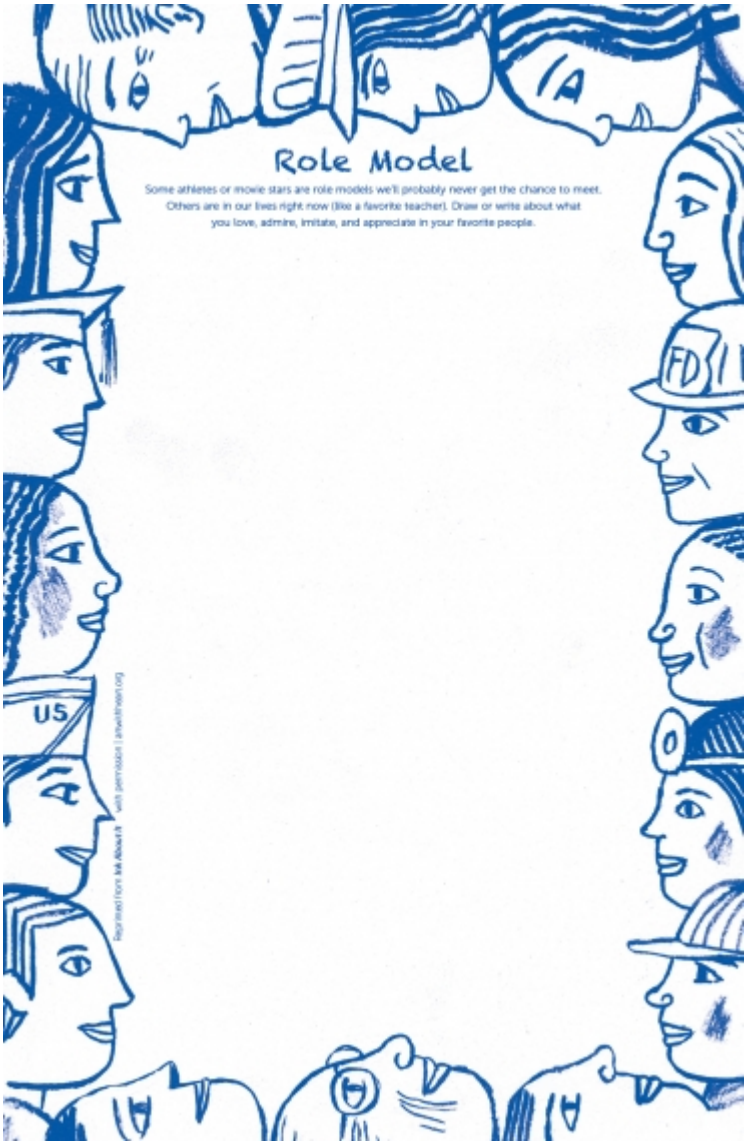
Art With Heart - Ink About It

*Created By **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.



Ink About It is Art with Heart's book for teen and tweens in transition. For some, that might mean changes at school or bigger transitions like divorce or the loss of a loved one. 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. Youth in this age range are constantly thinking about who they want to be and who they look up to, so a page like this one helps them actively consider what attributes are important to them and why.

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 Ink About It or another Art with Heart book, visit artwithheart.org.

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