


# Keynote Lecture Slide Sampler:

## Positive Solutions to Challenging Behaviors

## Building Resiliency With Expressive Art

A Trauma-Informed Training  
By Anna Reyner, MA




Professional Development with Anna Reyner, MA

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### Positive Solutions for Challenging Behaviors

#### Building Childhood Resiliency with Expressive Art



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Positive Solutions for Challenging Behaviors




### What are your biggest behavioral challenges?

Put your answers in CHAT.

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### Behavioral Challenges = Reactive Behaviors

How do we apply trauma-informed practices to reduce reactive behaviors (instead of "punishment")



"What's wrong with you?" → the behavior problem  
"What happened to you?" → the root of the problem

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on the surface: THE CHALLENGING BEHAVIOR

BEHAVIOUR - words and actions  
ANGER

CHILD'S FEELINGS:  
HURT, ANNOYED, FRUSTRATED, WORRIED, OVERWHELMED, JEALOUS, SCARED, EMBARRASSED, SAD, ASHAMED, DEAPPOINTED

what's really going on

EXPRESSIVE ART WORKS HERE - TO ADDRESS WHAT'S REALLY GOING ON

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### What I Really Mean When I Say...

Let's apply this to OURSELVES, as adults



"I'm Fine"

Please notice I'm not fine

It hurts, but it's okay - I'm used to it

I'm trying to pretend things are normal

I'm finding life really hard

I'm struggling, but I don't know how to tell you

I tried explaining it once before, but I didn't go well

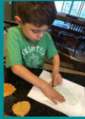

I've told you how, but it's never so that they explain how I'm feeling

The lesson: let's address what's really going on under the surface

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### ART is a Child's First Language.

It allows children to engage their senses, make their own decisions, channel energy, express emotions, and self-regulate

ART expresses what's really going on under the surface

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### Trauma-Informed Messy Art

Mesa Community College Child Development Center



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### Art Lessons

Donna Reyner / CreativePlayLab

TO DO BEFORE

- 1. Create materials to use throughout lesson
- 2. Set up writing stage and material stations
- 3. Prepare music
- 4. Prepare art supplies
- 5. Prepare water containers
- 6. Prepare cleaning supplies

Materials

- 1. Paper
- 2. Pencils
- 3. Crayons
- 4. Markers
- 5. Glue
- 6. Scissors
- 7. Washable markers
- 8. Washable paint
- 9. Washable ink
- 10. Washable paintbrushes
- 11. Washable brushes
- 12. Washable sponges
- 13. Washable rollers
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TO DO DURING

- 1. Model activity
- 2. Encourage children to explore materials
- 3. Encourage children to experiment with materials
- 4. Encourage children to share their work
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### how to talk about ART with children



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### how to talk about ART with children



Be a Calm Presence

Look with Curiosity

Wait for Comments

Ask Inquiry Questions

Comment on Art Process

Listen & Summarize

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What inquiry-based questions would you ask here?

Answer in CHAT

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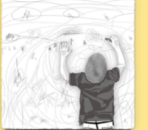
### Art Lessons

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In trauma-informed art, we engage the body by providing both standing & sitting activities.

Most classroom art is done sitting, while standing art is reserved for painting at the easel. What classroom doesn't have at least one easel?


Easel painting is GREAT for self expression and energy release, and can be supplemented with other forms of standing art that engage the body.



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### 1. TABLE SURROUND WITH PLASTIC SHEET

A COLLABORATIVE GROUP EASEL



### 2. SEWING TABLE WITH BURLAP STITCHING

A COLLABORATIVE SEWING TABLE



STANDING, STANDING, SITTING, LYING DOWN

Easel painting is GREAT for self expression and energy release, and can be supplemented with other forms of standing art that engage the body.

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### Brain Plasticity

Rewiring with safety, connection & calm




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### RESTORATIVE EXPERIENCES & BRAIN PLASTICITY

Teachers have daily opportunities to offer restorative experiences with art.


Art-making isn't just about self-expression. A growing body of research demonstrates that creative expression offers unmatched

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Make art every day


It all adds up



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