

I'm going to Art Therapy

A social story for kids



Designed by Gowri Glasson (AThR).
Registered Art Therapist



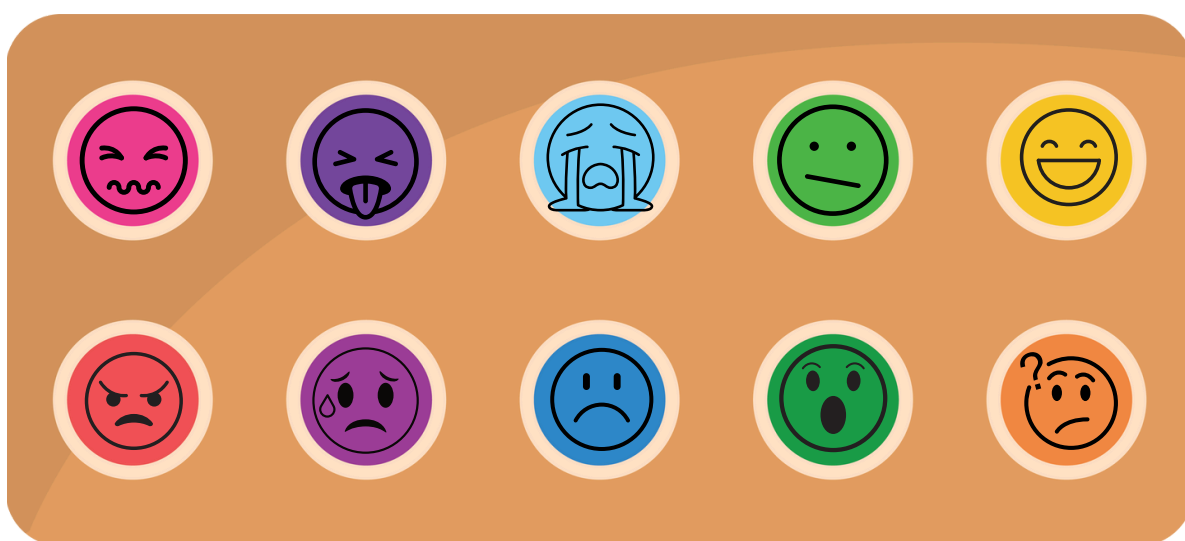
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Sometimes, I feel big feelings like happy, sad, or worried. These feelings can be hard to talk about.



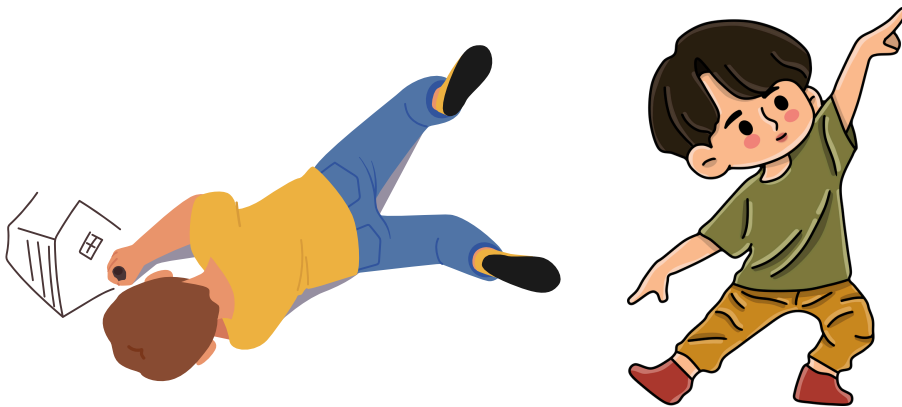
Art therapy is a way to express these feelings.



I can express my feelings creatively.



I can be myself when...
I need to create, move



or rest...



When I can be myself, I can understand
my feelings better!



In art therapy, I can use different materials like paints, crayons, or clay to make pictures and shapes.



I can even make slime!



I can choose what to make and how to make it.



In art therapy, I can also express myself using sound. I can sing, listen to music, or make music!



I don't need to know how to play an instrument, or know the words to a song.



I can write a song about my feelings, or simply dance it away!



Sometimes, my Art Therapist and I can go
for a walk in nature too.



We can forage items from
nature for our creative work...



Or practice breathing and mindfulness .



My Art Therapist will be there to help me.



They won't tell
me what to
draw, how to
sing, or dance.
I am free to
create however
I want!

We may talk about the colours I used, the
shapes I made, my movements or the
music we heard.

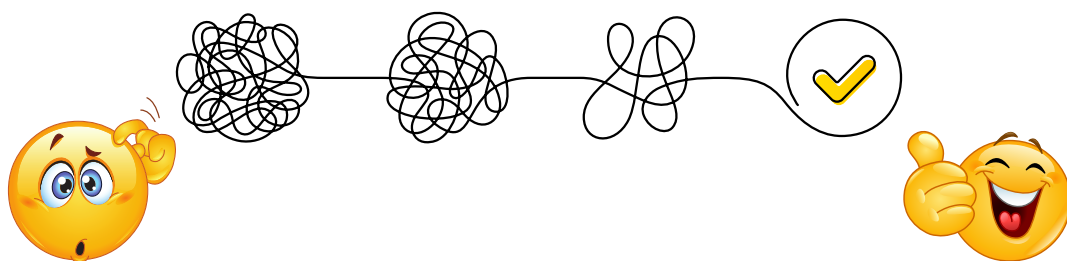


We may talk about interesting things we experienced in being creative.

We may talk about what the picture, music or dance makes me think about.



Little by little, my Art Therapist will help me understand my creative work.

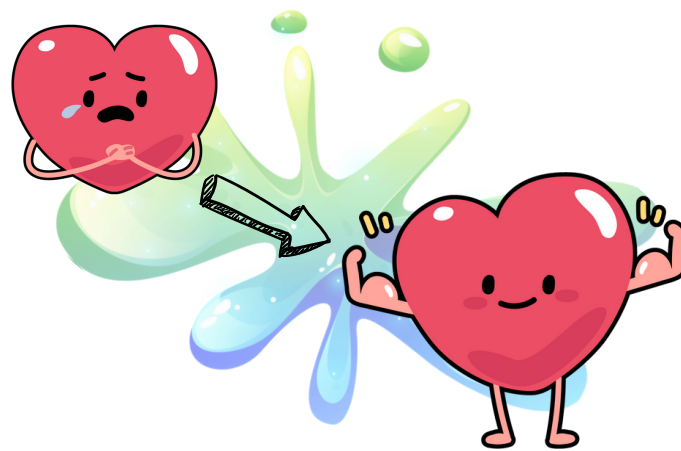


This can help me understand my feelings better.



Art Therapy can help me learn new ways to understand and explore the world around me.

I can learn about my strengths, and how to manage my feelings and challenges.



In Art Therapy, I can express my emotions in creative and meaningful ways.

I can be proud of my creative work, and what it teaches me about myself.



