



TO THE POINTE

PARENTING EDITION / SUMMIT POINTE - NUMBER 14

Tap Into the Power of Art

Lindsey Thomas, LMSW and Jennifer Myles, LPC

It is probably no surprise to hear that many children and young adults have a natural interest and enjoyment in doing arts and crafts projects. What may be a surprise is to learn just how powerful art can be in supporting many critical areas of child development.

Art therapy is a structured therapeutic treatment that a trained professional can incorporate into therapy sessions to help address concerns such as depression, anxiety, grief, trauma, and more. However, caregivers can also tap into the power of art and support their child's need for creative expression at home. First, let's talk about some of the ways that encouraging the use of art can be beneficial:

- Art helps to promote self-exploration, self-esteem, and self-awareness.
- Art can improve our mood and help us understand and express our emotions, especially emotions that can be difficult to experience such as sadness, anger, guilt, and worry.
- Art can be relaxing and helps us practice mindfulness or being present in the moment. It can help improve our focus, concentration, and attention to detail.
- Art builds confidence by providing opportunities for learning new skills and encourages the development of perseverance.

Being more intentional in using art to support your child's mental health at home is easy- just get creative! Start by creating a safe space and remind everyone that there is never a wrong way to do an art project. Keep in mind that having fun and enjoying the process are far more important than what the finished product may end up looking like. In fact, 'messing up' while painting, drawing, or in any type of art project is a great opportunity to help kids learn to be flexible problem solvers as well as show kindness to themselves by accepting their 'mistakes'.

Working together with your child on an art project is also a great way to deepen your conversations and improve your relationship. It can be very impactful to show a child that you have a genuine interest in understanding them and their feelings better.

Finally, we will share just a few ideas of creative and fun art projects to try out at home on the next page. There are also many resources online where you can find additional ideas or just get some paper, paint, crayons, or markers and see what happens!



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24 Hour Crisis	1-800-632-5449
Youth Crisis	269-441-5945
Crisis Text	741741



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All Ages Welcome



All Insurances Welcome
No Insurance Required



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Services Available

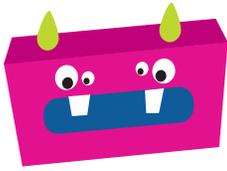


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Art Projects

Here are some ideas to get creative!



Worry Monster Box

EXPRESS DIFFICULT EMOTIONS, COMMUNICATION, REDUCE ANXIETY

1. Cover a small box (Kleenex boxes work well) in construction or wrapping paper.
2. Cut a hole in the front for a mouth. Cut in teeth or add teeth around the hole using construction paper.
3. Decorate the box with eyes, ears, hair, spots, ect to make it look like a 'monster'.
4. Once the monster box is created encourage family members to write or draw their worries or fears and put them in the monster's mouth to 'eat'.
5. Explain that putting our worries into words can help us cope with them and naming them can help us to feel more in control of those emotions. Discuss that sometimes we need to ask for help with our worries and sometimes we need to practice letting go of things that we cannot change.
6. If needed, go back to the worry box after a few days to check and see if those worries are still bothering us or need to be addressed. Maybe we will find that those worries do not feel so big anymore after feeding them to our worry monster.



Make a Collage

SELF-EXPRESSION, GOAL SETTING, AND FAMILY RELATIONSHIPS

1. Gather a stack of old magazines, newspapers, books, or scraps of fabric. Basically anything you have laying around!
2. Cut out images and words that are meaningful or that help express a certain mood, feeling, interest, values, hopes or dreams.
3. Arrange the cut out images and words on a piece of paper and glue them down in a way that feels right to you.
4. Some ideas for a collage theme might be to express who you are, to share future hopes and goals, or to highlight the interests and values of a family system.
5. Finally, share with someone what connected you to the imagines and words that are part of the collage and what you would like to express through the combination of imagines that are represented.



The Me Tree

BUILD SELF-ESTEEM AND SELF-CONFIDENCE

1. Draw or cut out the trunk of a tree on a piece of paper.
2. Draw or cut out leaves big enough to write words on.
3. On each leaf write something that you like about yourself. On the trunk write the names of things or people that support and help you.
4. Glue the leaves on the tree if they were cut out.
5. Color the picture and add other details such as flowers, sun, rainbow, animals, or anything else that is meaningful.
6. Share the finished picture with someone and hang it somewhere to see and remember the positive statements about yourself.



Taking charge of your mental health just got easier!

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