



Courageous Kids Create!

Overall aims

This group uses art therapy to help kids creatively express fears and worries in a safe, fun space and learn ways to feel more courageous and confident.

Potential benefits of the group:

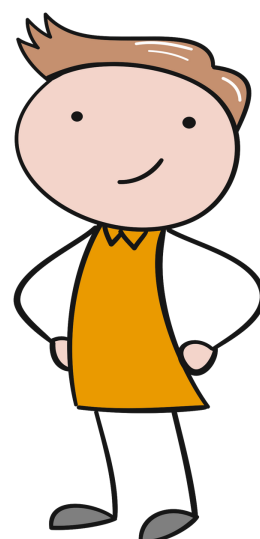
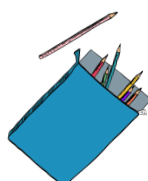
1. Increase sense of belonging: shared experiences and group support may reduce feelings of isolation.
2. Improve communication skills: provide kids with a more direct way to express themselves as the art can be their 'voice' in sharing their experiences. This may be less confronting than traditional therapy and especially helpful if verbal expression is limited or your child is shy.
3. Reduce feelings of stress, worries and fears: being creative can help calm the nervous system and interrupts rumination.
4. Boost self-esteem: from the simple act of creating something.
5. Improve self-awareness and problem-solving techniques

Group goals

- Identifying, exploring and normalising fears and worries
- Finding personalized coping strategies for managing fears and worries
- Practicing being more present (as anxiety is worried about the future)
- Having fun in a group setting!

What to bring

- wear old clothes that can get dirty!



N.B: Kids don't need any artistic skills, just the desire to be arty!