

**Holistic Arts-Based Program
HAP**
Interactive 12-week program that uses arts-based activities to develop skills in mindfulness & build resilience

Session 1

Group Rules
Doodle Draw
Thoughts Jar

- get to know other participants in the group & introduce mindfulness

Session 2

Painting on a line
We Are All Connected
Warm Fuzzies

- build group identity & teach mindful awareness

Session 3

Listen for a Minute
Me as a Tree
Mindful Walking
Group Coat of Arms

- use art to begin to explore feelings and thoughts & develop self-awareness

Session 4

Sand Memories
Group Animal
Power Boxes
Mindful Breathing

- relaxation & meditative activities & discussion about control

Session 5

Good Graffiti
Tai Chi
Jar of Importance

- developing self-awareness & gratitude

Session 6

Emotion Listen & Draw
Paint a Feeling
Feelings Inventory

- developing self-expression & understanding

Session 7

Emotion Mix & Match
Just One You
Guess the Feeling

- continue developing mindfulness-based skills, such as self-compassion & empathy

Session 8

Paint/Draw a Dream
Dream Collage

- introduce dreams & learn about how dreams help people understand themselves better

Session 9

Dream Journals
Dream Script
Emotion Collage

- developing self-awareness by exploring the meaning of dreams

Session 10

Group Listen & Paint
Group Island
Group Bad Day Better

- reinforce group cohesion & peer support with collaboration & activities

Session 11

Group Choice of Activities
Group Poem

- review learning that has occurred over the last 10 sessions

Session 12

Recipe for Success
Wish Stick

- reinforce mindfulness concepts that were learned throughout HAP