

HOME IS WHERE



**THE HEART IS**

THIS BOOK BELONGS TO:

---

# WELCOME

This workbook is a tool to support students and families with expression, regulation, and connection. Most importantly, this workbook is for YOU to play, create, have fun, and get curious and learn more about yourself. As you go through these worksheets, remember, this is a chance to focus on what you need, what you are thinking and feeling. There is no right or wrong way to create and you can dive in and create a window of time whenever you want! You are in charge of your journey!

Each theme in this workbook are intentionally sequenced to support participants with: **exploring safety and what it means to them, identifying feelings, practicing self regulation, building resilience, and creating gratitude and affirmation practices.** Establishing a sense of safety up front can lay the foundation for individuals to begin to notice their feelings and emotions, identify what they need and want, and building tools for self-regulation activities to help reset our minds and bodies when big feelings arise. By ending with positive affirmations and gratitude, we can help the healing process and build tools for resiliency.

From your friends at AVANZA, A Window Between Worlds, and Lennox School District.

To check out our Facilitator Guide, [click here](#).



# TABLE OF CONTENTS

<a href="#">Why Art?</a>	4
<a href="#">Calming Strategies &amp; Coping Skills</a>	5
<a href="#">Exploring Art Materials</a>	6
<a href="#">A Little About Me</a>	7
<a href="#">Theme 1: Safety</a>	8
<a href="#">Creating a Safe/Brave Space</a>	9
<a href="#">Community Agreements</a>	10
<a href="#">Coat of Arms</a>	11
<a href="#">Theme 2: Identifying Feelings</a>	12
<a href="#">Inside/Outside</a>	13
<a href="#">Heart Stories</a>	14
<a href="#">What is Love?</a>	15
<a href="#">Theme 3: Self-Regulation</a>	16
<a href="#">Take a Break, Self-Regulate</a>	17
<a href="#">The Reasons We Smile</a>	18
<a href="#">Theme 4: Resilience</a>	19
<a href="#">Life is Sweet</a>	20
<a href="#">Flying Tall</a>	21
<a href="#">Coping Skills Bingo</a>	22
<a href="#">Theme 5: Gratitude &amp; Affirmations</a>	23
<a href="#">Positive Piggies</a>	24
<a href="#">Cup of Gratitude</a>	25
<a href="#">Affirmation Hearts</a>	26
<a href="#">Connecting to Our Strength</a>	27
<a href="#">Coloring Pages</a>	28 - 29
<a href="#">Imagination Station</a>	30 - 32

# WHY ART?

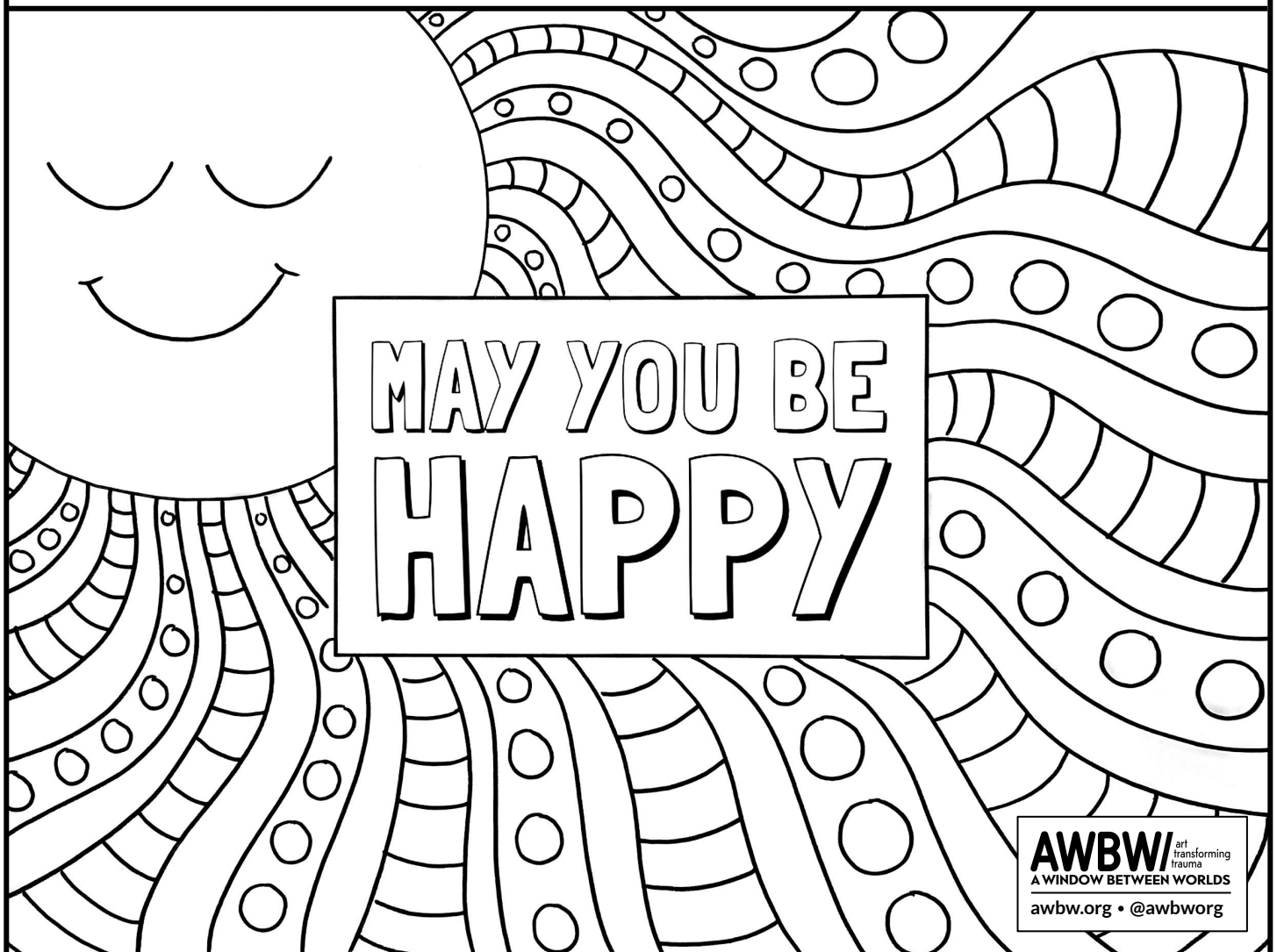
At A Window Between Worlds (AWBW) we believe that creating art is a human right and we want to help you exercise that right. Art honors and reflects multiple aspects of who we are and the experiences that shape our lives. No matter our background, we all have the power to create!

During a Windows workshop there is no right or wrong way. Whatever supports you in expressing, connecting, and attending to your needs and feelings is the number one priority.

You might be thinking to yourself, why art? What is making art going to do for me?

Since we first began offering art workshops in 1991, we've seen that a lot of good things can come from making art. For example, the creative process can help us:

- Tap into our creative power
- Identify and express feelings
- Reframe the past
- Reclaim who we are
- Envision a hopeful future
- Connect to our resilience
- Express and process anger
- Examine relationships
- Practice self-care
- Cope with stress and anxiety
- Connect to our positive qualities
- Think about what we want and need
- Explore what we want to move away from and toward in our lives



# CALMING STRATEGIES & COPING SKILLS

Have you ever had a feeling so big it takes over your mind and body? Or have you ever had the feeling things just aren't quite right? We all have difficult feelings that can make us feel out of control sometimes. Did you know there are some simple things you can try to help you feel more calm, balanced, and in control? This is known as self-regulating. Here are some ideas we've found useful:

## Engage Your Senses

What scents, sounds & textures bring you comfort?

## Keep Your Fingers Busy

Play with objects to calm your nerves & focus your mind.

## Take Deep Breaths

Inhale for 4 seconds, hold for 4, exhale for 4.

## Sip Water

Drinking through a straw can be especially soothing.

## Pause & Think

It's OK to tell people you need a minute.

## Visualize Positivity

Focus on something you love.

