



The Arts, Education & Student Wellness

- *Support the Mind, Body & Spirit of each student
- *Foster Mindfulness
- *Develop Self-Regulation
- *Build Student Unity
- *Grow Compassion, Empathy & Respect

Informational Presentations, Workshops & Residency Programs

The Arts, Education & Student Wellness: (1 hour, \$100)

We connect the benefits of arts in education and how arts support the mind, body, and spirit of each student. In a society with high demands of measurement and success, the arts play an integral role in the well being of students while simultaneously supporting academic success in a variety of ways. This presentation provides examples of arts activities designed to foster a positive school climate, an energized classroom, and to support the emotional wellness of each student. This overview is easily adapted for teachers, school administrators and parent groups.

Expressive Arts and the Art of Self-Regulation: (90 minutes, \$150)

What is "self-regulation" and what does it have to do with expressive arts in a learning environment? Join our child mental health specialist to explore the brain science of why art experiences are so critical to mental health and learning. This workshop offers hands-on techniques that incorporate rhythm, movement, and creativity to increase a child's ability to stay focused, and feel good throughout their day.

The Fab Five: (3 hour \$300)

The Fab Five workshop is a hands-on, interactive workshop for teachers exploring arts activities for the classroom. Teachers will experience activities in 5 different art forms: drama, music, dance, writing, and visual art. Participants leave with a toolkit of ideas ready for immediate implementation in the classroom. Activities can be adapted for any age and any classroom.

Residency Programs: (fees designed on the needs of your individualized program)

Short Term Residency Programs are available as day visits or week long programs providing classroom arts activities for students. Through a variety of art forms, activities are specifically designed for fostering mindfulness, growing self esteem, building relationships and increasing respect in the classroom.

Long Term Residency Programs are available as 3 month or 1 year partnerships. These programs are designed to fit the needs of each school, with bi weekly or monthly on site support assisting teachers with the implementation of arts activities in the classroom. We work closely with teachers and school administration to create and assist the development of programming coordinated with school needs and specific curriculum subjects.

**For more information please contact: Enspire Arts Program & Outreach Coordinator
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