

Art after Trauma

FOR LOS ANGELES TEACHERS & COUNSELORS

This PDF was created for you to have some calming nature-theme coloring pages to print to use with your students in the coming months. We also created a brand new expressive art book that includes both coloring pages and reflective prompts for personal enrichment and social emotional wellness that we hope to print and get to you very soon. This small PDF is something we can offer until we can get the full expressive art books printed.

ART AFTER TRAUMA - When children and youth are experiencing something traumatic, they find it difficult to talk about what they are feeling. Creativity allows for a safe way for them to express their emotions and gives you a window in their heart and how to meet them where they are.

REGULATING THE NERVOUS SYSTEM - Coloring helps us regulate our nervous system. It is also known that spending time in nature has a powerful way of balancing our natural rhythm and helping us feel calm, grounded and regulated. This is why all of our coloring pages are focused on the beauty of nature.

HOW TO USE THE COLORING PAGES - Teachers often use the coloring pages for a soft start to the day to calm the students minds and give them space to process what they are feeling. Counselors can use them for art therapy and go a deeper with intentional questions and connection. A simple way to start is to ask the students to color their picture with colors that are meaningful to them. After they color the picture, ask them to turn the page over and use the blank space to draw a picture of how they are feeling and to include some words with it. All of this creativity will give you as a leader a window into how each student is doing. Pay attention to the colors they are choosing and what they express on the back page. As they have space to express themselves, as a leader, continue to guide them with your wisdom to help them self-regulate, breathe and start to feel safe in the present moment. All this can be used for K-12 as you will easily be able to adapt it for each level.

*The first coloring page has a reflection activity to go along with it titled, Kindness.

Testimonies from schools we have helped who also experienced devastating fires:

"The Maui Youth and Family Services School-Based Counselors who work in the schools are all invested in the well-being of our youth and how we can help them with their journey of hope, healing, and growth after the devastating fires that we have experienced. Mahalo for creating such a helpful and beautiful counseling tool that we can use with our students for social emotional wellness, trauma care and prosocial skills development. These resources have enriched our program participants' journey of healing in this difficult time."

Heather Long - School-Based Counselor - Baldwin High School
Maui Hawaii

"We are so grateful for your donation of Discovery Art for Youth expressive art coloring activity books! These coloring books supported our students after the traumatic Marshall Fires that blazed through our community destroying over 1,000 homes. Students came back to school all needing something different to begin their healing process. These books provided a safe way for students to use creativity to process their turbulent emotions and discover how to regulate their hearts. We are looking forward to using these books each year for social emotional wellness, building confidence and self-esteem, goal setting and helping children reach their full-potential."

Molly Kobus - School Counselor - Fireside Elementary
Boulder, Colorado

DiscoveryArtforYouth.org

KINDNESS

COLORING PAGE & REFLECTION

There are times in our lives when we may experience a very difficult tragedy or experience. One of the ways we gain strength, courage and hope to get through it is by the kindness of other people coming together to support each other.

Who has brought kindness into your life? Think about those who have positively impacted your life and added value to it simply by being kind. It may be family members, friends, teachers, mentors, doctors, role models and other people who have crossed your path. Write down their names and how their kindness impacted your life.

Think about one person you can show grace and kindness to today. Who is it, and how can you show kindness to them expressed with tenderness?

Have fun coloring the picture by choosing colors that bring your art to life. *Sea Otter

EXPRESS YOURSELF

Use the blank space below for more room to answer the questions above, express your thoughts and feelings or draw a picture of your own that represents how you show kindness to others.

GROUP * COMMUNITY * FAMILY ENGAGEMENT

Question to discuss if doing this as a group or family activity:

Who has impacted your life by showing kindness? How was their kindness meaningful to you?





