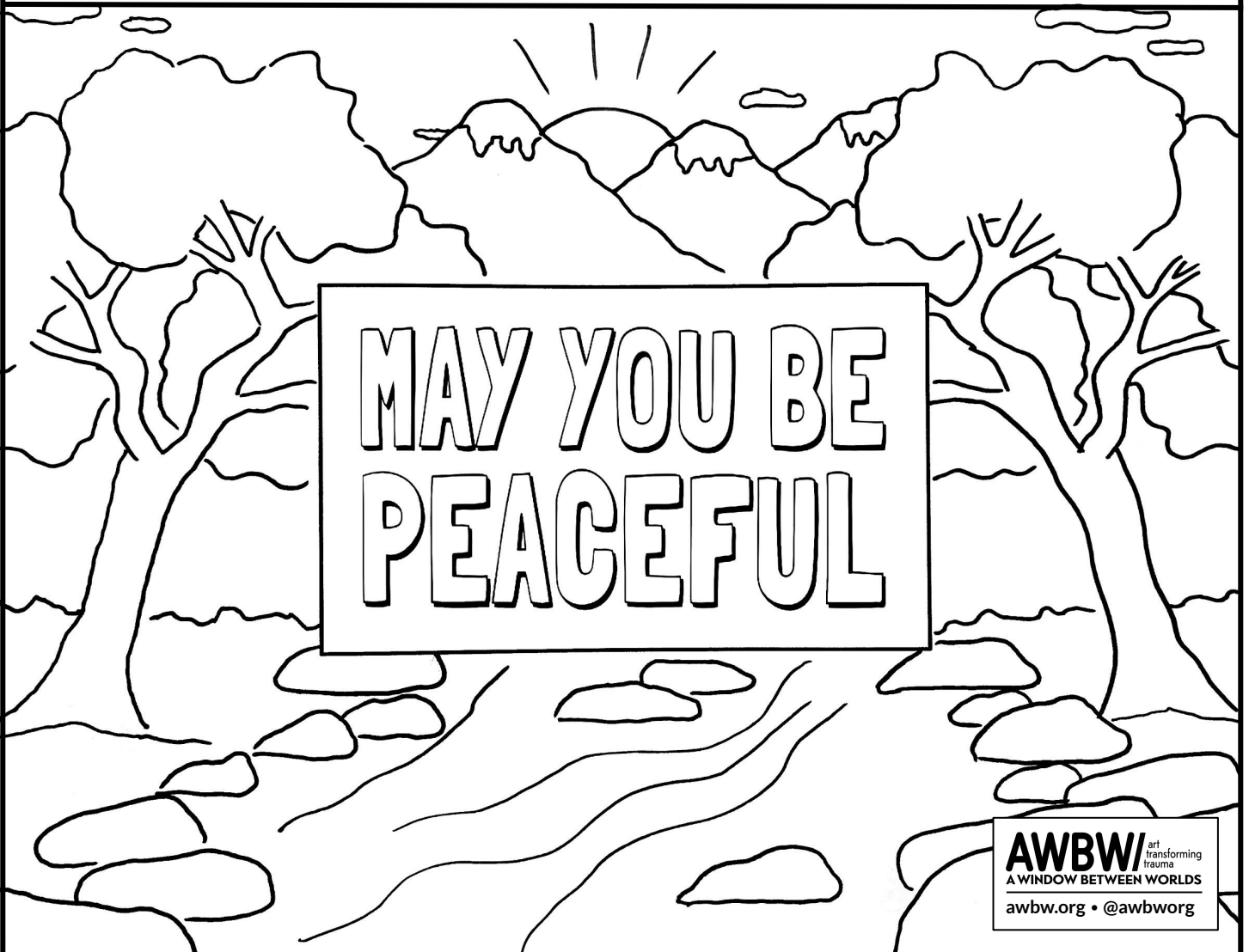
## Hydrate & Nourish

Give your body what it needs.

## Color & Doodle

Center your mind & relax your body.

What helps you regulate?  
Only you can decide what works best for you!



# EXPLORING ART MATERIALS

To get to know some of the art materials in your kit, you are invited create in each section using the directions and materials suggested. When you are done, rate each material using the number rating in the last section.

Your name with a PENCIL

Shapes with a PEN

Self-portrait with CRAYONS

Flowers with COLORED PENCILS

A house with MARKERS

Your favorite things with  
COLLAGE ITEMS, SCISSORS, and GLUE

Create anything with ANY MATERIALS

Rate the art materials from 1 to 4  
1=Love it 2=Like it 3=Just OK 4=Dislike

\_\_\_\_ PENCIL      \_\_\_\_ COLORED PENCILS  
\_\_\_\_ PEN      \_\_\_\_ MARKERS  
\_\_\_\_ CRAYONS      \_\_\_\_ COLLAGE

# A LITTLE ABOUT ME

Name: \_\_\_\_\_ What I would like to be called: \_\_\_\_\_

My favorite:

Colors: \_\_\_\_\_ Foods/snacks: \_\_\_\_\_

Books: \_\_\_\_\_ TV shows: \_\_\_\_\_

Movies: \_\_\_\_\_ Toys/games: \_\_\_\_\_

Animals: \_\_\_\_\_ Music/singers: \_\_\_\_\_

My hobbies/things I like to do:

---

---

---

What I like to do for fun is \_\_\_\_\_

---

What makes me happy is \_\_\_\_\_

---

What makes me unhappy is \_\_\_\_\_

---

What makes me feel safe is \_\_\_\_\_

---

Some people who are special to me are \_\_\_\_\_

---

When I think about art, I feel \_\_\_\_\_

---

Today I need \_\_\_\_\_

---

When working and creating from home, I need \_\_\_\_\_

---

Other things I want you to know about me are \_\_\_\_\_

---

---

# SAFETY

---

Have you ever felt safe or unsafe? I know I have and the two feelings are very different from each other. When we are not safe we might feel worried, anxious, nervous, or afraid. Our palms might get sweaty, our mind might race, and our stomach might feel like it is tied in knots. Feeling unsafe does not feel good, but what about feeling safe? To me, safety feels like being wrapped in a warm fuzzy blanket, surrounded by people I love. Safety feels easy, calm, peaceful, and secure. It reinforces positivity and hope.

Safety is an important part of our physical and emotional well-being. It helps us grow, learn, and explore ourselves and the world around us. Developing and keeping safety in our lives is like creating a solid foundation for our future health and success. We need it and we naturally search for it. When we have safety, our brain and body can relax, renew, and restore.

In this section you have the opportunity to creatively explore what safety is or isn't to you. Safety looks different for everyone. Maybe there is a place you can go to wash all your worries away. Maybe there is a person you can trust and talk to about anything. Maybe you have a memory that transports you to a time when you felt safe, comfortable, and secure. I invite you to express your truths and dream about creating safety for both your current and future self.



# CREATING A SAFE/BRAVE PLACE

When you think of safety, what comes to mind? You are invited to think about a place, real or imaginary, where you can go to feel safe and/or brave. Maybe it's a place you've been to before or one that only exists in your mind. If you have trouble thinking of something, think of a place that can be safe and/or brave for you. What do you see, hear, smell, feel, or taste? You can use words, images, shapes and colors to show your safe/brave place. Whatever comes up for you is OK — there is no right or wrong way. On the left side of the paper, you can get your thoughts and sketches together and on the lines below, you can describe your safe/brave place. When you're ready, you can use the circles on the right to create different places or you can use the extras for practice. When you are done, you can cut the circles out and add string. You can use your creation as a reminder of how your safe/brave place looks and feels to ground you in the present and remind yourself that in this moment, you are safe.

Blank space for writing and sketching a safe/brave place.

Four dashed circles for creating safe/brave places, each with a small solid circle inside.

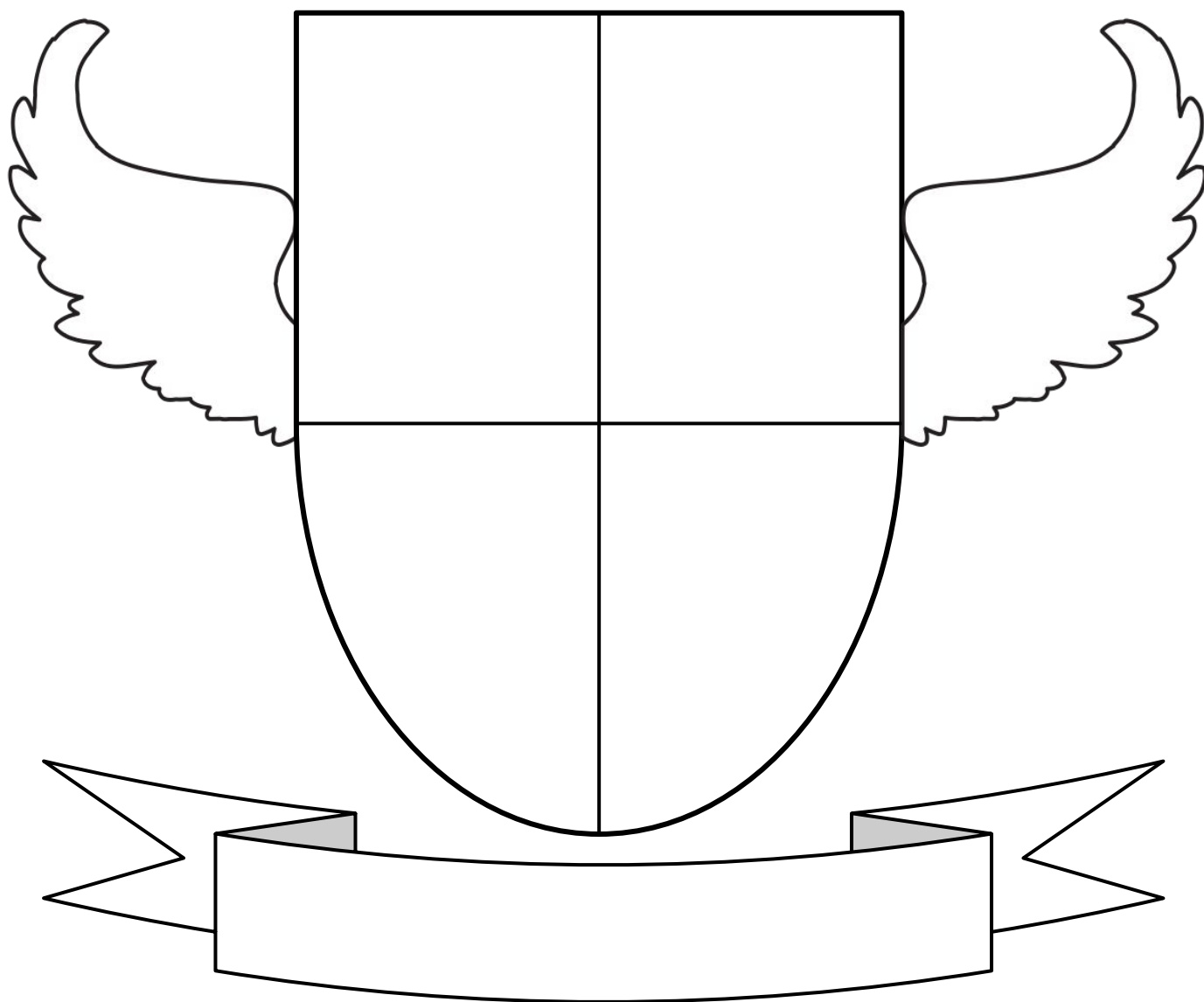
About my safe/brave place: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



# COAT OF ARMS

A coat of arms can symbolize the strength and pride of a person or family. Using images, shapes, symbols, colors, and words, you are invited to create your own coat of arms to represent the uniqueness of you. Use these prompts or follow your own directions – there's no right or wrong way.

