

Art & SEL

Empowering Voice and Harnessing Emotions

Mandy Noa, LCSW



paint
love

The Present Moment

Trauma "rob(s)" people "of
the imagination they need
to create something
better."

Bessel Van Der Kolk





FIGHT



FLIGHT



FREEZE

FAWN

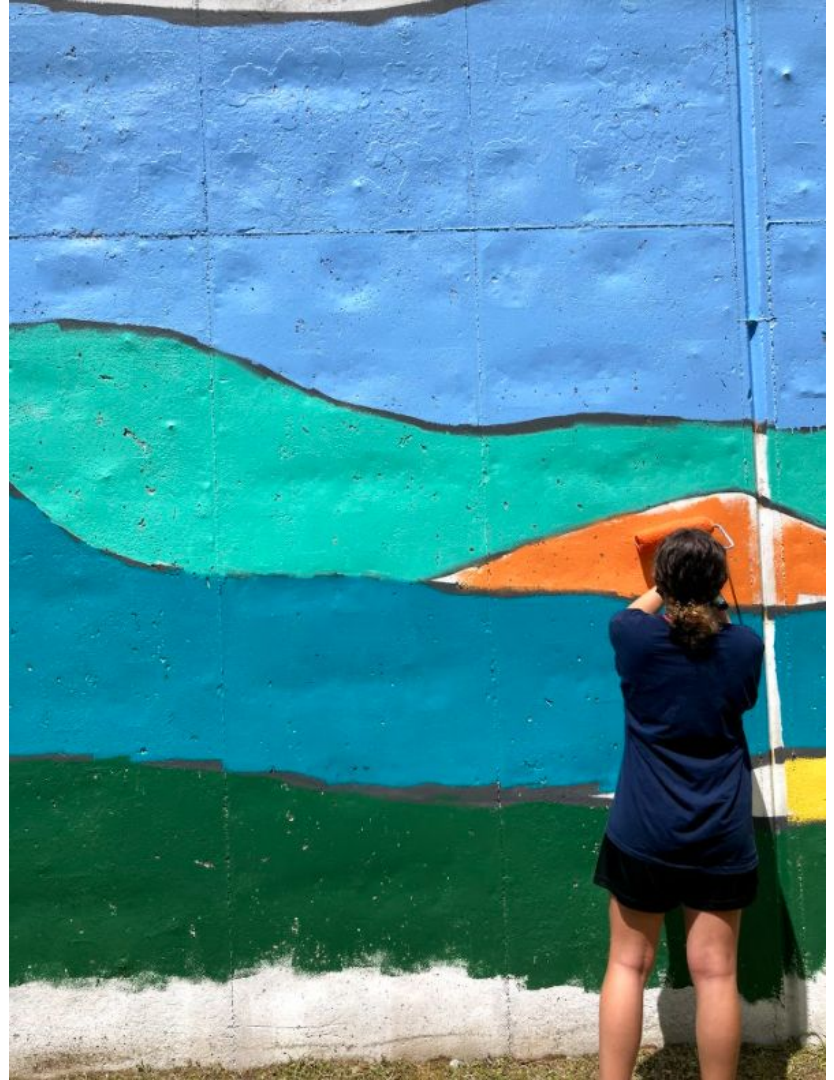




YOU'VE GOT TO HAVE AN IMAGINATION

“ Creativity and imagination are not frosting on a cake; They are integral to our sustainability. They are survival mechanisms. They are the essence of who we are. They constitute deepest empowerment. ”

Creativity by Matthew Fox



Why Art?



“ The evolutionary existence of play is not that it maintains an already existing reality, but that it provides alternatives to it. ”

The Paradoxes of Play, Mihaly Csikszentmihalyi





SUPERPOWERS





“ By simply calling something “art”, we arouse in the viewer a disposition toward contemplation and reverence, and we create space for that disposition to flower. ”

Katie Kresser

ART TO EMPOWER CONVERSATIONS





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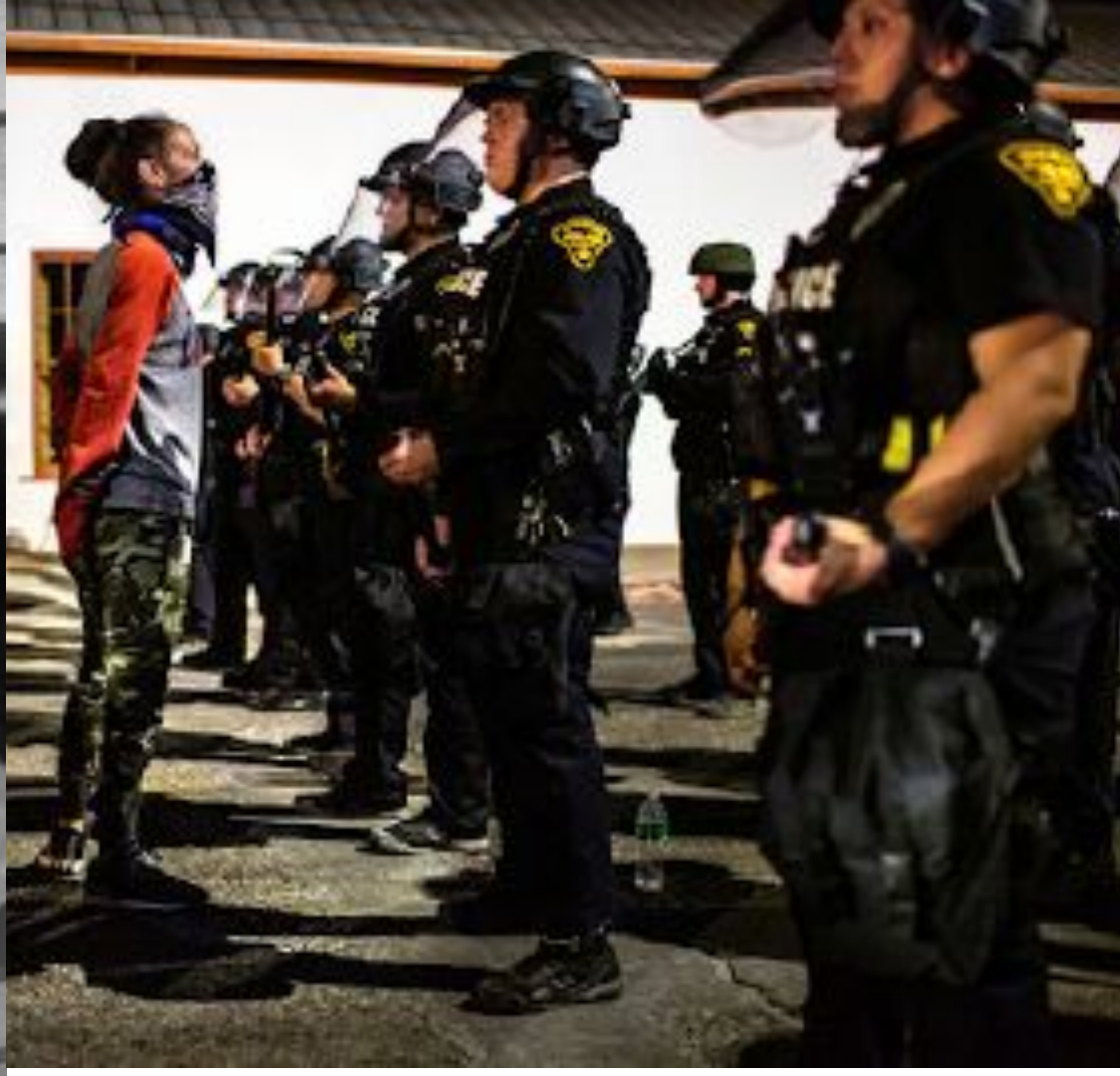
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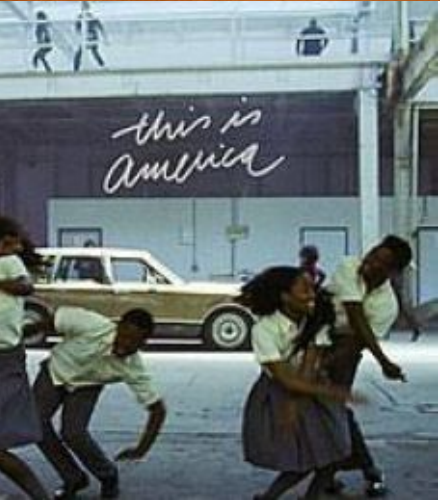
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WE DEMAND
AN AMENDMENT
TO THE
UNITED STATES
CONSTITUTION
ENFRANCHISING
WOMEN

