

Arts-Based Methods: Why do they work?

Arts-based activities are fun and engaging. Youth are more likely to invest time in something that they find enjoyable and non-threatening. Importantly, arts-based methods are relevant and meaningful ways for youth to communicate. It's not always easy to express our thoughts and feelings in words. Arts-based activities can help youth develop self-awareness & self-esteem, helping them to cope better with challenges.

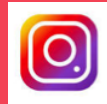


Additional Resources

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Websites

<https://www.dianacoholic.com>

<https://www.mindful.org/>

HAP is described in the book:

*Facilitating Mindfulness: A Guide for
Human Service Professionals*

Available at:

<https://www.northrose.ca/northrose-titles.html>



HAP Holistic Arts Based Program

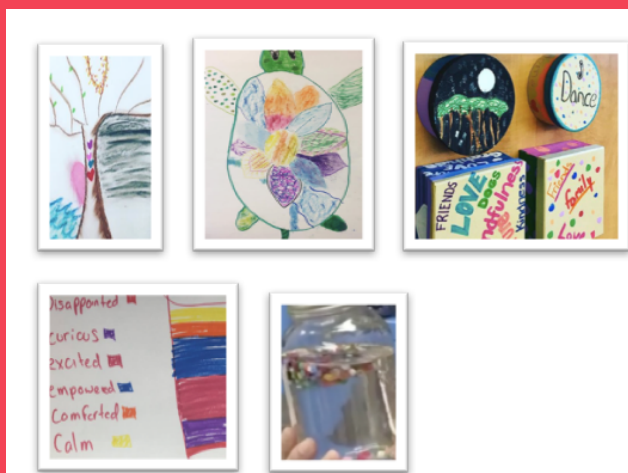


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What is Mindfulness?

- Mindfulness is a holistic philosophy that offers ideas and practices related to living our lives in more meaningful and effective ways.
- Mindfulness encourages us to live our lives focused in the present moment without negative judgments and with appreciation for our experiences.
- Mindful people are self-aware and notice what is happening internally and externally so they can make healthy decisions about their feelings, thoughts, and behaviours.
- Mindfulness is something that can be learned through regular practice.

Examples of HAP Activities



Me as a Tree	This activity helps group members begin to consider and talk about themselves. Each participant is asked to draw themselves as a tree
Group Symbol	To further group cohesion participants are invited to represent themselves as a group in a creative way
Power Boxes	Group members are encouraged to create and decorate their own power boxes. A discussion is then facilitated around power and control and what we do have control of vs. what we do not have control of
Feelings Inventory	The group members are invited to think of different feelings they have had over the course of their day. Then these feelings are written down and represented in a creative way.
Thoughts Jar	The goal of thoughts jar is to introduce the concept of mindfulness. Using an empty jar half-filled with water participants take various shaped beads and drop them into the jar to represent thoughts and feelings they have had.

What Can You Do at Home?

EMPHASIZE YOUR CHILD'S STRENGTHS

It is easy to get stuck in negative patterns. Focusing on a child's strengths is important because this emphasizes what is working or going well, helping them to develop their strengths further. Try to use challenging behaviours as teaching moments.

PRACTICE TOGETHER

Encourage your child to continue to use HAP activities. Ask them to show you some of the activities or do them together. For one example, you could have a family Thoughts Jar where everyone participates in the morning, or before or after dinner. Other ideas = go for a mindful walk, do a breathing meditation before bed time, or try eating part of your meal mindfully.