



# LEADING CREATIVE EXPRESSION

## WHAT IS CREATIVE EXPRESSION?

Creative expression is a way for kids to express their emotions and work through difficult experiences using a variety of art informed modalities.

Creative expression is designed to support social emotion learning development in young people. It is intended to be used in small group and 1:1 settings and can be implemented in before, during, and after school programs, or used as a supplemental tool in existing interventions. You do not have to be a therapist to lead creative expression.

## CREATIVE EXPRESSION CAN HELP YOUNG PEOPLE:

- know how to name and manage big emotions
- have skills to manage difficult circumstances
- identify creative expression as a strategy for coping
- develop resilience

## CREATIVE EXPRESSION CAN INCLUDE:

- therapeutic art activities
- guided visualizations
- writing/list making
- drawing
- movement
- music

## CREATIVE EXPRESSION CAN BE USED TO:

- support social emotional learning
- assist in working on therapeutic goals
- act as a tool for social justice

## [WATCH OUR VIDEO ON HOW TO LEAD CREATIVE EXPRESSION.](#)

Whether you have 20 minutes or 2 hours, we recommend taking the following steps in order to guide young people through a meaningful creative expression experience:

### 1: WARM UP

Help kids begin to focus and set their intention for art making. It can look like:

- list making
- visualizations
- sketching
- free writing

### 2: CREATE ART

Create a depthful art activity based on therapeutic goals and the prompts from the warm up.

- pass out supplies
- show example
- demonstrate
- stay engaged

### 3: REFLECT

This is a time for kids to share experiences, connect with the group, and build their community.

- group discussion or 1:1
- share chair or talking piece
- time for reflection
- safe way to regulate

**And always PREP beforehand so you are best prepared!**

- understand the space
- review the lesson
- gather supplies
- create a sample art activity

**WANT TO TRY CREATIVE EXPRESSION WITH THE KIDS YOU SERVE? AWESOME. WE SUPPORT YOU.**

**2nd - 3rd grade**

**4th - 5th grade**

**6th - 8th grade**

**9th - 12th grade**

\*These are recommended grades. Resources can be adjusted depending on participant development and needs.

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