STRONG
WOMEN
TAUGHT
US TO
QUIT...
AND TO
FIGHT







**How has art
shaped your
pandemic
experience?**



TRAUMA- INFORMED ART MODEL

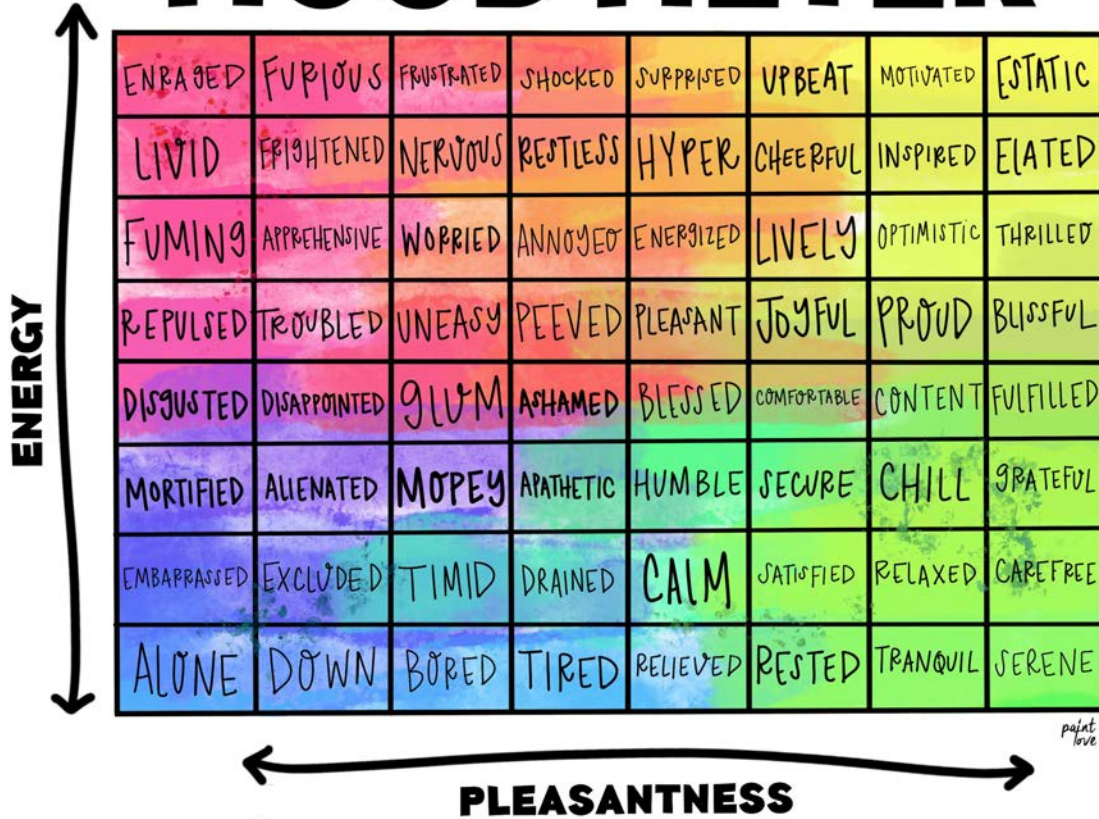
ORIENT



Rituals for the Art Space



MOOD METER



ORIENT REGULATE





Tapping
Washing Machine Breath
Cookie Breath
Rainbow Painting
Breathe
Brushing Off
Imaginary Catch
Noodling
Walking Across Room
Your Day in Dance

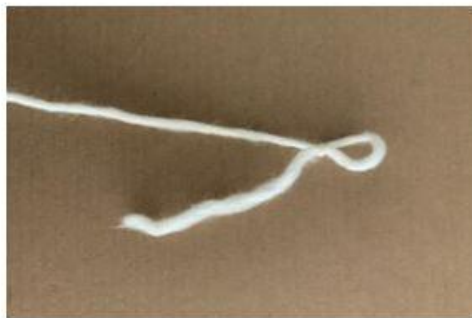
Supplies
White Crayon
Water Color
Mixed Media Paper

Draw Your Breath
Paint Over with Watercolors



Supplies
Yarn

**Finger Knitting with
Four-Square Breathing**



Supplies

Scissor

Hot Glue Gun

Felt

Additions: Eyes, Buttons, etc.

Create a Breathing Buddy
Squeeze or Place Close
When Breathing



Supplies

Construction Paper

Scissors

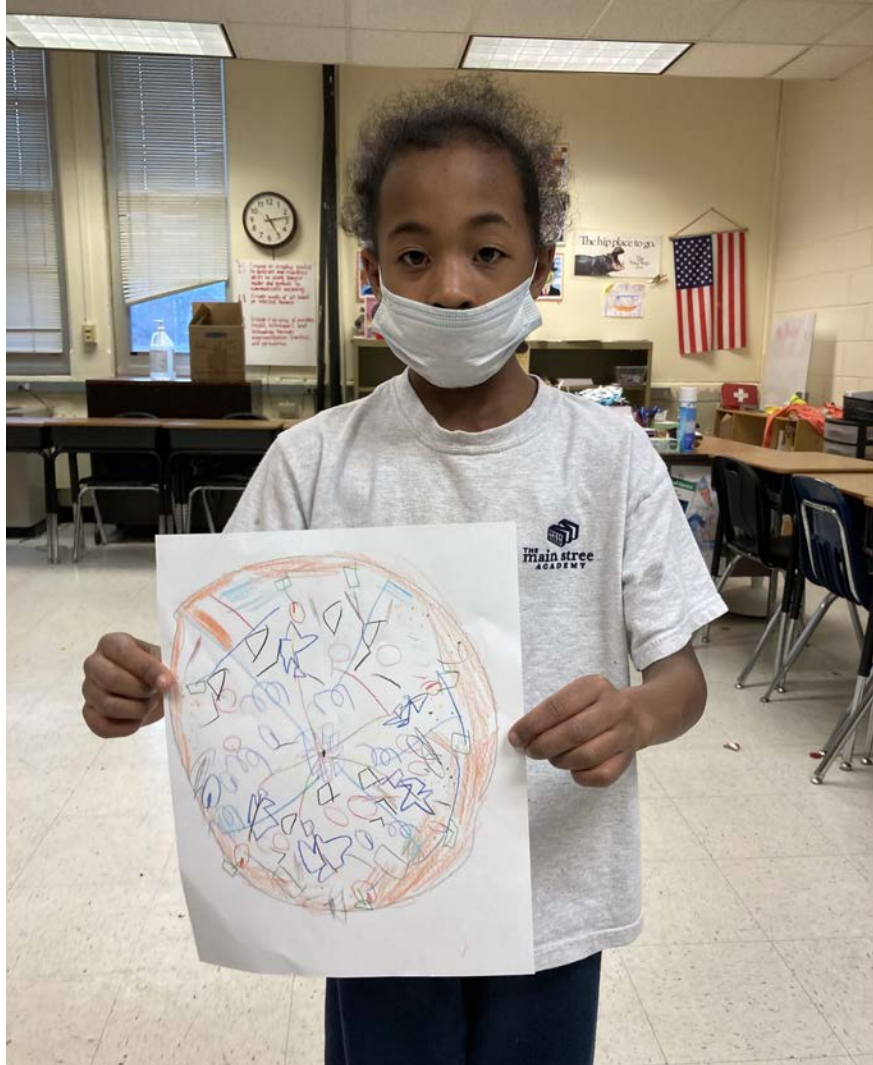
Create a Origami Tulip



Supplies
Coloring Tools
Paper

Create a Mandala.