- Upper left corner – What is a thing, animal, shape, or color that represents you?
- Lower left corner – Who are the people in your inner circle that provide you support?
- Upper right corner – What is your favorite thing to do with these individuals?
- Lower right corner – What helps you feel safe/brave?
- On the bottom ribbon – What is your superhero name?



# IDENTIFYING FEELINGS

---

Feelings are information that allow us to know what is happening inside us. There are no good or bad feelings because all emotions serve a function, we can say that some are comfortable and others can be uncomfortable, but we can learn something from all of them and it allows us to learn more about ourselves, too. Because feelings also have an impact on our body, we have certain physical sensations with each emotion. These sensations allow us to connect and know how we are feeling. Not all emotions will show up the same way for everyone – it can be the same feeling, but with completely different sensations. It is important to recognize and honor the feelings of each person even if they are felt and seen in a different way than ours.

When we stop to observe how we are feeling and look inward, our emotions give us clues. Some emotions may be masking others so another benefit of taking a moment to examine them is that we will be able to identify how we are really feeling. Knowing how to listen and identify our feelings allows us to talk about them, ask for what we need, and better resolve possible conflicts.

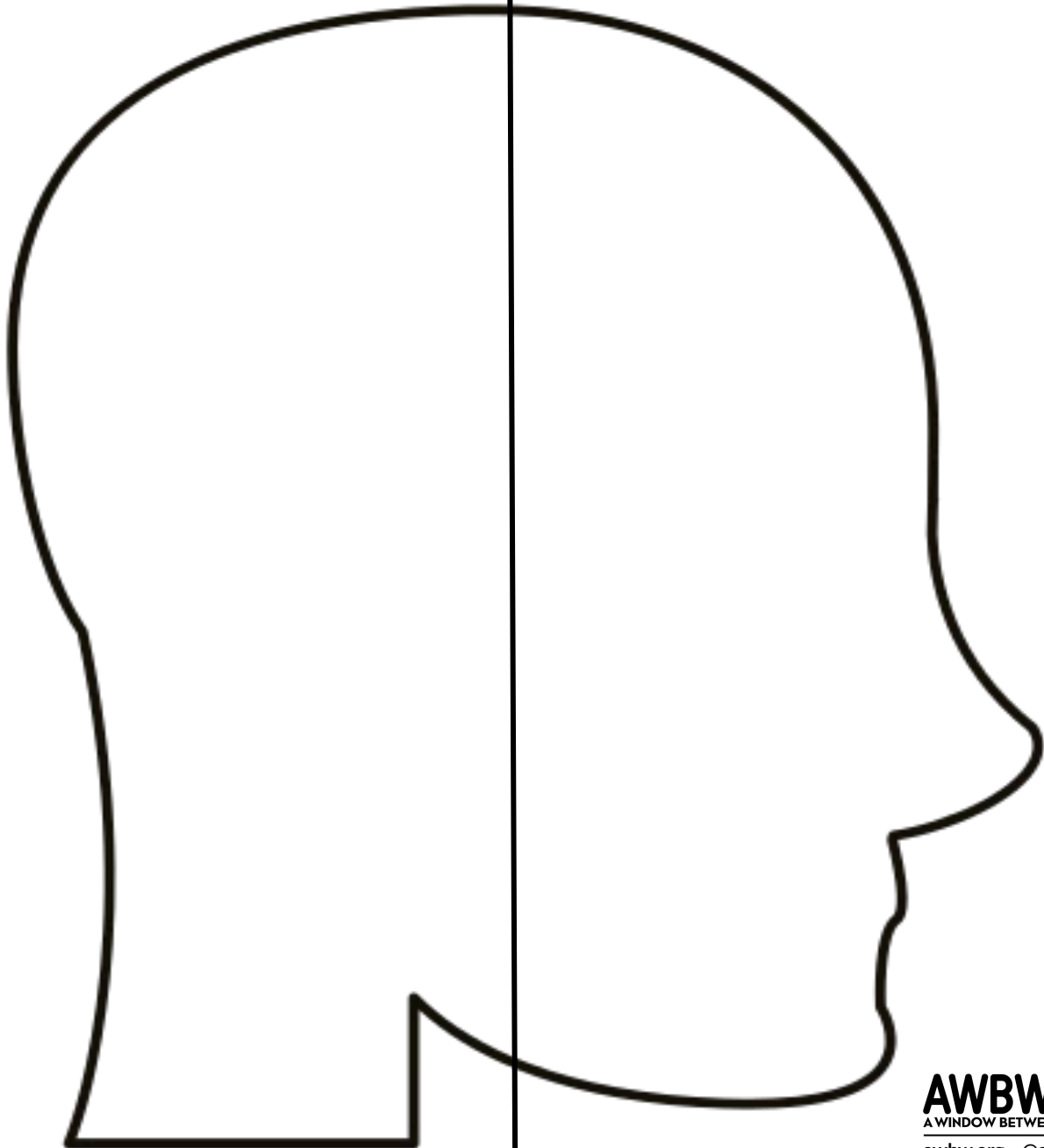
In this section, you will be invited to slow down and examine your thoughts, feelings, and concerns as well as identify the resources that help you feel joy. By doing this, each person will be able to share their feelings and honor and respect each other's experiences.

# INSIDE / OUTSIDE

You are invited to explore the “you” that you know on the inside and the “you” that people see on the outside. Sometimes the person we know on the inside is different than the person we let others see, sometimes it isn't. In the space below, use colors, images, shapes, and words to express the inside and outside you. Do you look confident on the outside but feel nervous inside? Is your outward personality different from what you feel? As you explore these different sides of yourself you might learn something new. Whatever comes out for you is OK – there's no right or wrong way.

