

Art with Heart - Chill & Spill



CHILDHAVEN

ART WITH HEART

Art with Heart [Art with Heart](#)

[Art with Heart](#) makes therapeutic books for children and teens using a blended approach that helps children draw, write, and ultimately overcome the hardships they face. Using our books, children are encouraged to engage with their emotions through cognitive behavioral, narrative, and art therapies along with social and emotional learning skills. Art with Heart's evidence-based approach has proven that by completing an entire book, children and teens will learn increasingly about themselves, identifying their support system while building a vocabulary for their emotions.

[Chill & Spill](#) is Art with Heart's book for teens who are reluctant to talk about their feelings. This might mean that they are in crisis or experiencing depression, or it might mean they're stressed out at school and unsure of who to talk to. This sample page is an example of the book's exercises and something you can print out to try with or give to a child. These pages aren't typically offered alone, as the books are designed to guide children through a progressive healing journey. In the page provided, teens who might be reluctant to share aloud are given an opportunity to write about themselves instead. This helps them begin to trust the book and, in turn, the process of expressing themselves on the page.



The best three words to describe me are: _____

_____ I was born on _____ (date) and live in _____ (city). I am not your typical person. I am pretty amazing. There is no one else like me. I am good at _____ and _____. I want to be good at _____ When I am older, I want to be a _____ because _____ If I could meet anyone in history, it would be _____ because _____ Today is: _____ (date).

Artwork by Laura Zeck

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By spending some time alone with their feelings, children may be more willing to approach parents, guardians, or other adults close to them with more

openness later. For that reason, Art with Heart recommends allowing the project to be self-directed, but you can also print two copies and work side by side.

To purchase Chill & Spill or another Art with Heart book, visit artwithheart.org.

[Download a sample page](#)