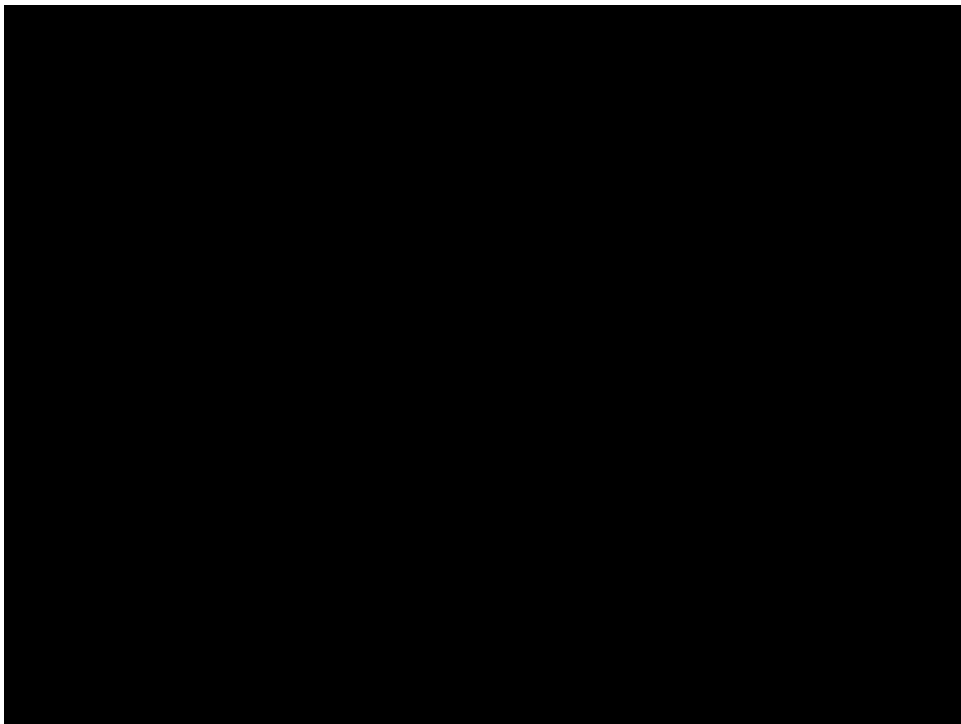
Supplies

Butcher Paper

Music

Crayons

Draw the Music

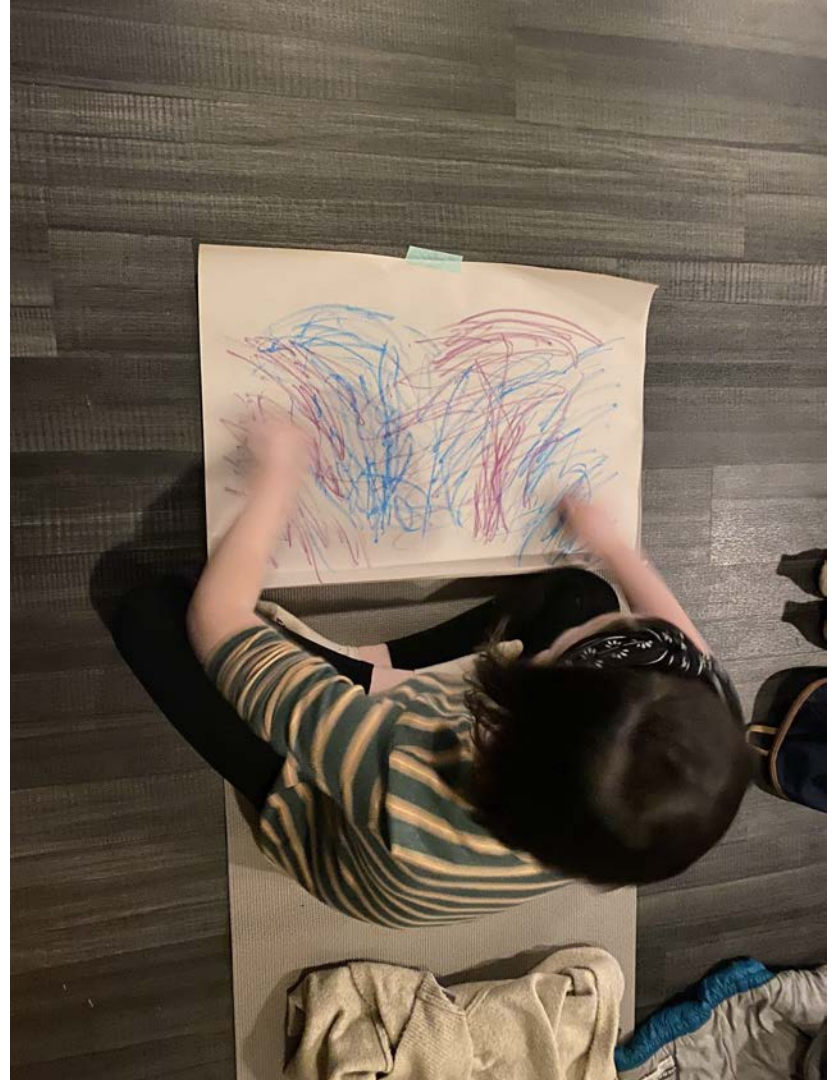


Supplies

Paper

2 Crayons

Bilateral Art



**ORIENT
REGULATE
CREATE**



**ORIENT
REGULATE
CREATE
REFLECT**



**ORIENT
REGULATE
CREATE
REFLECT
SHARE**



LANGUAGE





PRODUCT





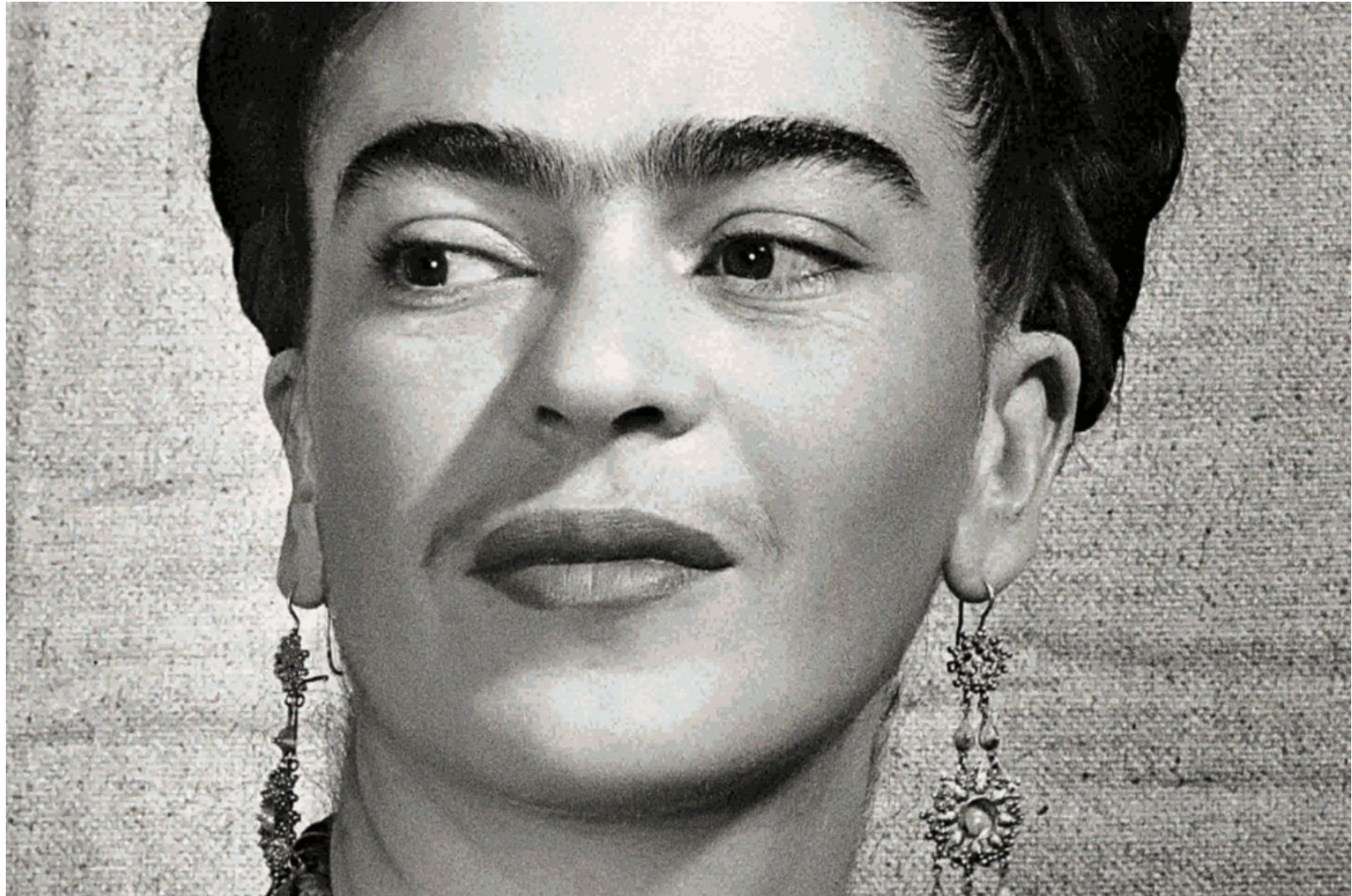
PROCESS

ETHICS

- Competency
- Confidentiality
- Diversity/Inclusion
- Limitations within Setting
- Limitation within Self









MINDFUL DOODLING

WHAT AM I HOLDING ON TO?







PROJECTS





Emotions

ORIGAMI

Supplies

Paper

Scissors



