



AT HOME: **Therapeutic** **Art Program**

Exploring Emotions through Art

Due to changing health concerns, All the Feels will be running in YOUR HOME in Term 2.

What is All the Feels Therapeutic Art Program?

An 8 week Program that focuses on a different Emotion and connected Theme each week. This program supports children to increase their ability to understand and manage 'big feelings', self-esteem and relationships through Art. Created and facilitated by Bec Filliponi (accredited mental health social worker).

Session 1 – Happy – sense of belonging

Session 5 – Excited – Body bubble

Session 2 – Anger – co/self-regulation

Session 6 – Scared – body safety and support

Session 3 – Proud – identity and strengths

Session 7 – Mixed Emotions – online safety

Session 4 – Sad – Grief and loss

Session 8 – Worried – Safe places where we live

How will this work?

Step 1: Register your child/ren on Trybooking - <https://www.trybooking.com/BIXAR>

Step 2: You will receive a non-contact delivery of your Pack to your home

Step 3: Each Monday I will do a Facebook Live video to talk about the emotions and theme of the week. I will also do a Facebook Live for the craft activity and a Regulating activity. These videos can be accessed any time from when it is uploaded.

- If you do not have the internet, you will receive paper instructions of activities in your pack.

Step 4: Your child (with your support) will complete the activities in their workbook and the craft activity at home each week.

Step 5: Your child can upload photos of their art activities so they can be part of the group (no photos of children or identifiable factors can be uploaded).

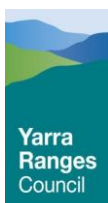
What will be in the All The Feels Packs?:

- 8 individual bags with each week's art activity in them.
- A Workbook with weekly activities
- Parent handouts to support your child with the activities

Cost: \$40 per child. *Please let me know if you have financial difficulties and we can work out a way to make this accessible for your family.*

OPEN TO CHILDREN OVER 6 YEARS & YOUNG PEOPLE LIVING IN THE YARRA RANGES, MAROONDAH AND KNOX (for delivery reasons)

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