



# Tranquil Talents Workbook

TRAUMA-INFORMED EXPRESSIVE ARTS

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# Tranquil Talent Directions

The directions for the Tranquil Talent assignments may be found on Sonja Howell's YouTube page. The YouTube link may be found under the Free Video Content link on the Home page at [www.TranquilParenting.com](http://www.TranquilParenting.com).

This workbook is an organized journal for the artwork and a place to journal your thoughts for your Creative Solutions.

Module 1.	Create a Home for your Bear
Module 2.	Good Day vs. Bad Day
Module 3.	Tranquil Tree
Module 4.	Tag
Module 5.	Coping Tools: Choose Your Own Way!
Bonus 1.	Self-Expression with Music
Bonus 1.	Tranquil Place

Module 1.  
Create a Home for your Bear

Module 2.  
Good Day vs. Bad Day

Module 3.  
Tranquil Tree

Module 4.  
Tag

Module 5.  
Coping Tools: Find Your Own Way

Bonus 1.  
Self-Expression with Music



Bonus 2.  
Tranquil Place