Have you felt **fear or worry** during this time? Take a minute to write or design your fears and worries on the wings of the butterfly. Describe your piece. How does worry feel in your body? What has helped you let go of worry in the past? What freedom or renewal can come from letting go of your worries?

ORIGAMI

Supplies
Paper
Scissors

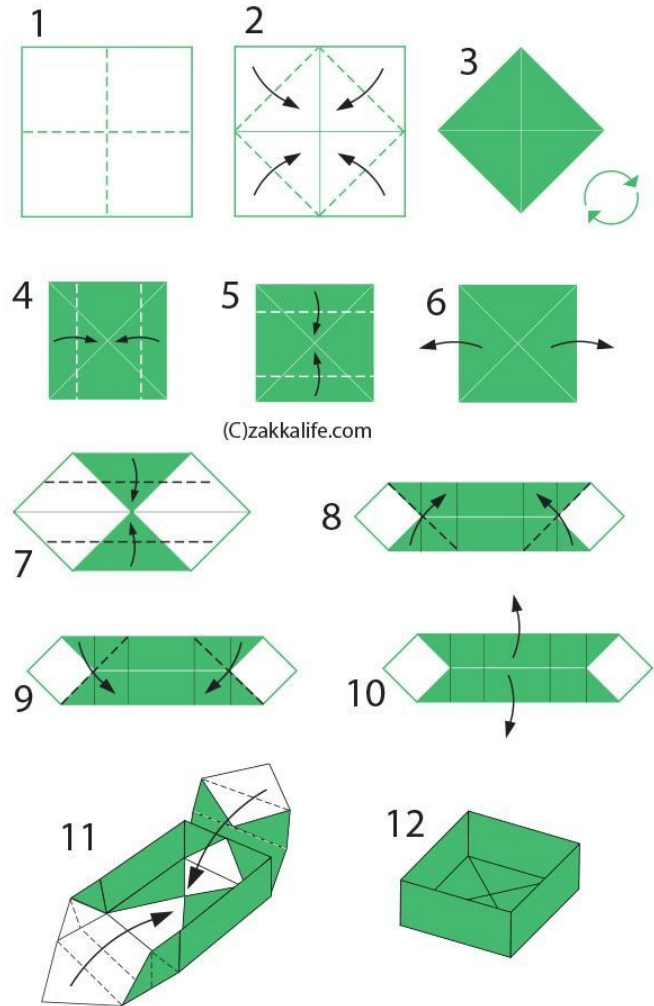
If negative thoughts are planted, often negative feelings bloom. What is a negative thought you had today?

Maybe it was “I can’t do this” or “I am not smart enough.” How did that affect how you felt? How did you react? Maybe you gave up or you were grumpy toward a family member. What happens when you plant a positive thought? How does it impact your feelings?

