Building Resiliency and Empowerment through Self-care

Every child is an artist. The problem is how to remain an artist once we grow up. - Pablo Picasso

MINDFUL MINUTE EXERCISES
Quick and easy practices.

4 Easy Art Projects to Help You Relax & De-Stress
Art is a vehicle for meditation and self-connection. One of the reasons it is so powerful is that it fosters acceptance. Creating art is a type of meditation, an active training of the mind that increase awareness and emphasizes acceptance of feelings and thoughts without judgment and relaxation of body and mind.

YouTube Link to Art Project Ideas

SELF-CARE RESOURCES
Art As Self-Care
Not only are we tuning in to ourselves when we create art, but we also are expressing ourselves by making an external representation of our internal world.

GOOD READS
How to Be Mindful When Making Art
The colors, textures and sounds of creating pull us into the moment. You don't need any previous training to meditate through art, just a willingness to draw like a child, with freedom and a sense of curiosity.

READ More...

The University of Maryland Extension 4-H Youth Development Program
Amy Rhodes, Amanda Wahle, Dwayne Murphy, Santana Ways, Vernelle Mitchell-Hawkins, Ann Sherrard, Christine Allred

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