## Experience Expressive Arts with Artplay



# Who will bravely volunteer to create a feeling-based heart?

## What the Volunteers are Going to Do...



- Volunteers will create a colorful pastel heart on a black canvas
- On the back of the canvas, 4 colors will be named (example: yellow=joy)
- Time to complete: 10 minutes
- Ten volunteers needed! Please raise hands...

While Volunteers are Busy... This is our 10 Minutes of Talk Time:

#### The Power of Art vs. Talk Therapy

How to lower anxiety – teaching strategies

Examples:

- Loss of family member (Theo)
- Family illness (Gwen)
- Adoption (Sonya Lee)
- Divorce (Pat and Ally)



## Artplay Offers a Wide Range of Services

So that kids have the most well-rounded help possible!

- Individual Sessions
- Sibling Sessions
- Family Sessions
- Social Groups
- Academic Tutoring
- Parent Support Sessions
- Nutritional Cooking Classes
- Treatment of Challenging Behaviors



### Time for the Volunteers to Share their Feeling-Based Hearts

- O Expressive Art Therapy does not interpret what the clients does, instead the client creates and shares the intention of their art.
- O Art-making promotes healthy emoting.
- O Now, a few of the volunteer will share their colors/emotions in their own hearts.
- Who would like to volunteer to share?