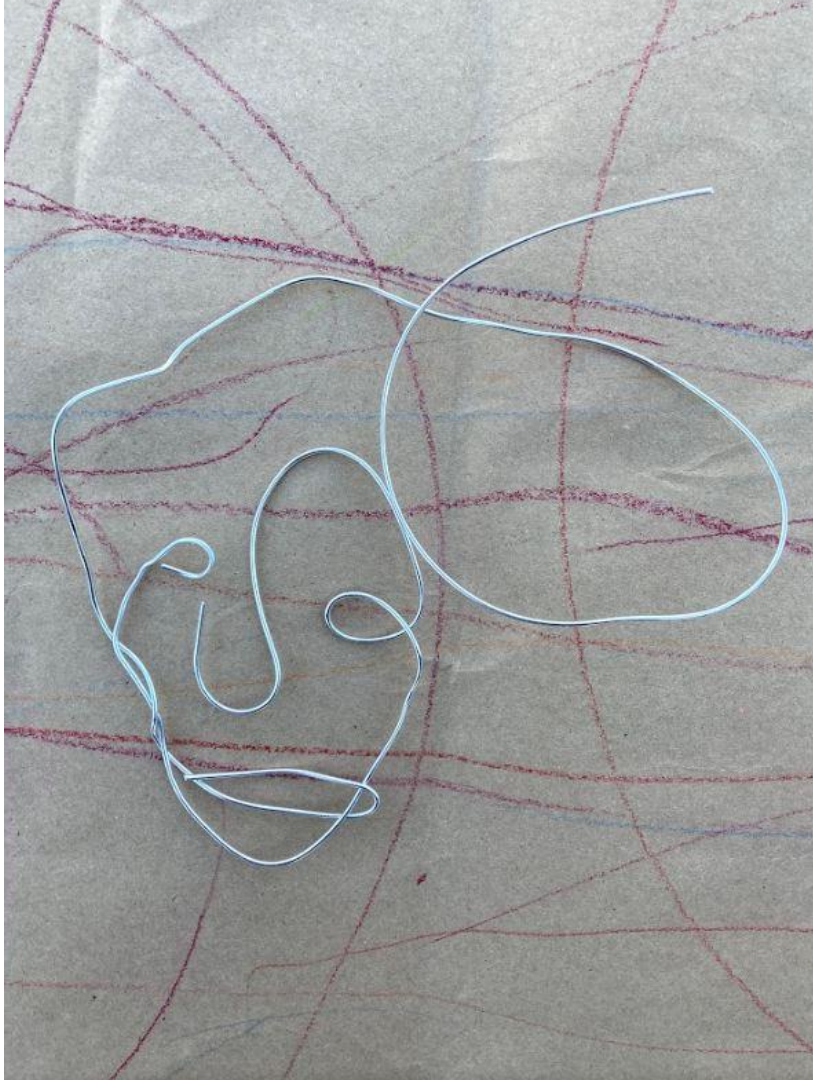


ORIGAMI

Supplies
Paper
Scissors



Grief is a tough emotion that requires space and patience. Describe what you are holding space for. What was important about these things? What does grief feel like in your body? Think of a time you experienced grief in the past. What helped you through the journey? Who helped support you?



WIRE

Supplies
Flexible Wire
Scissors

Topics
Expression, Self-Awareness

PHASES OF THE MOON

Supplies

Air Dry Clay

Paints

Toothpicks

Topics

Grief/Loss, Identity





MASK

Supplies

Paper

Scissors

Decorating Items

Topics

Grief/Loss, Self-Awareness



New Opportunities

Supplies

- 2 Paper
- Scissors
- Glue
- Coloring Tools

Topics

Opportunity, Habits

17 May
1956

persons in Africa dominated and exploited by the British, the Belgians, the French, and the Dutch. The great struggle of the Twentieth Century has been between these exploited masses questing for freedom and the colonial powers seeking to maintain their domination.

What we are seeing now in this struggle is the gradual victory of the forces of freedom and justice. The Red Sea has opened, and for the most of these exploited masses have won their freedom from the Egypt of colonialism, and are now free to move toward the promised land of economic security and cultural development. As they look back they clearly see the sins of colonialism and imperialism laid upon the seasons.

In our own struggle for freedom and justice in this country we have gradually seen the death of evil. Many years ago the Negro was thrown into the cage of segregation, and the paralyzing effects of this vicious system. For years it looked as if he would never get out of his Egypt. The closed Red Sea always stood before him with discouraging dimensions. There were always those Pharaohs who had their hearts set against the cries of their people, refused to let these people go out one day, though a word came to decree by the great Saviors of the World, the Christ of America and the awakened moral conscience of man. When the word of God was proclaimed before the world, the Red Sea was opened and the forces of justice marched through to the other side. As they look back they see segregation come in the rushing waters of historical necessity, but in the form of injustice and degradation cannot survive. There is a Red Sea in this world, the ultimate barrier to the forces of goodness to victory, and that is the Red Sea of our own system and destruction to the forces of evil.

This is our hope. This is our faith and conviction that all men of good will be able to see the coming of our all reality, human and a foundation and that the whole cosmic universe has spiritual control. It is therefore fitting and proper that we should here, just two years after the founding of our nation's momentous decision against segregation, and praise God for His power and the greatness of His purpose, and pray that we may gain the vision and the strength that His co-workers in this struggle.

Let us not despair. Let us not lose faith in man and in the power of God. We must know that the inner mind can be changed, and that the hand of the great God can be lifted from the valley of hate to the high mountain of love. Let us know that in our struggle against Egypt, against the evil of our own system, we are not alone.

God has a great plan for this world.



Blackout Poetry

Supplies
Printed Speech/Literature
Sharpie

Topics
Any, Importance of Words

In subsequent oratory King included similar references to colonialism (see, for example, "The

“There was a really powerful moment in processing the mouth-pieces we had made with a group at Kate's Club that resonated with me. It was an older group, and it was smaller, so we were having them talk to each other about the animal they had chosen to represent their grief and what they could use that for in the future. This one child had chosen a rhinoceros, because he felt that his grief was angry, charging before thinking. He spoke about using the mouthpiece to remember that he came off that way, and how that most seem to his loved ones. He processed that he wasn't angry about whatever it was in the moment, he was mad that his dad had died. It was such a perfect moment of self-awareness and discovery, and his openness really moved me. It's a perfect example of why we do this work with Paint Love; it's the kids teaching us.”

Nikita Raper, Clay Artist





HEARTS

Supplies

Felt Heart

Hot Glue

Stuffing

Topics

Grief/Loss, Self-Awareness

Can be done as Origami Heart

STORY WEAVE

*Based on Let's Talk about Race
by Terrence Lester*

Supplies

Coloring Tools

Scissors

Paper

Topics

Race, Narrative, Identity



STAINED GLASS WINDOW

Supplies

Permanent Marker
Wax Paper

Topics

Strength, Hope



Boundaries Inspired by Martha Rich

Supplies

Construction Paper

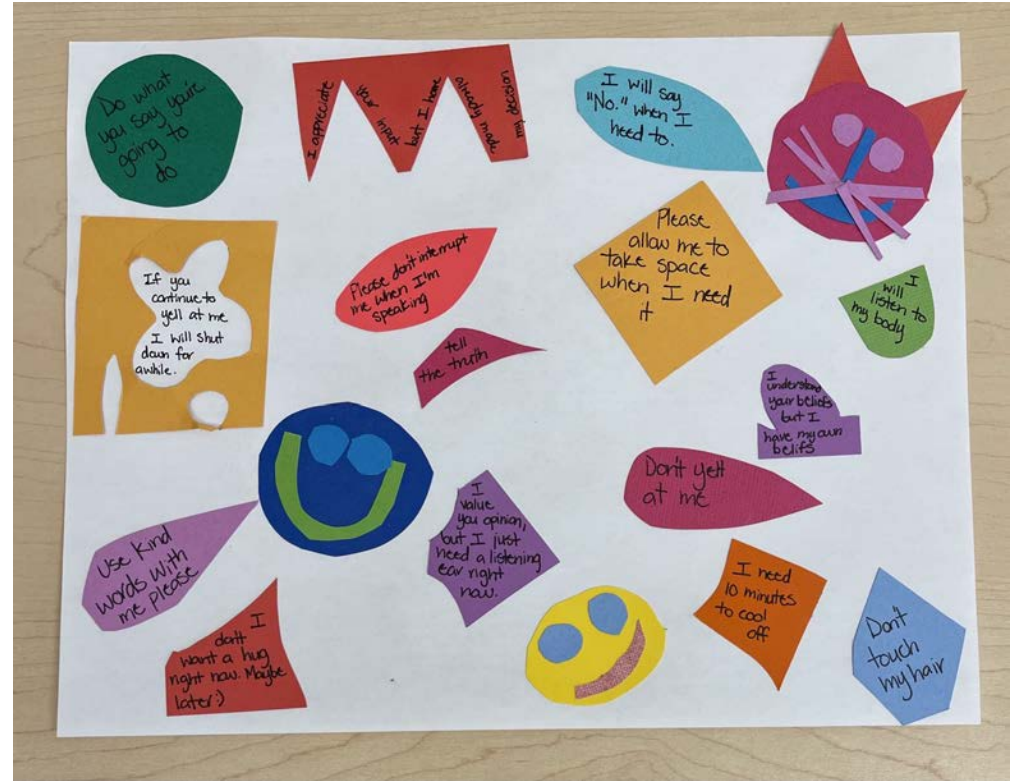
Glue

Scissors

Coloring Tools

Topics

Self-Care, Boundaries



Expressive Quilts

Inspired by Marie Roseman

What was it like to express yourself with fabric? When we imagine quilts, we typically imagine traditional, patchwork quilts with nearly-perfect patterns and shapes. Marie Roseman's quilts are not like this. They are more fluid. Did you find it difficult or easy to create a quilt in this style? Do you ever strive for perfection? If so, what happens when something isn't perfect or when you aren't good at something? What thoughts enter your head? What feelings do you have? How does it feel in your body? Why is it important to be okay with mistakes?





