tree of Life**

**Priming Activity: Tableau**

Children will create a tableau. Explain the concept of tableau to all participants, and introduce the theatre games. 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 like in a cartoon. The important part is 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, paint, ribbons, 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. Natural materials, such as sticks and leaves. Explain that the type of tree you mime will help inform the scene the children create.

Make 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.

**Curriculum goes here**

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**Identity Building, Relationship Skills**

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

The roots of a tree hold up the trunk and seeds, helping the process begin again. Flowers bring extra beauty, which later turn into leaves, helping it stand tall. Leaves give it food and energy so it can grow. Flowers are the blossoms, roots and leaves of this tree, write the names of those who care about you — friends, family, pets, teachers, organizations... anyone or anything that makes your life better, stronger, or more beautiful.

On the blossoms, roots, and leaves of this tree, write the names of those who support them. They can write directly on the branches with markers, paint pens or metallic markers, or write on ribbons and tie them to the branches. The important part is that they choose branches with things that remind them of their supports. They can write directly on the branches with paint pens in metallic markers, or write on ribbons and tie them to the branches. The important part is that they focus on people who support them and decorate the tree with things that remind them of their supports.
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:

Companion curricula for adults:

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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

EXPERIENTIAL LEARNING ACTIVITIES

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/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 messages

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.

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 heard people saying things like that? How did those comments make you feel? We’re going to make creatures out of clay that represents those hurtful comments and how they made us feel. Smash or smoosh them. When you are done making your unhelpful creatures, you can smooth or smash them. Take photos of the clay creatures before they are destroyed.

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

SEL:

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

VOCABULARY:

- Graffiti, Courage

“we think that holding on makes us strong, but sometimes it is letting go.”

~ Herman Hesse

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
• Self-hardening clay (various colors)
• Sculpting supplies
• Writing supplies

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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:**

**Art Activity: Ray of Light Collage**

**Materials:** Acrylic paint, paper towel, plastic drinker plates for circle template, cardboard, pencils, chalkboard or cardboard (for collage backing), scissors, magazines, Mod Podge

**Optional Materials:** Supply additional ephemera as well as Auto Boise to add to their collage. Make sure to provide strong glue, such as Judikins Diamond Glue to make sure 3-D items will adhere.

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).

**Demonstration:** Show how to make sunbeams by using a plate as a template to create a circle from cardboard paper, cut out the circle, and then using Mod Podge. Cut out each “pizza slice” out of cardboard, and then using Mod Podge to trace images in magazines.
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:

Companion curricula for adults:
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 help kids expand their toolbox and empower them to dig deep into the skills that help them turn pain into possibility.
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.

“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

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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:** 206.362.4047  
**EMAIL:** trainings@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:** 206.362.4047  
**EMAIL:** trainings@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:** 206-362-4047  
**EMAIL:** trainings@artwithheart.org
PRODUCT & PRICE LIST

Books

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

<table>
<thead>
<tr>
<th>Books</th>
<th>BULK PRICE BASED ON QUANTITY (units)</th>
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<tbody>
<tr>
<td></td>
<td>INDIVIDUAL</td>
</tr>
<tr>
<td>Grades K-2: Magnificent Marvelous Me (age 6-9)</td>
<td>$12.50</td>
</tr>
<tr>
<td>Grades 3-5: Draw It Out (age 7-10)</td>
<td>$12.50</td>
</tr>
<tr>
<td>Grades 6-8: Ink About It (age 11-13)</td>
<td>$12.50</td>
</tr>
<tr>
<td>Grades 9-12: Chill and Spill (age 13-18)</td>
<td>$21.00</td>
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</tbody>
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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 $50 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