Expressive Self Arts & Wellness Youth Pathways

with Sarah Patterson, MS, NBC-HWC
CERASart Expressive Self Coaching

OVERVIEW:

Sarah Patterson is a National Board Certified Health and Wellness Coach, Certified Expressive Arts Practitioner, and graduate-level specialist in Mental Health and Wellness. The Expressive Self Arts & Wellness Youth Pathways is a creative, process-based program designed to support adolescent development through visual arts and transformational social-emotional learning.

Created in response to the evolving needs of today's middle and high school aged students, this pathway provides structured opportunities for self-expression, emotional regulation, resilience-building, and peer connection. Students engage in accessible and relevant expressive art experiences that require no prior artistic skill, emphasizing reflection, identity exploration, and personal meaning.

Coursework is offered in a synchronous online format, with select in-person studio sessions (approximately 25%) hosted at a regional paint studio in the Inland Empire.

Aligned with the California State Visual Arts Content Standards and Transformational SEL competencies, students explore the intersection of creativity, neuroscience, positive psychology, and wellness while developing both authentic self-expression and lifelong wellness strategies.

Each course includes supplemental reading to allow for deeper learning. While not required, the supplemental reading supports learners on a trajectory for advanced learning in the medical profession, allied health and behavioral health industries, public health and application for personal wellbeing.

Cancellation & Refund Policy

- **Full Refund:** A full refund is available if the student cancels registration at least 14 days (two weeks) before the pathway start date.
- **Partial Refund:** If the student cancels registration within 14 days (two weeks) of the pathway start date, a 50% refund will be issued.
- **No Refund After Start Date:** Once the pathway has begun, **no refunds will be provided**, including for missed classes or early withdrawal.
- This policy applies to all learners, whether tuition is paid through **Charter Funds (PO)** or **private payment**.

Pathway Registration, Scheduling & Provider Policies

- Registration is handled through a Google Form, accessible on website:

  https://expressiveselfcoaching.com/education

- Sarah Patterson (Community Provider), owner of **CERASart Expressive Self Coaching** and facilitator of all **Expressive Self Arts & Wellness Youth Pathways** coursework, will cancel a pathway **only if minimum enrollment requirements are not met**. *See individual Pathways to learn minimum requirements.*
- The Community Provider will provide a schedule of semester-based calendar of available pathways, including dates of coordinated **on-site/in-person** offerings when applicable. This is accessible on website:

  https://expressiveselfcoaching.com/education

- The Community Provider does **not** offer prorated fee structures, refunds for missed sessions, or make-up dates/courses.

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Arts & Wellness - Introduction | $180 per student

4-Week Introduction Course; available for Middle School Students, grade 8 and High School Students grades 9 - 12; serves as a prerequisite for High School 8-week and/or 12-week pathways. Weekly courses are hosted on ZOOM, 60-minutes in duration; offered synchronously, and pre-recorded weekly video summaries are made available to registered students who cannot attend live.

> *Through project-based exploration, students develop self-awareness, emotional regulation, empathy, and collaborative skills, establishing a strong foundation for future high school pathways. The course nurtures identity, agency, and a sense of belonging while fostering critical thinking, reflection, and communication through the lens of both art and personal growth.*

Introduction Coursework, by Week:

1-Expressive Self Portrait

Experience expressive art as a tool for building emotional intelligence. Students will become familiar with Expressive Self Arts & Wellness pathways and gain access to curated tools and resources, participation rubrics, and suggested supplies.

Project-Based Learning: Self Portrait, Deconstructed

2-Dimensions of Wellness

Students are introduced to the dimensions of wellness, social drivers of health, foundations of humanistic expressive arts, and a brief history of the wellness industry.

Project-Based Learning: Illness–Wellness Continuum, Reconstructed

3-FLOW

Explore key ideas from positive psychology and neuroarts. Using concepts like Flow and the PERMA model, students will learn creative tools to support emotional well-being.

Project-Based Learning: Mindfulness Circle Art

4-Somatic Wisdom

Students explore how the brain supports emotional regulation, physical wellness, and body awareness through somatic experiencing. The course introduces the term interoception.

Project-Based Learning: Bilateral Drawing

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Arts & Wellness - Introduction | COURSE REQUIREMENTS:

- Arts & Wellness Introduction course is offered twice a semester and is a prerequisite for the high school pathways A and/or B.