RECYCLED MOSAICS

Supplies
Wooden Frames
Odds & Ends

Topics
Grief/Loss, Support System

LUMINARIES

Supplies

Air Dry Clay

Paints

Toothpicks

Topics

Grief/Loss

Can be done with paper bags



Gratitude Zine

Supplies

Coloring Tools

Scissors

Paper

Topics

Gratitude



Self Care Art



1



2



3



4



5



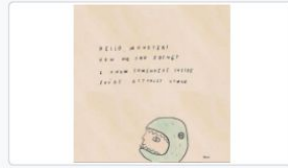
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10



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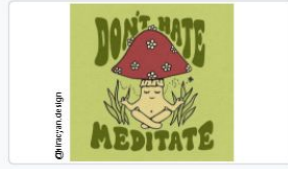
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13



14



15



16





PILLOWS

Supplies

Pillowcases

Fabric Markers

Topics

Supports, Safety

Unitas
William King
1991
Plate aluminum



ALUMINUM FOIL SCULPTORS

Inspired by William King

Supplies
Foil

Topics
Emotion-Body Connection

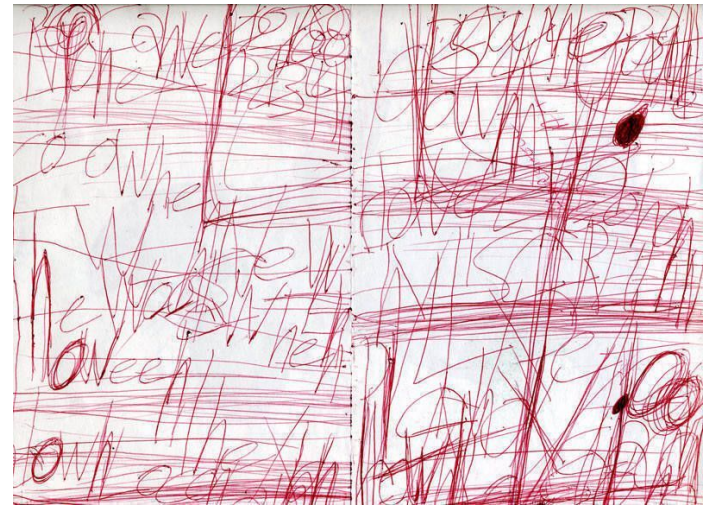


Ink Expression

Inspired by Beverly Baker

Supplies Pen & Paper

Think of moment when you wanted to express yourself but could not - was it something you wanted to say or an emotion you felt? Use your pen to freely write about it as the moment comes to your mind. Then, using the marker and pen, apply lines and shapes, maybe more text, as you experience the levels of energy of expression.



THOUGHT-FLIPPING MOBILES

Supplies

Yarn

Coloring Tools

Paper Towel Roll/Beads

Construction Paper

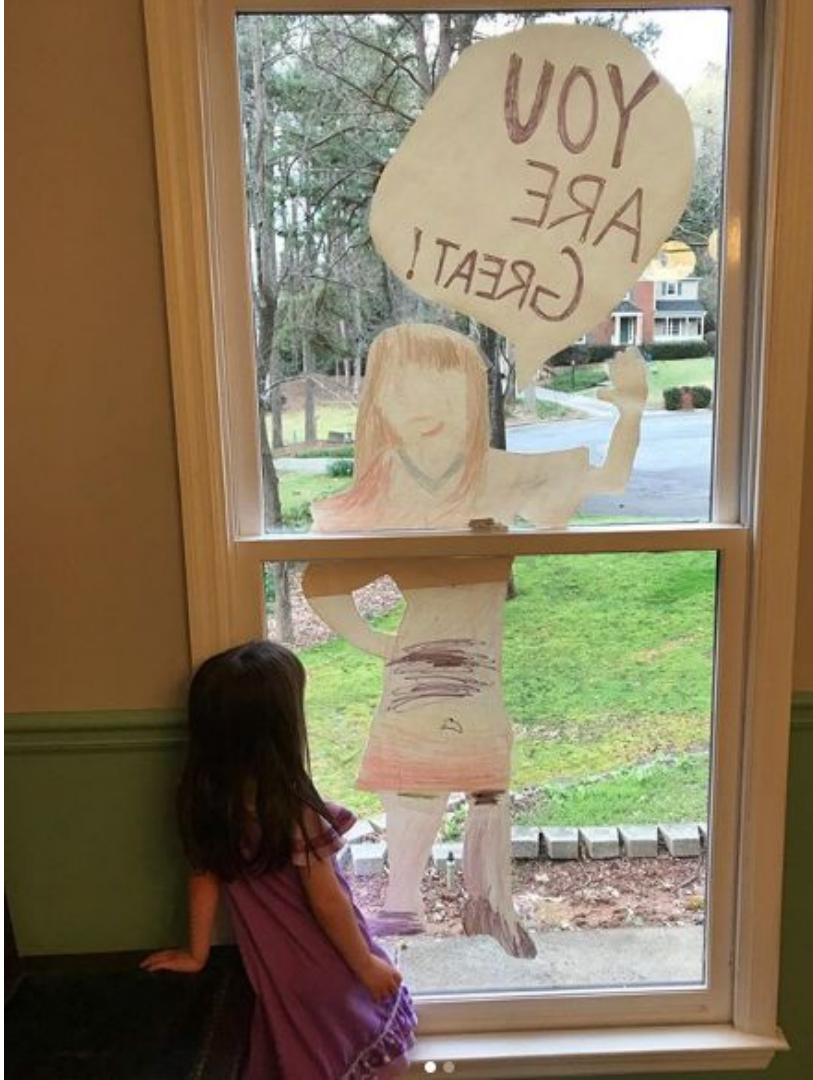
Topics

Fear/Worry, Positive Self-Talk





IDENTITY



SELF DRAWINGS

Supplies

Scissors

Glue

Large Paper

Coloring Tools

Topics

Kindness,

Self-Awareness,

Identity/Strengths



My Honest Poem

Supplies

Writing Tools

[Rudy Francisco - "My Honest Poem"](#)

