

CUSTOMIZABLE PROGRAMS

Our customizable programs are designed to maximize the social emotional benefits of the arts. All offerings are experiential and centered in the use of the arts as a vehicle for transformation. Each program offers practical tools for professional use as well as for staff team building and stress reduction. Sessions can be customized to meet your budget, needs, and program objectives.

SOCIAL EMOTIONAL LEARNING (SEL)

- ▶ Beat the Odds®: Social & Emotional Skill Building Delivered in a Framework of Drumming
- ▶ Dance for All: Social & Emotional Learning through Creative Movement
- ▶ HipHop in Social Emotional Learning
- ▶ LiteraSEA: Where Literacy Meets Social Emotional Arts
- ▶ Social Emotional Arts on a Shoestring: Supportive Art, Movement, Music & Writing for Individuals & Groups in Any Setting
- ▶ Helping Kids Manage Stress & Anxiety through Art
- ▶ Family Art Time

SELF-CARE & RESILIENCE

- ▶ Interactive Games for Joy & Connection
- ▶ MeCards4Kids™
- ▶ Visual Journaling: Opening Doors To New Possibilities
- ▶ Mindful Music Making
- ▶ Rhythm & Movement for Resilience & Self-Care
- ▶ Awe & Gratitude for Healing, Renewal, and Social Action



Full Descriptions

SOCIAL EMOTIONAL LEARNING (SEL)



Beat the Odds®: Social & Emotional Skill Building Delivered in a Framework of Drumming

Experience the power of contemporary drum circles with group counseling to build core strengths such as focus and listening, team building, leadership, expressing feelings, managing anger/stress, empathy, and gratitude in this evidence-based and trauma-informed curriculum. No musical experience required.

Program Length: 1 to 6 hours

[Learn More](#)



Dance for All: Social & Emotional Learning through Creative Movement

Want to learn ways to help people of any age move, release stress, connect, and find joy? Interested in engaging and embodied tools for working with clients? Feel disconnected from your body and want to become comfortable with movement again? Learn to facilitate a dance-and-yoga-informed creative movement curriculum for social emotional learning that is easily adaptable for all ages and abilities—while engaging in self-care.

Program Length: 1 to 6 hours

[Learn More](#)

Hip Hop in Social Emotional Learning

In need of new strategies for improving classroom culture? Looking to deepen connection with your students? Join us for Hip Hop-informed songwriting and learn how to leverage youth culture to meet student social emotional needs and facilitate learning. No previous music experience is required—just a mindful presence and creative energy. Our easy-to-incorporate activities engage students of all ages and abilities in a safe space where their voices, experiences, and creative power are heard, validated, and celebrated.

Program Length: 1.5 hours

[Learn More](#)

LiteraSEA: Where Literacy Meets Social Emotional Arts

Experience how goals for literacy, arts, and social emotional learning can be achieved simultaneously with cultural responsiveness. In a structured and supportive dyadic process, we'll explore the real or imagined meanings of our names and find figurative language to describe ourselves. We'll then share who we are, accompanied by movement, sound and/or music to facilitate engagement, creative self-expression, and social emotional support.

Program Length: 1 to 4 hours





Social Emotional Arts on a Shoestring:

Supportive Art, Movement, Music & Writing for
Individuals & Groups in Any Setting (SEAS)

Interested in facilitating supportive activities in art, movement, music, and writing? Learn how to work with any age group, ability, number of participants, and budget in our program which includes a menu of activities that can be delivered immediately and sustainably, with guidelines on social emotional arts practices, such as communication techniques for creating rapport and facilitating dialogue, and containment techniques for managing stress responses.

Program Length: 1.5 to 14 hours

[Learn More](#)





Helping Kids Manage Stress & Anxiety through Art

Verbal communication tends to break down between youth and adults in the face of intense emotions. Luckily, art works when words don't. Engage in simple and practical art therapy-based activities to nonverbally contain challenging emotions in children and teens, to creatively calm stress responses, to imaginatively transform worries and fears, to resourcefully soothe our own anxiety, and much more.