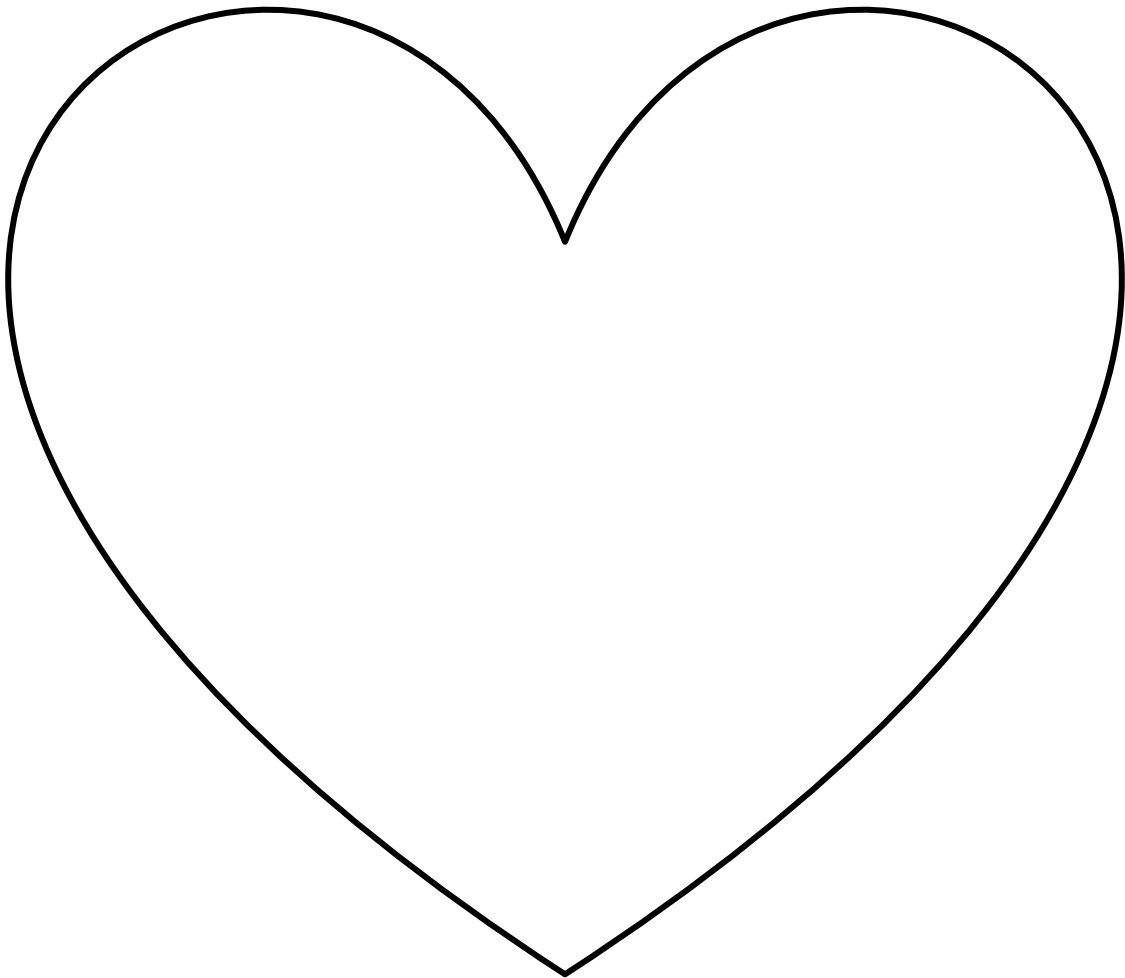
INSIDE

OUTSIDE



# HEART STORIES

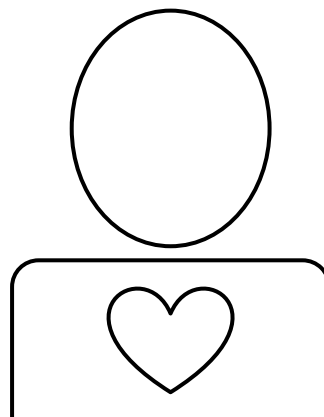
Have you ever thought about what your heart would say if it could talk? You are invited to think about all the different ways your heart feels and bring them out onto the paper to tell a story. What are the things that make your heart happy, sad, or scared? What is your heart proud of? If your heart were a color today, what color would it be? By listening to your heart, you can begin to understand it more and talk about what it needs. You can also talk to other people about what it needs. Using images, shapes, colors, and words fill in the heart below to tell your heart story. You can also use the lines to write your heart story. Whatever comes up for you is OK – there's no right or wrong way.



My heart story: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# WHAT IS LOVE?

Love can mean different things to different people. The way that you love is unique to you and exploring it can help you share it with others. Take a moment to think about all the ways that you hold love in your heart. Who are the people you love? How do you show love? How do you give love? What are some of the ways that you like to be loved? Using the space below, use words, shapes, drawings, and colors to represent what love means to you. There is no right or wrong way to create, just to let your thoughts out onto the paper. When you are done, share your creation with a safe person and ask them how they show their love.



# SELF-REGULATION

---

Have you ever lost control of yourself? Whether it was from excitement or anger the consequences are usually the same. We either went too far, lost control, or made a mistake. This happens to everyone, but for some of us it may happen more often. Or maybe we have experienced great loss and every time we think about this loss we get very sad, and it is hard to let go of the sadness.

Self-regulation activities are calming and can lead to inner peace. They are amazing tools that we can put in our tool belt for success. They can help us relax, refocus, renew, and restore our body and our brain. You can use coping skills such as a coloring book, listening to music, creating art, talking with a friend, reading a book, or other hobbies that are soothing. Self-regulation will look different from person to person – the important thing is to find what works for you.

You are invited to creatively explore, create, and implement what self-regulation looks like for you. One of the best features of practicing self-regulation skills is that you can add to or change what works for you, and let go of what doesn't.

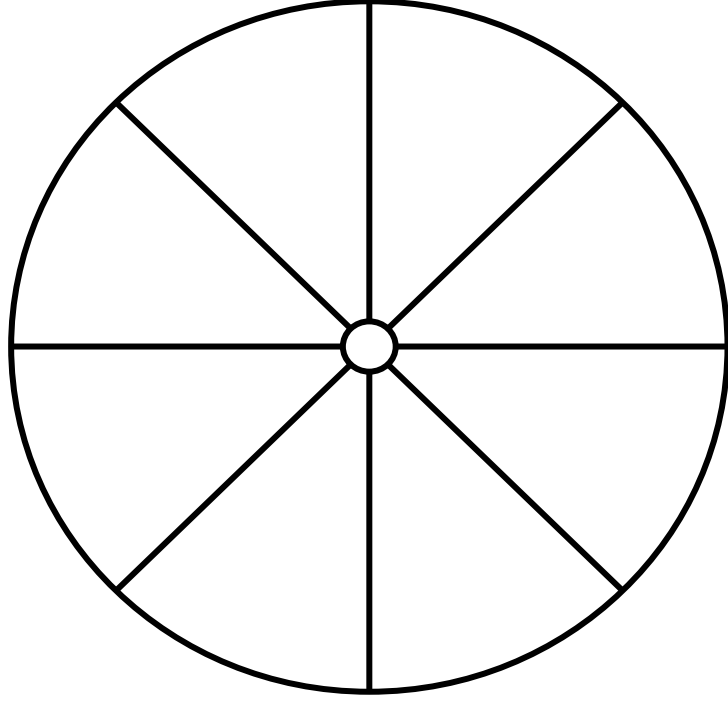


# TAKE A BREAK, SELF-REGULATE!

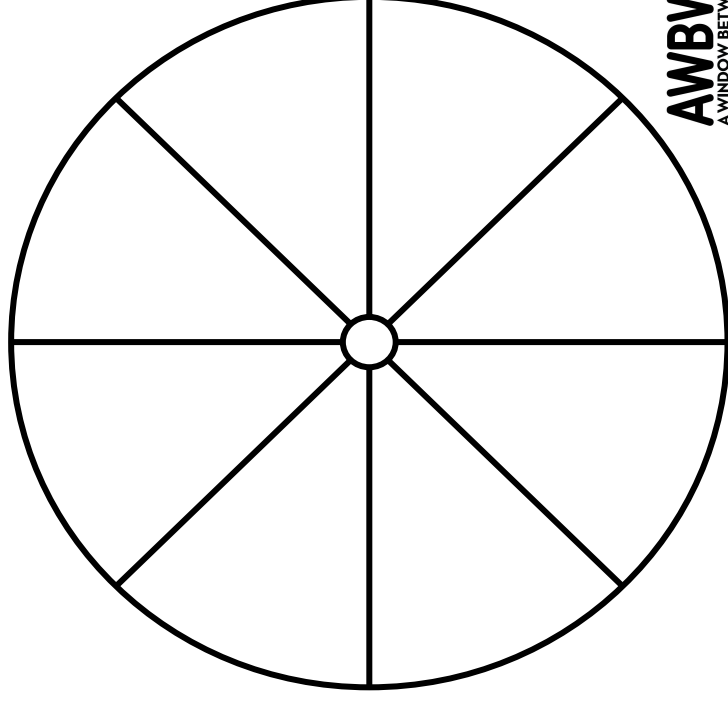
With all the things we do throughout the day, it can be hard to pause and take a break. Taking breaks can be good for your body and your mind. They can help restore your motivation and increase productivity and creativity. These spinners can be helpful reminders for you to take a break.

**What you'll need:** scissors, pencil, and tape. **Directions:** 1) Think about eight different ways you like to take breaks and use shapes, symbols, colors, and words to write them into the different sections in Spinner A. 2) On Spinner B, add eight different lengths of time you will take your break. You might want to add short and long times so you can choose based on your needs. You can always continue spinning until a length of time works for you. 3) Cut each spinner out and punch or cut a hole through the center circles. 4) Put tape around your pencil to create a flag. 5) Push your pencil through the center holes. When you're ready for a break, spin and enjoy! If you land on a break or a time that doesn't work for you, keep spinning until it does work for you — there is no right or wrong way.