Topics

Identity

SELF PORTRAITS

Supplies
Various

Topics
Identity, Culture,
Self-Esteem



Hanoch Piven



JIMMY CARTER - 2004



BJORK - VILLAGE VOICE 1994



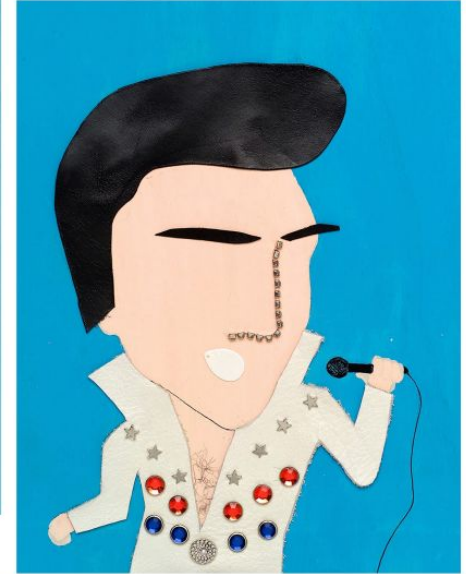
BABE RUTH - 2006



GEORGE CLOONEY - ESQUIRE 2008



IGGY POP - BMG 2004



ELVIS - BMG 2004



WRAPPED HEARTS

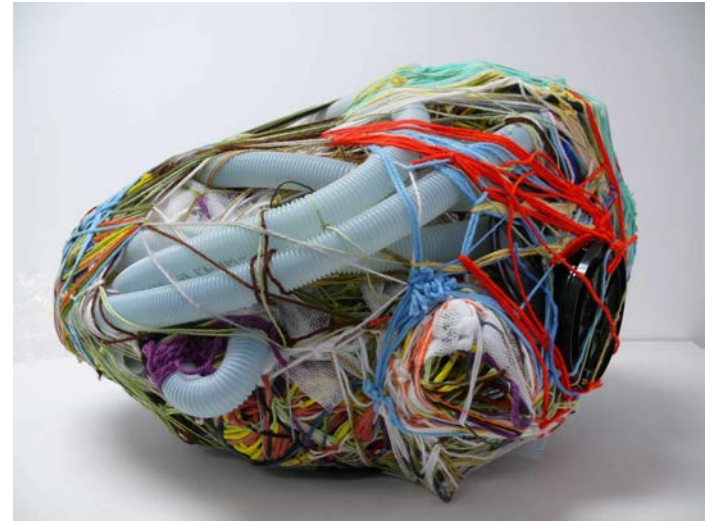
Inspired by Judith Scott

Supplies

Cardboard
Strings

Topics

Support Systems, Movement





MAGAZINES

Supplies

Printed Photo

Markers

Oil Pastels

Topics

Self-Esteem, Identity

COLLAGE

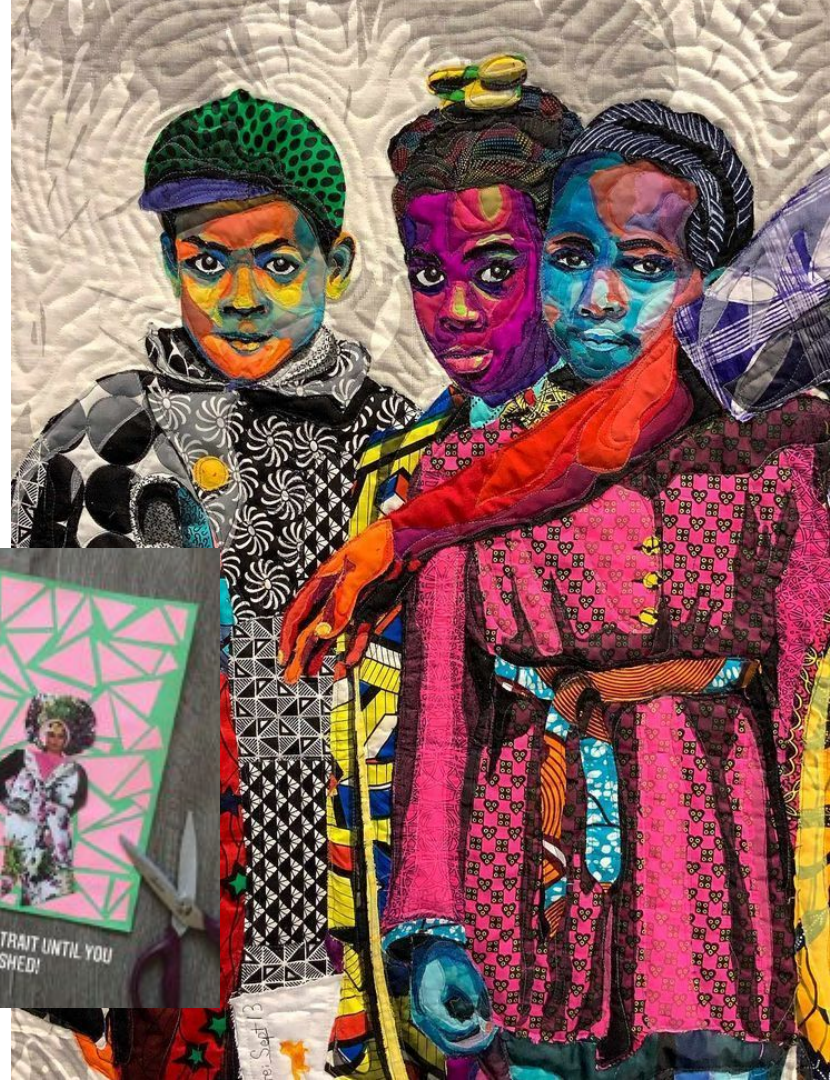
Inspired by Bisa Butler

Supplies

Construction Paper
Coloring Tools

Topics

