

9 - 12 | CHILL & SPILL

PRIMARY SEL GOALS:

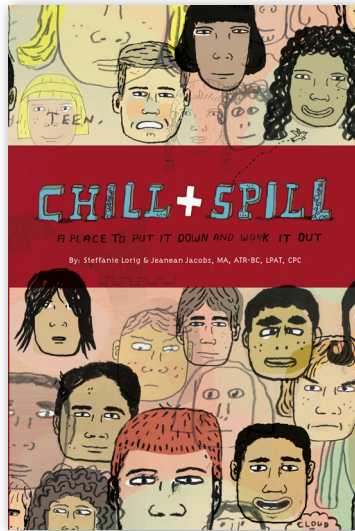
- Self-management
- Social awareness
- Responsible decision making

PRIMARY THERAPEUTIC GOALS:

- Increase awareness of emotion/cognition connections
- Develop capacity to tolerate mixed emotions
- Create safe distance from experience to express feelings
- Identify helpful and unhelpful thoughts and misconceptions
- Integrate past experiences

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:



sample book activity

Companion curricula for adults:



TAB THREE: ACTIVITIES IDEAS FOR VARIATION: Powerful/Powerless, Chill & Spill p. 20

POWER full POW er less

"Know well what leads you forward and what holds you back . . ."
—Buddha

POWERFUL/POWERLESS THERAPEUTIC GOALS

- Prompt creative symbolic reasoning.
- Examine identity, confidence, and self-esteem.
- Identify self-image distortions.
- Use creativity to problem-solve.
- Release helplessness; gain corrective power.
- Activate creativity/imaginative thinking.
- Reconcile emotional conflicts.
- SEL: Self-Awareness, Self-Management, Responsible Decision-Making.

INTRODUCTION: PRIMING CREATIVITY

Review ground rules if necessary. Have a participant read aloud the POWERFUL/POWERLESS page in the *Chill & Spill* journal. Introduce the concept of "Power Poses" to them (do a Google search for more details). Ask them to notice how the difference in how their body feels before doing the pose as compared to after. Then have them write a two-column list in their journals of situations, people, places, or things that make them feel powerful. Have participants highlight the words that are significant or are used frequently and have them complete a FREE ASSOCIATION (TAB 4, P. 94) on a couple of key words.

POWERFUL TATTOO

Ask participants to review the "Powerful" list they wrote in their journals and do THUMBNAIL SKETCHES of simple images that represent the concepts. Have participants trace their hand and part of their arm in pencil, and "tattoo" one of these images on the drawing as a reminder of things they have achieved and things they are still reaching for in their lives.

• DRAWING AND COLORING materials (TAB 4, p. 105)

POWERFUL COLLAGES

Have participants use a pencil to outline their nondominant hand onto card stock and then cut out. Have participants find words and images in magazines that represent things they wrote on their powerful list and paste inside the hand outline.

OPTION: On the second side, allow participants to put images and words that represent powerlessness.

• DRAWING AND COLORING materials (TAB 4, p. 105)
• Card stock
• Scissors and/or X-Acto knives with cardboard to protect table surfaces
• LEVEL 2 COLLAGES materials (TAB 4, p. 107)

sample curricula lesson