- Please indicate on Purchase Order with Charter School which Arts & Wellness Introduction course student will attend noting the time/date offering.

- Arts & Wellness Introduction course will be cancelled by Sarah Patterson if minimum enrollment is not met 1-week prior to start of course. **Minimum enrollment for Arts & Wellness Introduction course is 4 students**.

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Arts & Wellness | 8-Week HS Pathway | $425

8-Week Pathway, for high school students, grades 9 - 12; learners develop a practice of creativity for emotional intelligence. Weekly courses are 60-minutes in duration; offered synchronously. On-site/in-person courses are 90-minutes in duration. Pre-recorded video summary are made available to registered students who cannot attend either virtual or on-site/in-person courses. **Prerequisite: *Arts & Wellness Introduction*.**

> *This 8-week course engages students in standards-aligned visual arts learning that emphasizes both artistic practice and transformative social-emotional development. Drawing on California's Visual Arts content strands–such as creative expression, artistic perception, aesthetic valuing, and connections to other disciplines–students use a variety of media and expressive processes to communicate meaning, explore self, and respond to complex ideas and experiences through original work. Students will also develop transformative SEL competencies including self-awareness, social awareness, agency, relational skills, and responsible decision-making as they deepen understanding of identity, belonging, resilience, and emotional regulation, grounding these skills in creative art-making and reflective dialogue. The curriculum fosters inclusive, equitable learning environments where students connect artistic processes to personal and community well-being, build capacity for emotional regulation and perspective-taking, and apply creative and social insights to real-world contexts.*

PATHWAY A, CURRICULUM by WEEK:

1-Nervous System Regulation, Part 1
Explore the stress cycle, define the Window of Tolerance, and learn methods that foster self-authority for emotional regulation.

Project-Based Learning: Neural Flow: Your Brain on Art

2-Nervous System Regulation, Part 2 *(on-site, 90 minutes)*
Examine disaster–both natural and human-made–by exploring the phases of disaster and their impact on the nervous system.

Project-Based Learning: Crisis to Connection

3-Environmental Wellbeing
Define environmental well-being and explore its varied applications and impact on personal and collective health.

Project-Based Learning: Watercolor for Wellbeing: The Forest Through the Trees

4-Emotional Wellbeing
Explore internal dualities that shape identity, self-awareness, and perspective-taking.

Project-Based Learning: Portrait Dualities

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5-Social Wellbeing *(on-site, 90 minutes)*
Examine value formation and identify individual strengths through assessment and inquiry. Students will create a visual illustration using nature as a metaphor.

Project-Based Learning: Rooted Values

6-Pathway Debrief
An open discussion will take place through the sharing of created works, personal experiences, and reflections on impact. Emphasis is placed on future applications and ongoing idea exchange.

7-Somatic Light
Explore frameworks that develop sensory awareness and foster self-reflection through the lens of varied emotional states.

Project-Based Learning: Designed for Resilience

8-Moving Beyond
Become familiar with the Kübler-Ross Five Stages of Grief and explore thought formation related to emotional healing, reconciliation, and self-compassion.

Project-Based Learning: Student-Selected Open Forum

PATHWAY REQUIREMENTS:

Offered at once per semester cycle. Content is repeated, thus a student who enrolls in the 8-week Pathway, and desires to continue with learning, would not enroll again in the 8-week Pathway, but rather enroll in the 12-week Pathway, either concurrently or at a later start date, to maximize project based learning and exposure to the field of arts and wellness.

Registration is handled through a Google Form, accessible on website:
https://expressiveselfcoaching.com/education

PAYMENT:

CHARTER SCHOOLS:

- Please indicate on Purchase Order with Charter School which 8-week High School Pathway, student will attend noting the time/date offering.
- Requires one-time PO payment of $425, per student, and must be received within a net-30 of course completion, or end of semester, which ever is sooner.

NON-CHARTER SCHOOLS:

- Requires one-time payment of $425, per student, at time of registration, paid in full before start date of pathway. Link for payment is indicated on Google Form Registration.

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Minimum enrollment for 8-Week HS Pathway is 6 students. Maximum enrollment for 8-Week HS Pathway is 25 students.