**SPINNER A:** What would you like to do on your break?

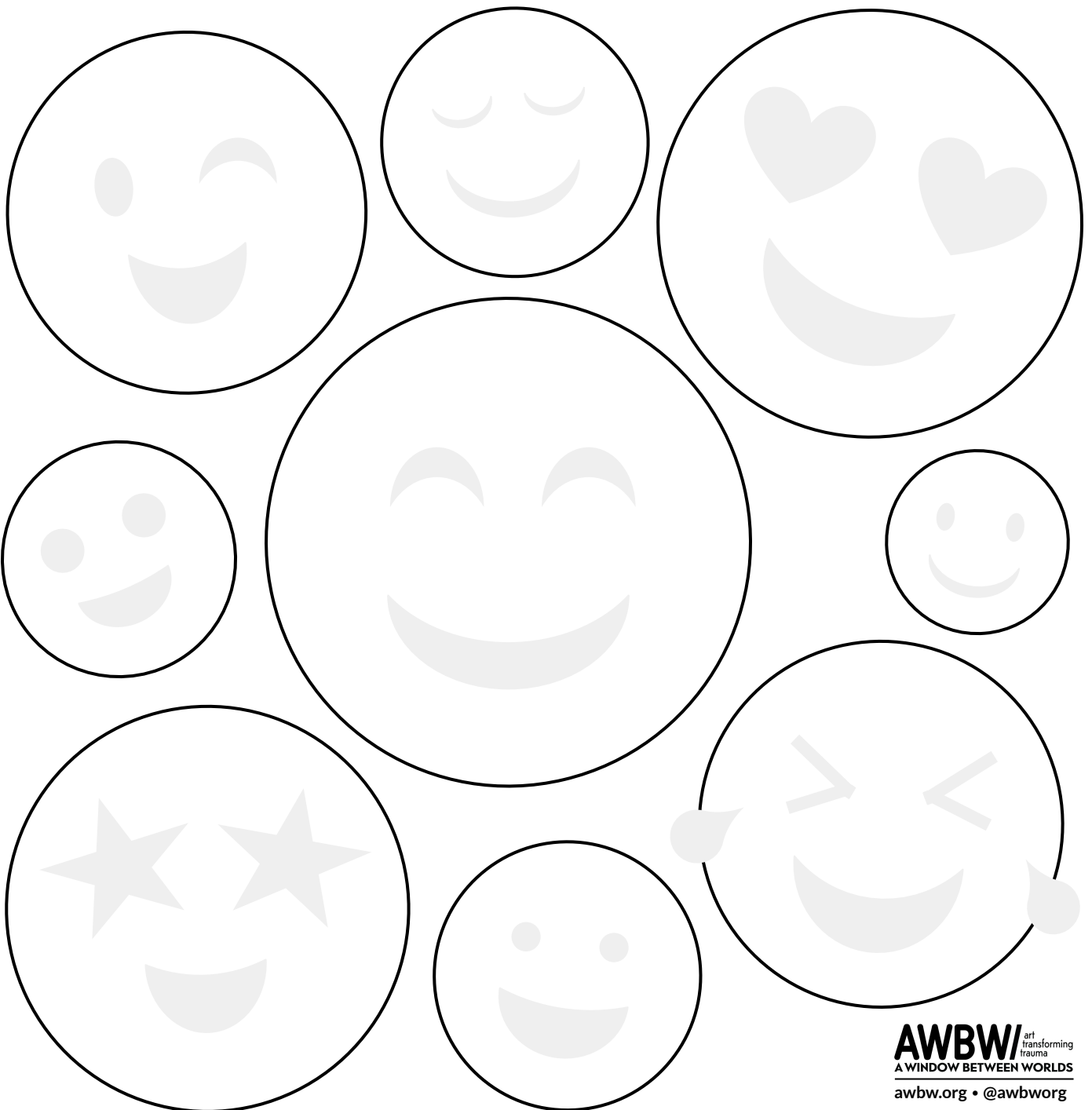


**SPINNER B:** How long would you like to take a break?



# THE REASONS WE SMILE

When we are going through a hard time, it can be difficult to find our way back to thinking about and enjoying the things that make us happy. For this workshop, you are invited to think about all of the reasons to smile. Maybe it's your family, friends, or other things in your life. It can be a memory you think of that brings a smile to your face. On the faces below, use words, drawings, and colors to capture all of the things worth smiling for. Can't think of anything? No problem. You can imagine things that you are hoping to smile for in the future. The next time you're having an off day, look back at your creation as a reminder of your joy.



# RESILIENCE

---

Resilience refers to the ability to overcome critical moments and adapt after experiencing a difficult situation. It does not mean returning to the natural state prior to adversity as if nothing had happened, but rather it is finding meaning in – and growing from – difficult moments.

The workshops in this section will invite you to creatively explore what resilience is to you. They provide opportunities for reflection of your past, spotlighting where you have gained or created inner strength. We have all gotten back up after a fall, mistake, or hard situation. What is great about resilience is that it's contagious. It can take just one person to walk in with resilience and spread it around to everyone. This personal strength comes from rising like the phoenix out of the ashes, out of the hardships stronger, wiser, and better than ever before.

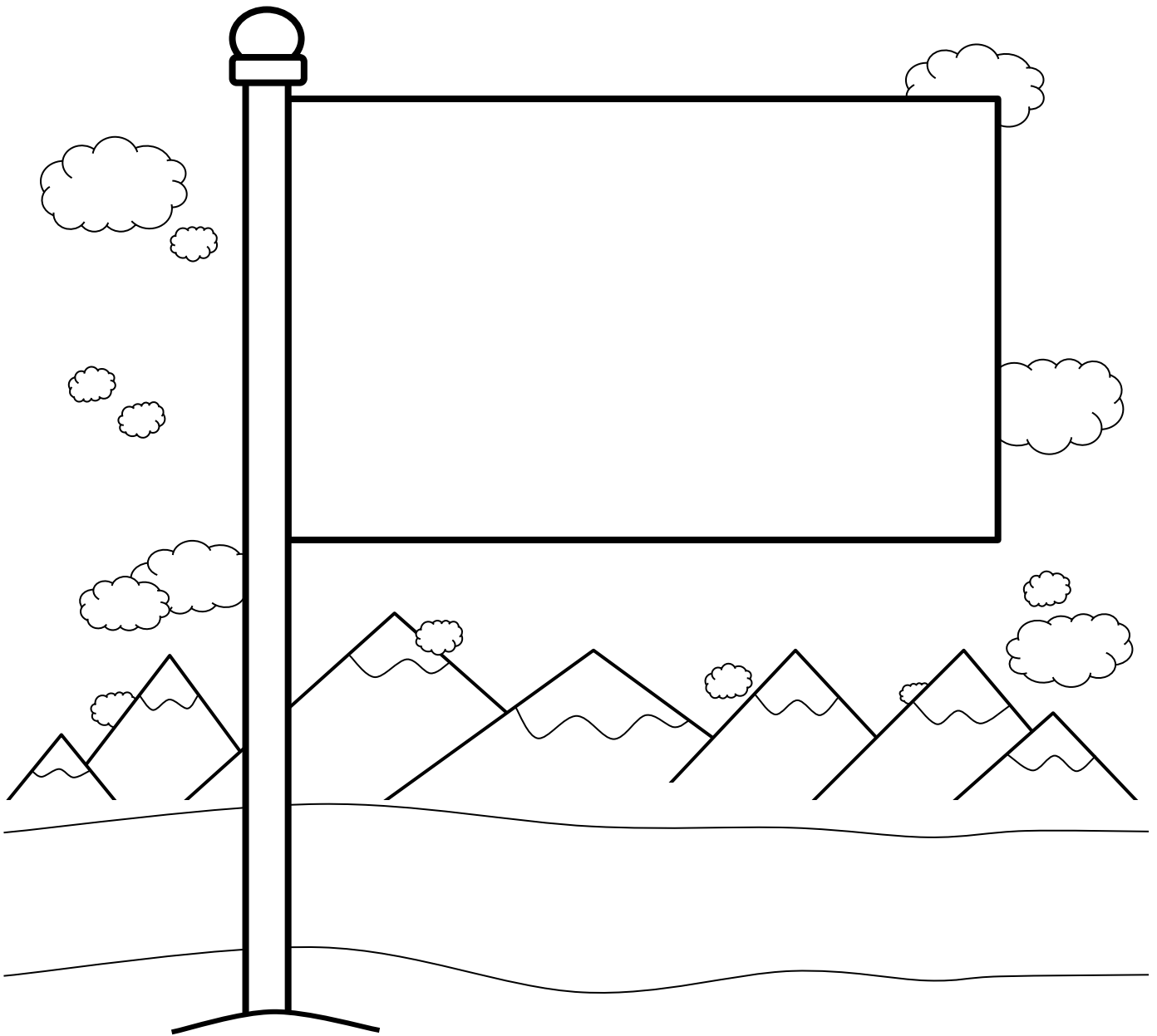
# LIFE IS SWEET

During uncertain times, it can be easier for negative thoughts to pop into our minds. To support you in staying connected to the joy in your life, you are invited to reflect on the happy memories you've had on your own, with family, friends, or others. Can't think of any? No problem. You can also think about experiences you would like to have in the future. Using the space below, take a moment to journal and reflect on your memories and ideas. When you're ready, use images, shapes, colors, and words to decorate the scoop of ice cream. Start with your favorite memory or idea and continue drawing more scoops to watch your ice cream grow! There is no right or wrong way to create. Keep your creation nearby to remind you of the sweeter side of life!





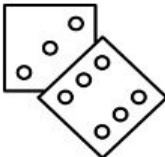





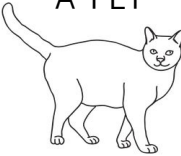


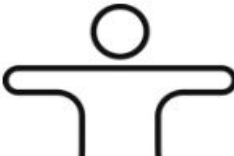

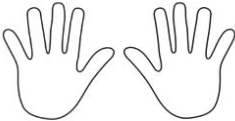

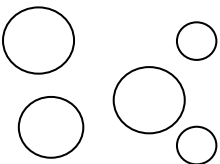


# FLYING TALL

There are many ways to be strong and we all have our own definition of what it means to us. Take a moment to think about all the ways you are strong. How do you get through difficult times? When you get scared, what do you do to relax and stay calm? When you have questions, who or where do you go to for answers? Using images, shapes, symbols, colors, and words, fill in your flag with all the different ways that you are strong. This strength shows resilience and helps you get through more challenging times like these in the future. There is no right or wrong way to create. When you're done, take a look at all the ways that you fly tall.



# COPING SKILLS BINGO

Coping skills are different things you can do when you're feeling stuck, sad, or stressed out. Everyone has different coping skills that are unique as they are. Using colors, shapes, and drawing, you can fill the empty boxes with coping skills that work for you. As you create, you're welcome to think about what coping skills you already use or new ones you'd like to try out. When you're done, you can toss something small like a piece of paper or a penny, and try out what it lands on. We invite you to keep what you made in a special place to remind you of the things you can do to help pick you up when you're feeling down.

