

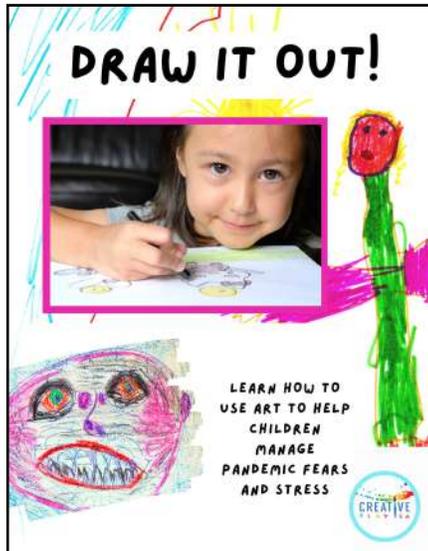


Virtual Workshop Proposal:

Draw It Out!

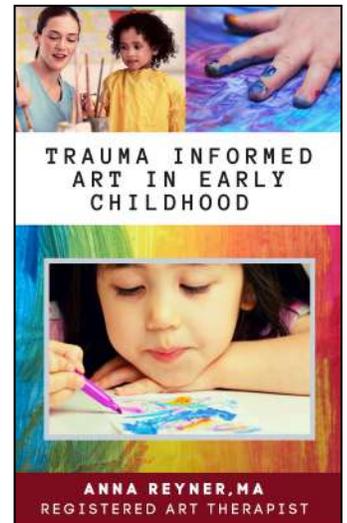
*Learn How to Use Art to Help Children
Manage Pandemic Fears & Stress
with Anna Reyner, MA*

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Learn how a trauma informed approach to making art can increase children's sense of emotional security in today's pandemic world. Join us for this hands-on virtual workshop and learn how to put trauma theory into practice with art.

This is a LIVE seminar for real-time connection with like-hearted people.



Learning Objectives:

1. Gain skills and knowledge that promote trauma informed use of art materials
2. Review slides of children's art that include "red flags" and symbols of stress and conflict
3. Learn "what to do next" when signs of stress and trauma reveals themselves in children's art
4. Create art and discuss your own fears about dealing with trauma in the classroom
5. Learn how a trauma informed approach to making art can increase children's feelings emotional security in today's pandemic world.

Art activities are one of the best early education tools to reduce stress and communicate big feelings. Young children need time to expand their understanding of the world through hands-on, self-directed learning. During times of stress, "Big Feeling Art" provides an even higher return on investment. When typical children are stressed, the need for safe, soothing and expressive sensory experiences also increases. Pandemic stress has children and adults alike feel less in control than ever before. There's no better time than now to provide big feeling art experiences to help children and families develop greater resiliency.

I know you have stories of stressed out children! Let's get together, review trauma theory, make art, share our experiences in small break out rooms, and practice putting trauma theory into actionable steps that help young children deal with stress in this challenging pandemic world