On-Site, In-Person Learning:

- *8-Week HS Pathway includes two in-person/on-site class gatherings, to be held at regional paint studio,* ***Purple Easel Paint Studio, located at 880 Rochester Ave, Suite B, Ontario, CA****. While it is not required to attend, there is no refund for student not able to attend in-person experience. Course fee includes costs associated with in-person experiences to include all materials, supplies and studio space. Students who do not attend in-person experiences will be provided with a pre-recorded video summary of project based learning to complete as self-study. On-site course dates will be posted at start of Pathway.*

Course Meeting Time:

- On-Site, In-person courses are offered at a different time than the on-line weekly courses. In-person courses are 90 minutes in duration.

Drop Off/Pick Up:

- Students may be dropped off or if driving, can park in Purple Easel parking lot, up to 20 minutes prior to start of on-site, in-person course. Students must leave with approved parent/guardian or if driving, leave independently within 20 minutes of on-site, in-person learning dismissal.

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Arts & Wellness | 12-Week HS Pathway | $640

12-Week Pathway, for high school students, grades 9 - 12; learners develop a practice of creativity for emotional intelligence. Weekly courses are 60-minutes in duration; offered synchronously. On-site/in-person courses are 90-minutes in duration. Pre-recorded video summary are made available to registered students who cannot attend either virtual or on-site/in-person courses. **Prerequisite: *Arts & Wellness Introduction.***

> *This 12-week course is aligned with California's Visual Arts content standards for high school, emphasizing creative expression, artistic perception, responding, and connecting across disciplines. Students use a variety of visual and expressive art forms to generate original work, communicate ideas, analyze meaning, and apply artistic processes to personal, social, and community contexts. Through reflective art-making and collaborative dialogue, the curriculum supports Transformative Social Emotional Learning (T-SEL) by fostering self-awareness, social awareness, empathy, agency, and relational skills. Students examine identity, belonging, emotional regulation, and community voice while engaging in equitable, inclusive learning practices that connect creativity to wellbeing, civic understanding, and future career exploration. Art becomes both a medium for personal expression and a tool for social connection, resilience, and purposeful action.*

PATHWAY, CURRICULUM by WEEK:

1-Nervous System Regulation, Part 1
Explore the field of neuroarts and current research supporting creativity as a tool for emotional well-being.
Project-Based Learning: Blackout Poetry

2-Nervous System Regulation, Part 2 *(on-site, 90 minutes)*
Engage in kinesthetic practices that support emotional release and physical wellness through movement-based exploration.
Project-Based Learning: Body Mapping Through Bilateral Movement

3-Space Between Us
Examine intra- and interpersonal relationships within family dynamics, social circles, and community using color theory as a visual metaphor.
Project-Based Learning: Relational Wheel

4-Emotional Wellbeing
Explore the power of language and its impact on identity formation through the lens of generational labels and self-definition.
Project-Based Learning: Acrostic Alchemy

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5-Co-Regulation

Investigate mirror neurons, empathy, and human connection through creative activation and collaborative reflection.

Project-Based Learning: Watercolor: Board of Directors

6-Pathway Debrief

Participate in open group discussion through the sharing of created works, personal experiences, and reflections on impact, with emphasis on future applications and ongoing idea exchange.

7-Voices of Expression *(on-site, 90-minutes)*

Learn how creativity builds community, amplifies marginalized voices, and serves as a tool for expression and resilience in times of conflict.

Project-Based Learning: Street Art Expression

8-Mindfulness

Explore differences between manifestation, mindfulness, and meditation, with emphasis on sustained attention and present-moment awareness.

Project-Based Learning: Anatomy of Attention Through Journaling

9-Meditation

Examine various meditation modalities, best practices, and the role of consistency from the perspective of brain development and well-being.

Project-Based Learning: Body Talks Meditation

10-Future in Wellness

Explore careers within the wellness industry, including current trends, pathways of study, and practical next steps for future engagement.

11-Manifestation, Part 1

Investigate the science of manifestation, exploring its origins and current research related to visualization and change.

Project-Based Learning: Art of Mental Clarity – Stage One

12-Manifestation, Part 2 *(on-site, 90 min)*

Discuss stages of behavior change, SMART goal formation, and motivational factors that support personal visioning and growth.