<p>ASK FOR A HUG</p> 	<p>TALK TO A FRIEND</p> 	<p>DRINK WATER</p> 	<p>PLAY A GAME</p> 	
<p>TAKE 3 DEEP BREATHS</p> 		<p>SING A SONG</p> 	<p>EAT A HEALTHY SNACK</p> 	<p>SPEND TIME OUTDOORS</p> 
<p>LISTEN TO MUSIC</p> 	<p>PLAY WITH A PET</p> 	<p>FREE ★ SPACE</p>		<p>LAUGH</p> 
	<p>DRAW OR DOODLE</p> 	<p>STRETCH</p> 	<p>JOURNAL</p> 	<p>SLOWLY COUNT TO TEN</p> 
<p>READ A BOOK</p> 	<p>BLOW BUBBLES</p> 		<p>MAKE A GRATITUDE LIST</p> 	<p>TALK ABOUT YOUR FEELINGS</p> 

# GRATITUDE & AFFIRMATIONS

---

Practicing gratitude and positive affirmations can greatly improve one's mental health and overall well-being as we shift our focus away from negative thoughts and feelings. Regularly affirming positive beliefs about ourselves can increase self-confidence and promote a more optimistic outlook on life.

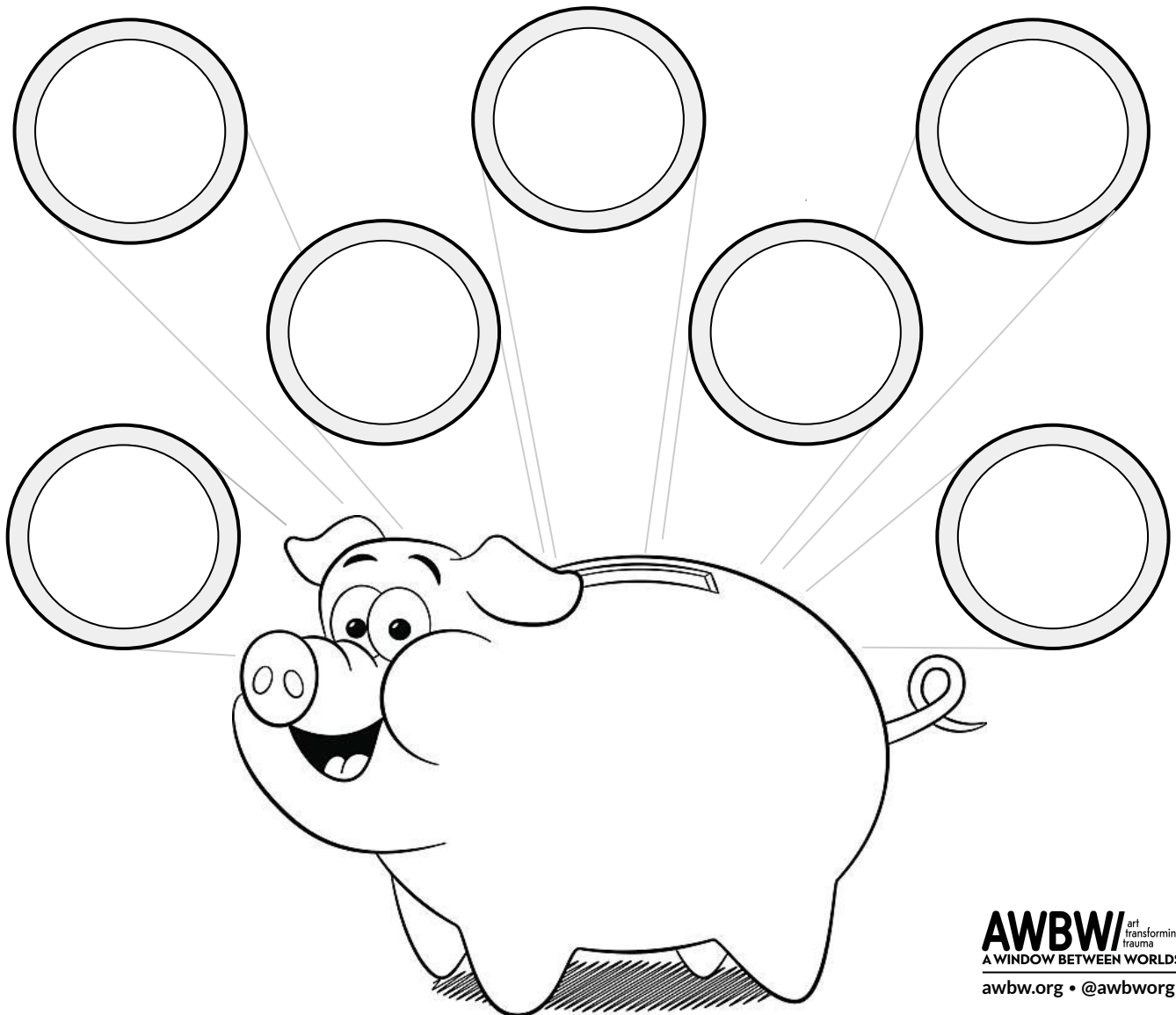
Gratitude and positive affirmations can also enhance relationships by fostering feelings of appreciation and reciprocation. It is important to practice these habits consistently, even when faced with challenges or hardships, in order to maintain a healthy perspective and cultivate resilience.

In this section, you'll be invited to begin or continue your practice and remind yourself of your worthiness – you may be surprised by the transformative power of these simple practices!

# POSITIVE PIGGIES

Positive self-talk is something you can do to build your self-esteem, support you when you are feeling down, or to battle negative thoughts. Capturing positive words, statements, images and colors that lift you up can be a good place to start. Your piggy bank can keep your messages safe until you need them. Follow the directions below to create your very own Positive Piggy. Whatever comes up for you is OK – there is no right or wrong way.

1. Think about times in your life when you can use positive self-talk. Maybe it's before you even start your day or when you hear negative comments from others or even yourself. Or maybe it's when you need a boost of confidence to get through a challenging time.
2. Fill in each coin with positive words, statements, images, colors, and shapes.
3. Decorate your piggy with colors that represent your positivity. You can also add additional words, statements and images if you'd like.
4. Think about how you can use your Positive Piggy for positive self-talk the next time you are faced with a challenge.





# CUP OF GRATITUDE

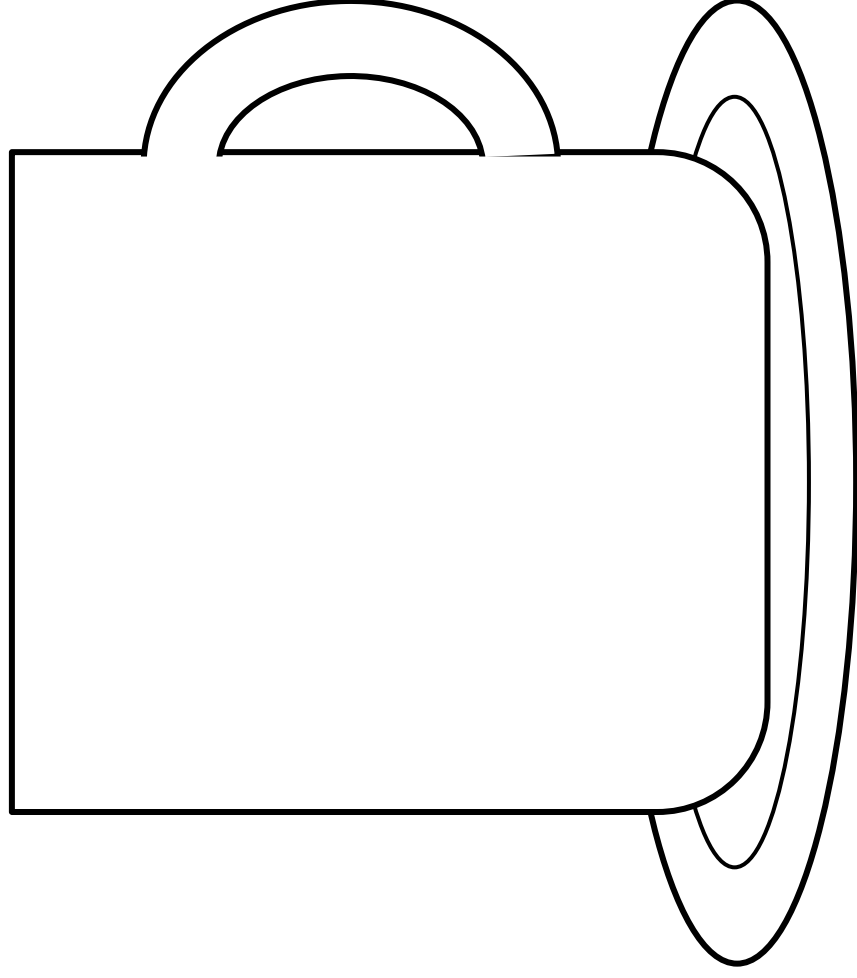
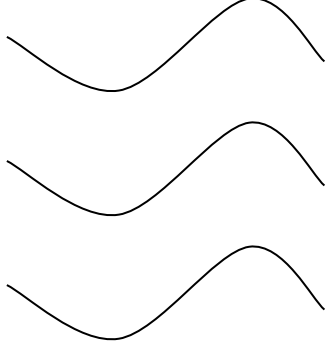
This workshop can serve as a space to identify and express gratitude as a way to enhance wellbeing. This window of time can be used to fill your cup - mind, body, and spirit. There is no right or wrong way to create just to trust whatever comes out.