Program Length: 1.5 to 2.5 hours

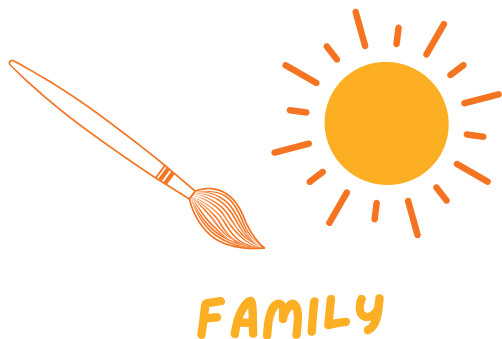
[Learn More](#)

Family Art Time

Interested in providing at-home activities to help adult members of your school or community connect with their children or grandchildren? Learn the process and goals of using art making for building social emotional strengths. Each of the 14 modules comes with a take-home recipe sheet that explains the activity, materials needed, and adaptations for older youth. These activities are also available in Spanish.

Program Length: 1.5 to 2.5 hours

[Learn More](#)



SELF-CARE & RESILIENCE



Interactive Games for Joy & Connection

Get active and have fun in this interactive program where you will learn games, ice breakers, and other activities for joyful connection. These non-judgmental, creative activities can be used in meetings or workshops to introduce a topic, art form, or curriculum. Most of the tools learned can also be easily adapted for any age group, and are great for circle practices.

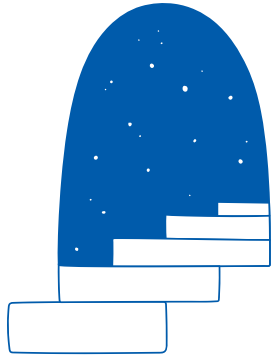
Length: 1 to 2 hours



MeCards4Kids™

MeCards4Kids™ is a collage and expressive writing process that gives voice to one's inner life to encourage self-awareness, imagination, creative expression, and the exploration of meaning while strengthening visual, oral, and written skills. Moreover, this method stimulates appreciation for the many aspects of self, including feelings and the ability to name and contain them. This program, contained in a book with visual examples, was developed by a licensed clinical social worker and a 30-year veteran classroom teacher.

Length: 1.5 to 3 hours



Visual Journaling: Opening Doors to New Possibilities

Opening doors to new possibilities in our lives takes courage. In this program, we'll explore these opportunities through the use of mindfulness, journaling, poetry, and imagery to create a visual journal. By utilizing this intuitive collage process—which invites discovery and animates the imagination—we will learn how to actualize intentions and ready ourselves to walk through the door.

Program Length: 1.5 to 3 hours



Mindful Music Making

Bring calm and focus into your daily life, classroom, and community setting in as little as five minutes with Mindful Music Making. This sound-and-movement-based process is both easy and effective for any demographic as well as your own self-care—and no musical background is required.

Program Length: 1.5 to 3 hours

[Learn More](#)



Rhythm & Movement for Resilience and Self-Care

In this interactive program, learn how rhythm and movement can be used to teach empathy, shift mood and energy, manage stress, and encourage positive behavior in schools and other settings, as well as for your own self-care. No musical experience required. Activities in this session come from our evidence-based, trauma-informed curriculum, [Beat the Odds®: Social and Emotional Skill Building Delivered in a Framework of Drumming](#).

Length: 1- 2 hours

[Learn More](#)



Awe & Gratitude for Healing, Renewal, and Social Action

How do we find meaning and hope during disruptive times? In this program, we will learn how to stay present to ourselves and our loved ones during times of stress by evoking states of awe and gratitude. This practice enables us to engage tenderly and with compassion, and to feel our own suffering and anxiety safely without overreacting or shutting down. It can also help in the prevention and management of post-traumatic stress symptoms. Training ourselves to access and notice goodness, in whatever form it may appear, can help us build more robust and resilient nervous systems.

Length: 1 to 8 hours

[Learn More](#)

MISSION

Our mission is to transform lives through creative expression by integrating the innate benefits of the arts with mental health practices for self-discovery, connection, and empowerment. Our vision is to build sustainable community-based support for social and emotional challenges, such as trauma, loneliness, intolerance, and social isolation.

For more information, please contact:



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