

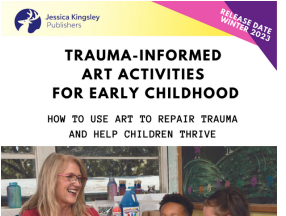


www.CreativePlayLA.com

Preview from:

Trauma-Informed Art Activities for Early Childhood

by Anna Reyner, MA / Publishers release date: Winter 2023



Trauma-Informed Art

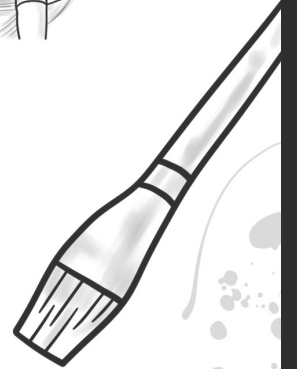
promotes Safety, Connection & Calm

Words are powerful. They shape our beliefs and can help, heal or hinder. The words you use during art-making answer the questions children are asking themselves: "Do you see me? Am I safe here? Do I matter?" These "backpack phrases" can help develop empathy & good habits.



Safety

- I'm here for you.
- You are safe.
- I like helping you.
- What do you need from me?
- I know this is hard. Tell me how you are feeling
- Thank you for trusting me.
- How big is your worry? Can you draw it?



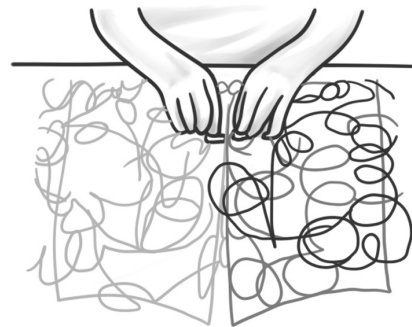
Connection

- How can I help?
- We'll get through this together.
- We make a great team.
- I get scared too, and it's no fun.
- I know this is hard. It's hard for everyone.
- I am proud of you already.
- Let's list all of the people you love.



Calm

- Have you made art about it yet?
- This feeling will pass. I'll stay with you until it does.
- Let's pretend we're blowing up a giant balloon.
- Which breathing exercise do you want to do now?
- Please tell me when 2 minutes have passed by.
- Let's watch our thoughts pass by, together
- You are not alone in how you feel.



**TRAUMA-INFORMED ART = OPEN ENDED ART EXPERIENCES
DELIVERED BY TEACHERS WHOSE FOCUS IS ON
SAFETY, CONNECTION AND CALM.**