Role Model, Identity







Community



LABYRINTH

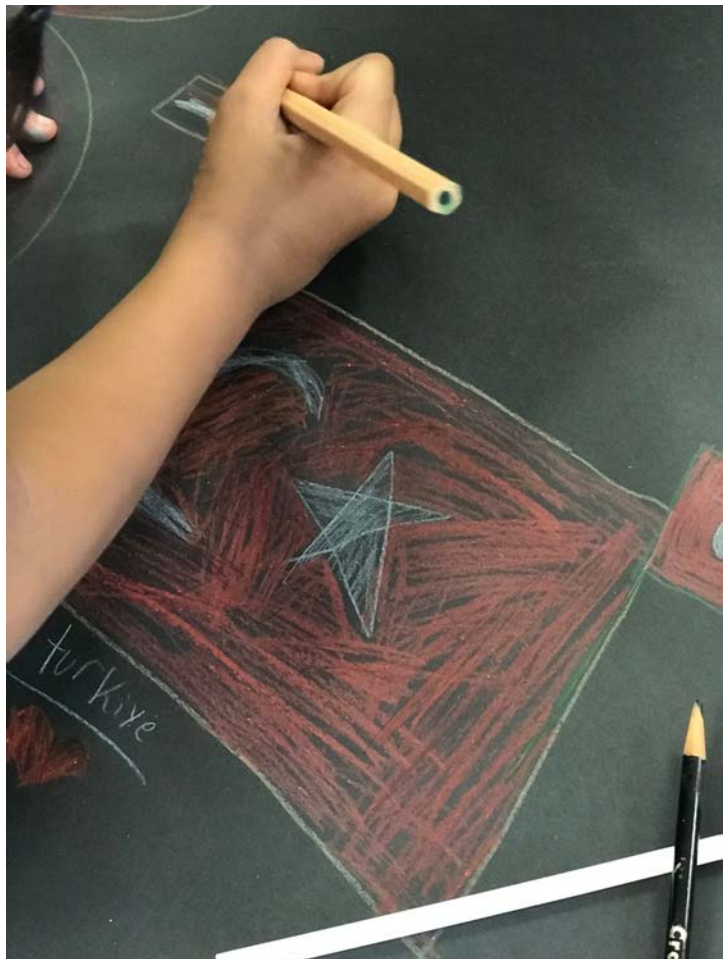
Supplies

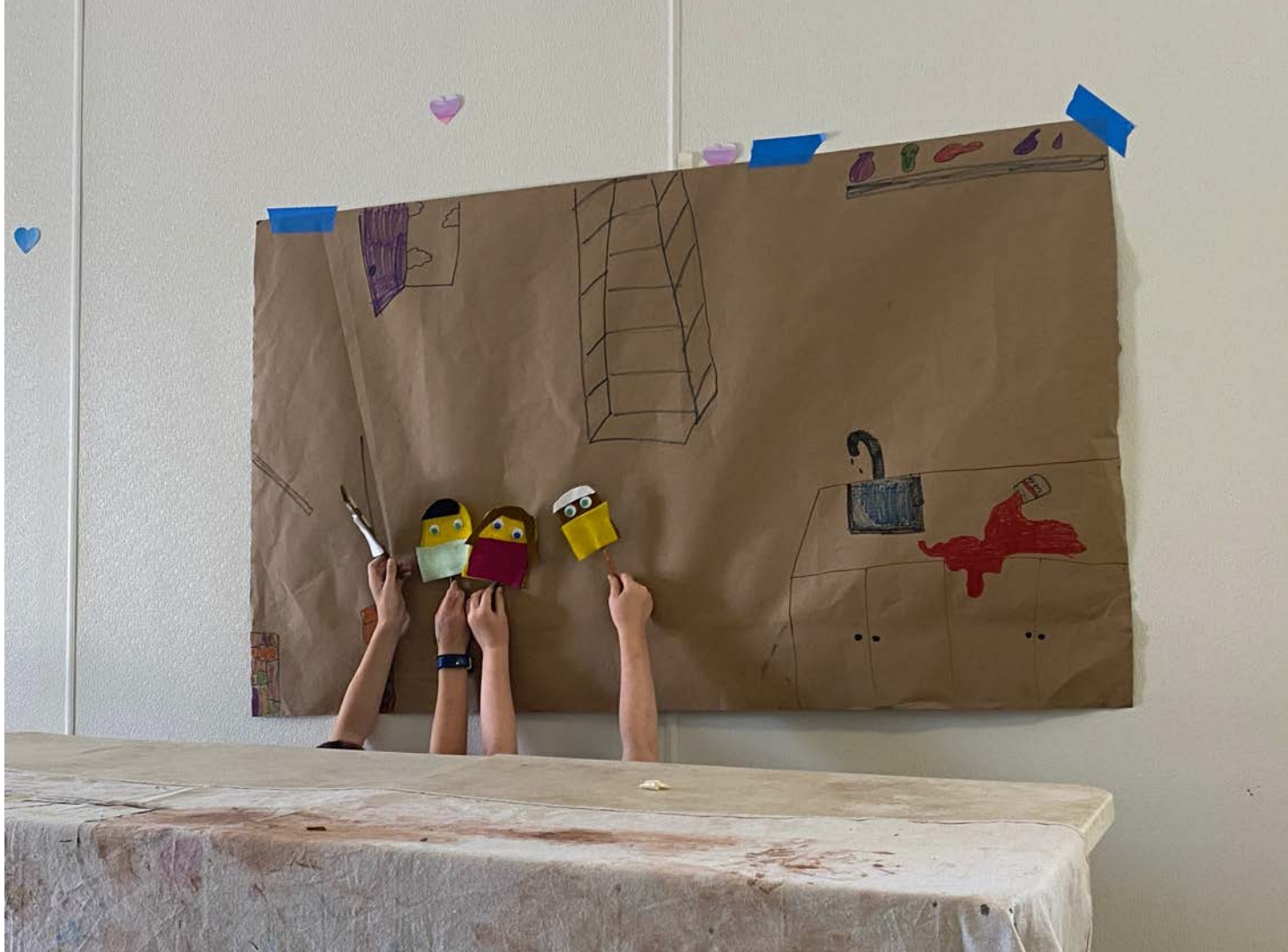
Rocks

Paint

Topics

Community, Regulation





Clare Youngs

Patterns + Animals



ALONE
WE
CAN
DO
SO
LITTLE;
TOGETHER
WE
CAN
DO
SO
MUCH.





Redefining A Space



VOICE

Drawing



- ☐ Shield of Strength
- ☐ Past and Future Hands
- ☐ Map
- ☐ Visualized Space
- ☐ Comic Strips
- ☐ Inside Out Portrait
- ☐ Sun of Gratitude
- ☐ Outside Room
- ☐ Feelings



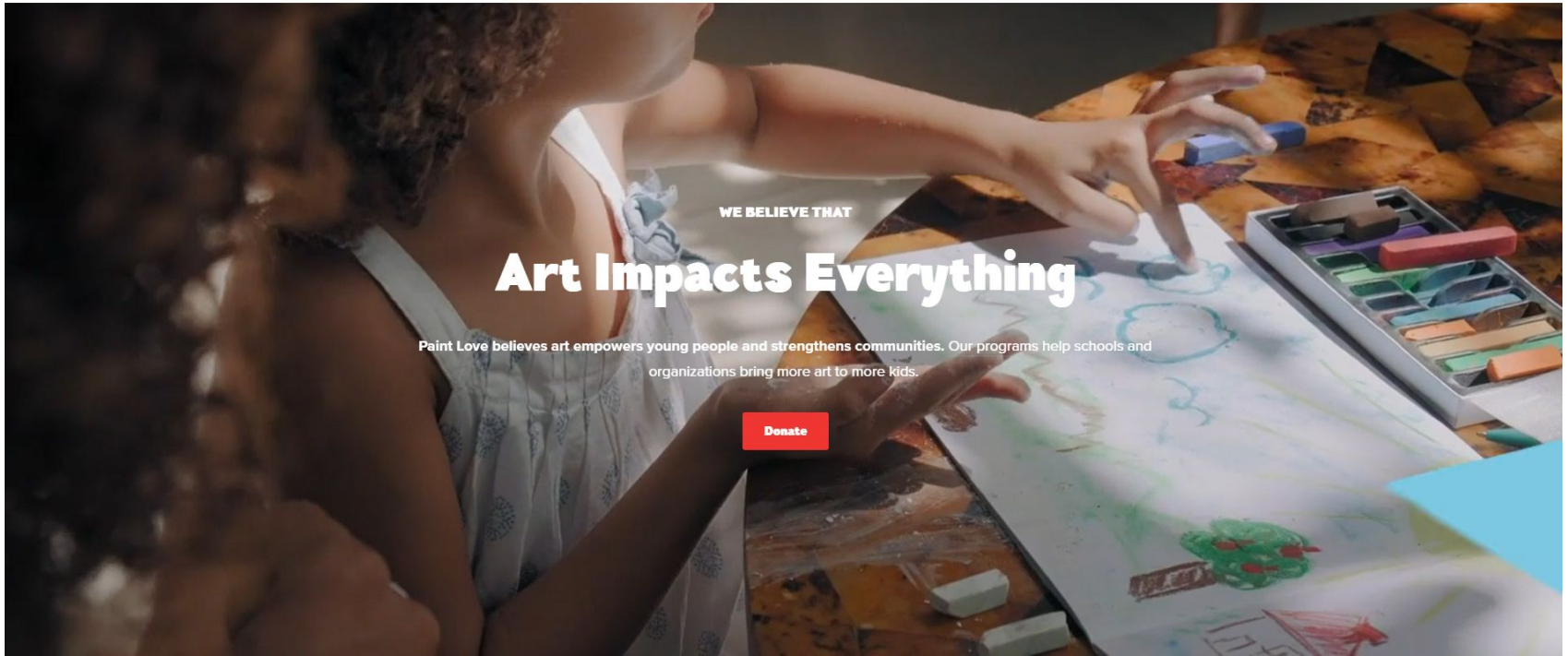
For more resources on integrating art and SEL,
visit www.paintlove.org

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