To begin, you are invited to journal on a separate sheet of paper about the following questions or anything else that comes to mind. What are your initial thoughts and feelings about gratitude? What are you grateful for in this moment? Do your thoughts or feelings unlock a door or open a window to more gratitude? If so, what comes to mind?

After journaling, using words, shapes, images, symbols and/or colors, “pour” your gratitude into your cup. This might include people, places, victories, insights, pets, pictures, sounds. You may also add what supports your cup to the saucer such as positive words, people, places, songs, scents, or anything else that brings you a sense of joy and wellbeing.

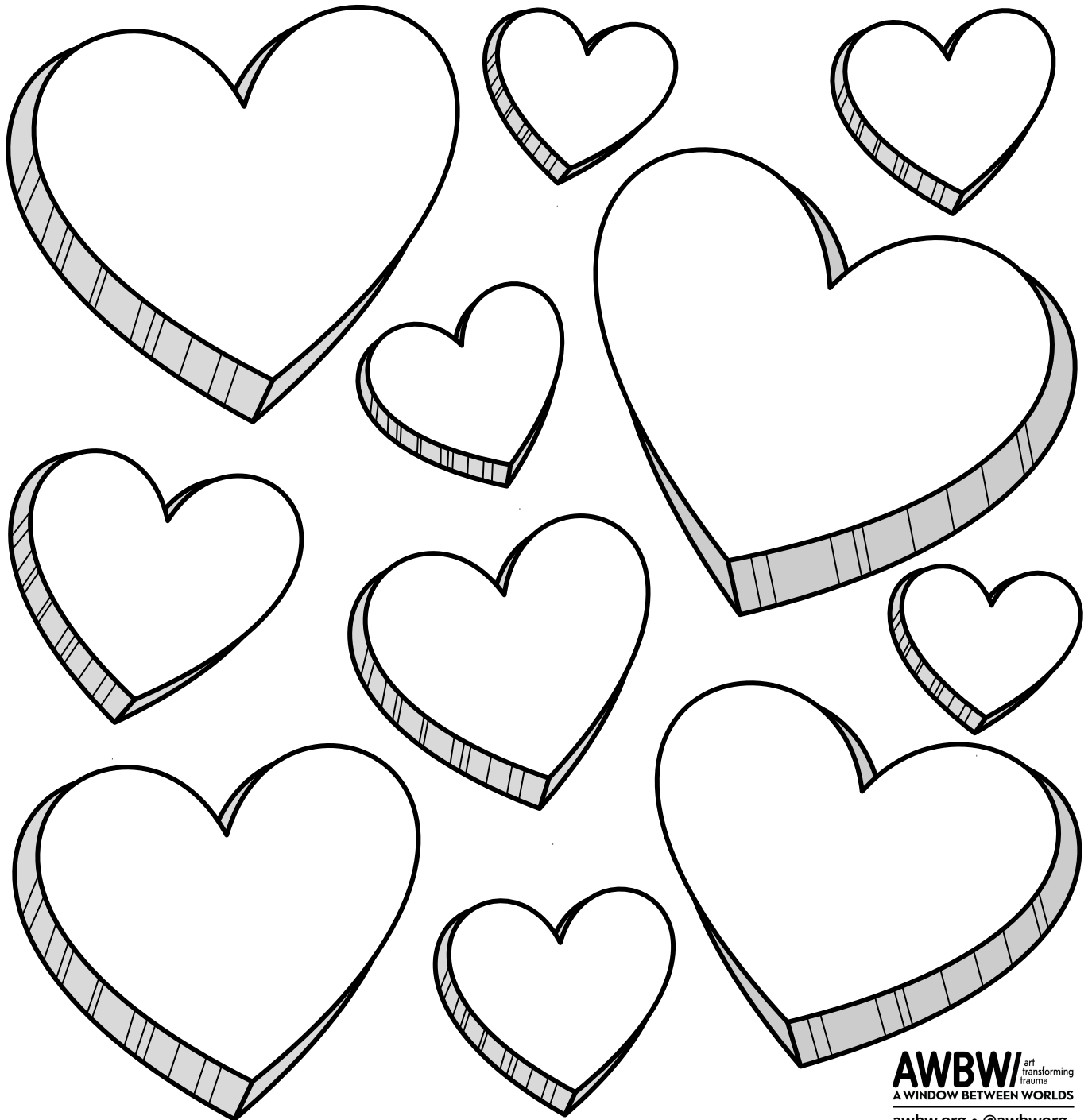
You can “drink” from your cup anytime. To “drink” from your cup means to pause with intention to notice what you are grateful for. This can serve as a reminder to connect with thoughts and feelings of gratitude daily.

Consider returning to your cup as often as needed to add or remove things from it. You can add elements that reflect sweetness, elements that help brighten your day or a given moment, just like cream! Practicing gratitude regularly can help to improve physical, mental and spiritual well-being. May you savor every sip from your cup of gratitude!



# AFFIRMATION HEARTS

This workshop is a window into loving yourself. Just like fuel for the heart, positive self-talk can give us energy when we are feeling down or in need of encouragement. You are invited to fill in the hearts below with words, phrases, drawings, and colors that uplift you. They can be ones that you have used in the past or new ones that you would like to use in the future. When you are done, keep your hearts in a safe place and bring them out as a reminder to practice positive self-talk. You can even share them with a safe person and encourage them to create their own. There's no right or wrong to create - have fun!



# CONNECTING TO OUR STRENGTH

You are invited to take a Window of Time to think about the following:

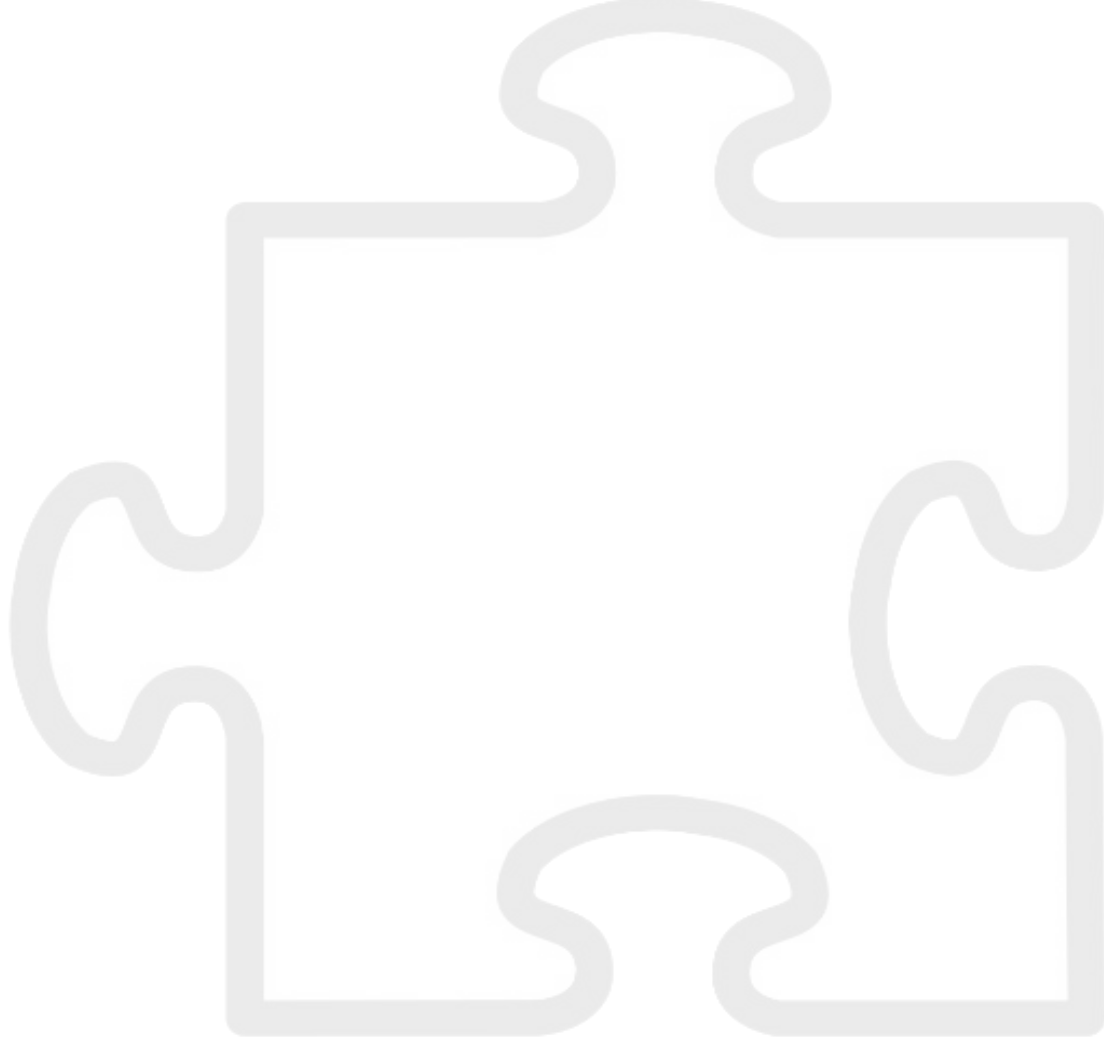
**What strength in you do you want to connect with right now?**

Fill the puzzle piece with any words, colors, shapes to express this strength in you.