Project-Based Learning: Vision Board – Stage Two

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PATHWAY REQUIREMENTS:

This 12-week High School Pathway, is offered once in one semester cycle (with an initial launch in Spring 2027). Content is new, and not a repeat of any previous Arts & Wellness courses. This pathway can be taken in tandem with the Arts & Wellness 8-Week HS Pathway, in lieu of the 8-Week HS Pathway, or taken first before taking the 8-Week HS Pathway. Course content is new and not a repeat from any course content found in the Introduction Pathway or the 8-Week HS Pathway..

Registration is handled through a Google Form, accessible on website:
https://expressiveselfcoaching.com/education

PAYMENT:

CHARTER SCHOOLS:

- Please indicate student is attending the 12-week Pathway on Purchase Order with Charter School.
- Requires one-time PO payment of $640, per student, and must be received within a net-30 of course completion, or end of semester, which ever is sooner.

NON-CHARTER SCHOOLS:

- Requires one-time payment of $640, per student, at time of registration, paid in full before start date of pathway. Link for payment is indicated on Google Form Registration.

Minimum enrollment for 12-Week HS Pathway is 6 students. Maximum enrollment for 12-Week HS Pathway is 25 students.

On-Site, In-Person Learning:

- *12-Week HS Pathway includes three in-person/on-site class gatherings, to be held at regional paint studio,* ***Purple Easel Paint Studio, located at 880 Rochester Ave, Suite B, Ontario, CA****. While it is not required to attend, there is no refund for student not able to attend in-person experience. Course fee includes costs associated with in-person experiences to include all materials, supplies and studio space. Students who do not attend in-person experiences will be provided with a pre-recorded video summary of project based learning to complete as self-study. On-site course dates will be posted at start of Pathway.*

Course Meeting Time:

- On-Site, In-person courses are offered at a different time than the on-line weekly courses. In-person courses are 90 minutes in duration.

Drop Off/Pick Up:

- Students may be dropped off or if driving, can park in Purple Easel parking lot, up to 20 minutes prior to start of on-site, in-person course. Students must leave with approved parent/guardian or if driving, leave independently within 20 minutes of on-site, in-person learning dismissal.

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Arts & Wellness Portfolio | HS Pathway Final $220

4-week focused engagement for high school students, grades 10-12, who have completed the Arts & Wellness Introduction and a minimum of one HS Pathway, either the 8 or 12-Week Pathway. Students will create a digital portfolio of expressive art projects completed during pathway experience; suitable for use as supplemental content for college application/scholarship opportunity.

Week 1, 2 & 3 are 30-minutes; final Week 4 is a 1:1, 60-minute coaching session with Sarah Patterson.

PORTFOLIO CURRICULUM by WEEK:

1-Portfolio Value
Define portfolio purpose through examination of pathway experience; strategize methods to articulate collection for target audience impact-scholarship, college application and/or job.

2-Supporting the Work
Secure evidence based research and literary context complete with MLA citations to support artist statement and personal narrative. Examine additional supports for portfolio design.

3-Presenting the Work
Examine structures of storytelling; develop personal style for presenting body of work; detail voice projection, body awareness, self presentation and ways to counter anticipatory anxiety.

4-Coaching
1:1 session with Sarah Patterson to clarify and practice presentation; explore imposter syndrome, barriers, strengths and steps for what is next and complete program evaluation.

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PORTFOLIO REQUIREMENTS:

Registration is handled through a Google Form, accessible on website:
https://expressiveselfcoaching.com/education

PAYMENT:

CHARTER SCHOOLS:

- Please indicate student is attending the Arts & Wellness Portfolio on Purchase Order with Charter School.
- Requires one-time PO payment of $220, per student, and must be received within a net-30 of course completion, or end of semester, which ever is sooner.

NON-CHARTER SCHOOLS:

- Requires one-time payment of $220, per student, at time of registration, paid in full before start date of portfolio. Link for payment is indicated on Google Form Registration.

No minimum or maximum enrollment for Wellness Portfolio.

Coaching, the Last Session:

Final course of four is to be scheduled directly with Sarah Patterson, as a 1:1, 60-minute high value engagement. Student must schedule within one month of completing first three weeks, or by end of student semester; whichever comes first.

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