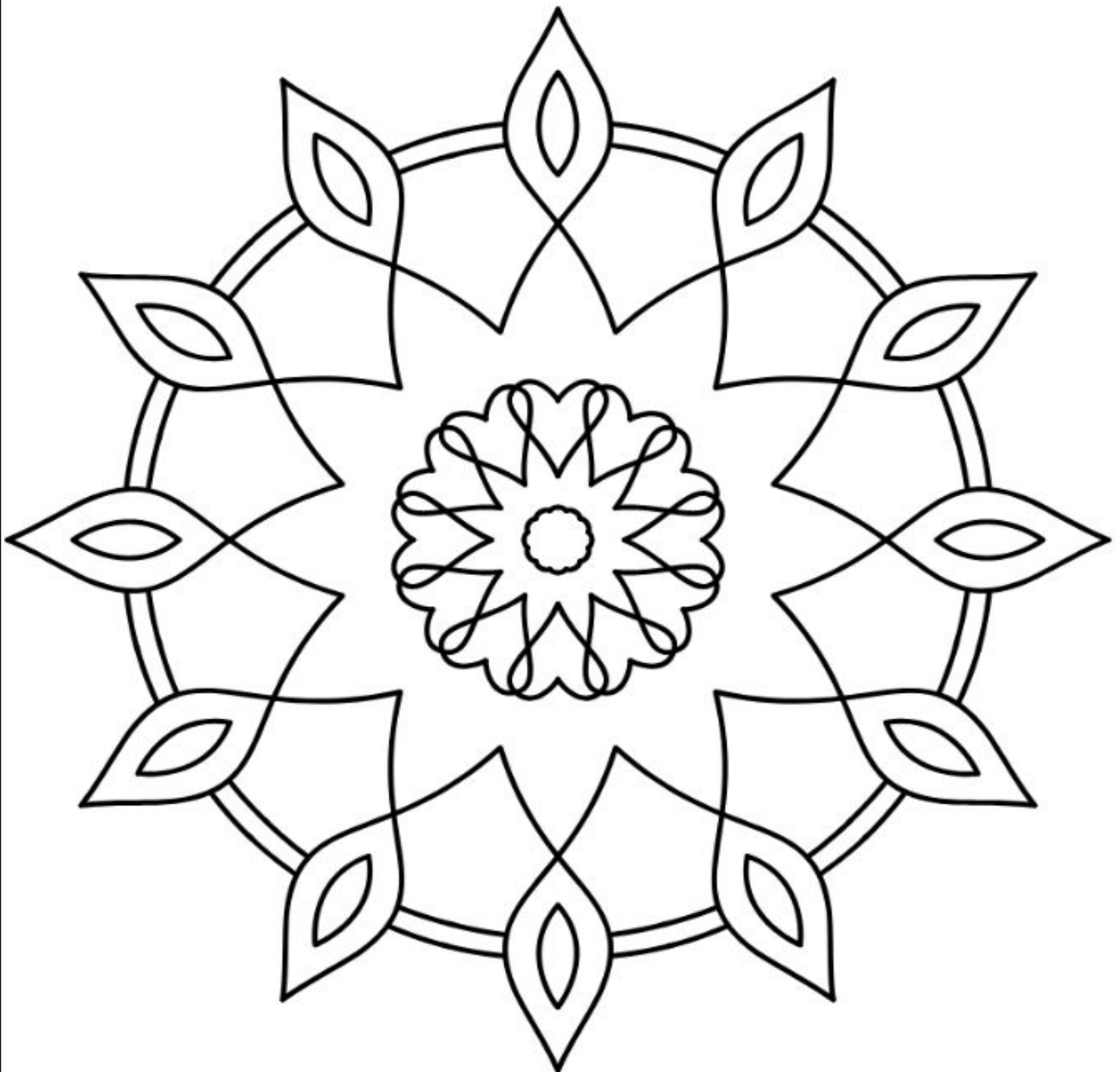
**Now, imagine this strength deepening your connection with others.**

Fill the space around the puzzle piece with any words, colors, shapes to express how this strength might ripple out.

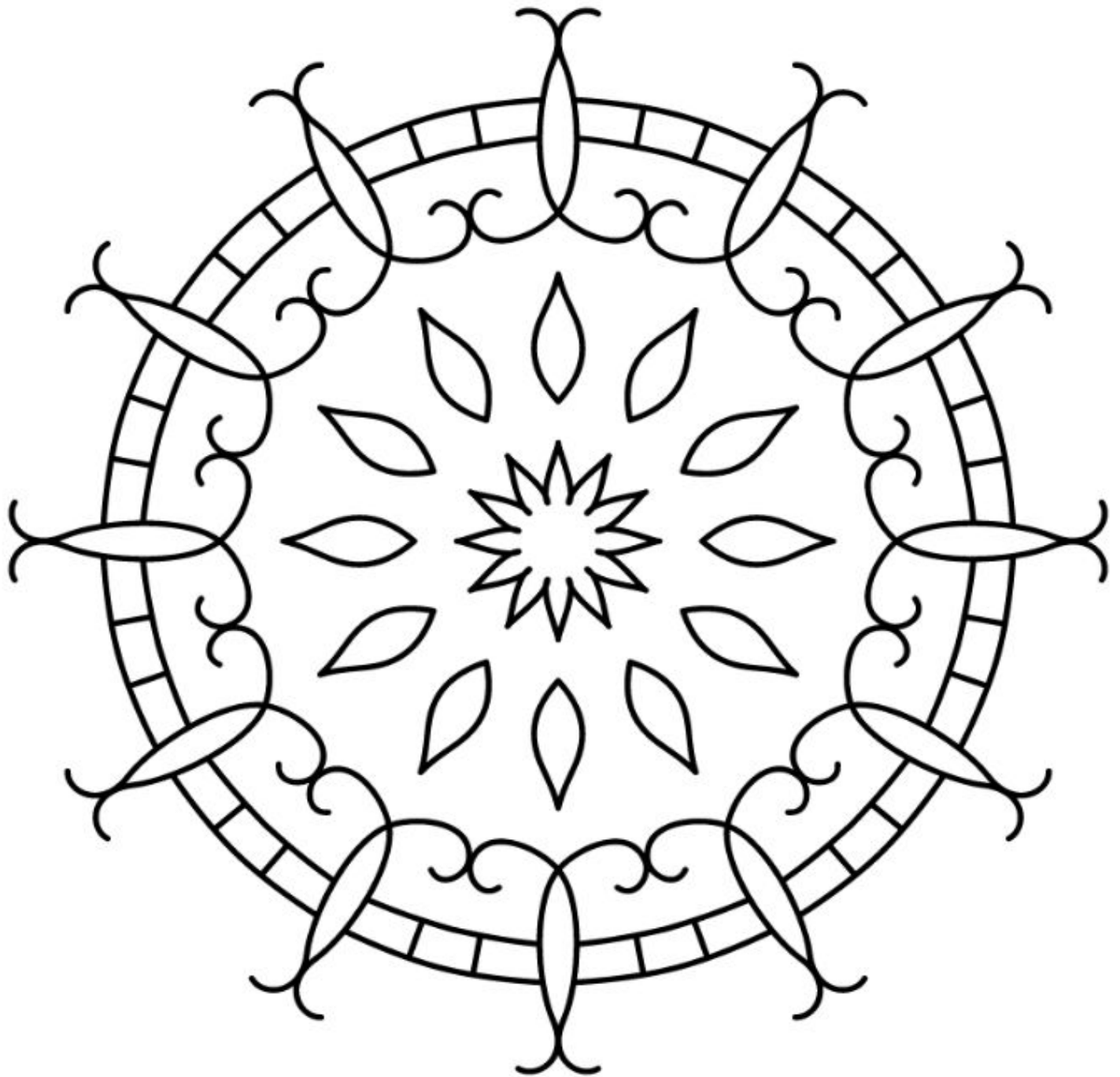
Keep your creation nearby and revisit it when you need inspiration, encouragement, or a reminder to continue connecting with yourself and others.



You are invited to color this mandala to help center your mind and relax your body.



You are invited to color this mandala to help center your mind and relax your body.



# IMAGINATION STATION

This page was made for you to do whatever you want! You can color, doodle, draw or anything else you like. Let your imagination run wild and remember there is no wrong or right way to create!

# IMAGINATION STATION

This page was made for you to do whatever you want! You can color, doodle, draw or anything else you like. Let your imagination run wild and remember there is no wrong or right way to create!

# IMAGINATION STATION

This page was made for you to do whatever you want! You can color, doodle, draw or anything else you like. Let your imagination run wild and remember there is no wrong or right way to create!



# AWBWI art transforming trauma A WINDOW BETWEEN WORLDS

# AVANZA

Developed through a fruitful collaboration between A Window Between Worlds and the AVANZA program at the Lennox School District, this workbook aims to enhance the creative expression and emotional well-being for students and families. This collaboration represents a pioneering effort to incorporate healing art workshops in educational settings in a transformative way.

Our hope is that this workbook serves as an inspiring model for other school districts and organizations seeking innovative ways to support student wellness.

For more resources visit: [AWBW.org/WindowOfTime](https://AWBW.org/WindowOfTime)

