

Using **ART** in Your School Counseling Program

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Education Program Specialist

February 17, 2016

Benefits of



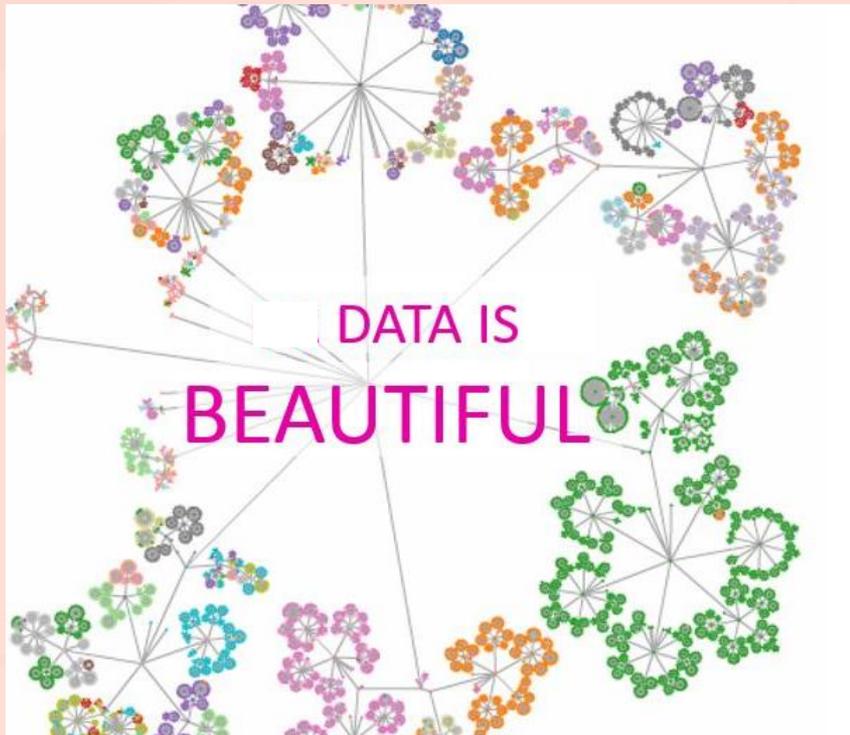
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- Research suggests that the process of creating art has many benefits for students, including improvements in:
 - concentration
 - motivation
 - behavior
 - social skills
 - cooperation
 - coping skills
 - coping skills
 - self-esteem
 - communication
 - critical thinking
 - self-discipline
 - stress reduction
 - problem-solving

Using **ART** for Data Collection



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- Having students create art pieces in a follow up sessions as a comparison to the session before is a good way to assess how students are coping.



Limitations



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- Handle situations responsibly and ethically. Know your limits.
- Make sure the process of creating art is not stressful for the student.
- Be aware of possible student and parent misconceptions about art.
- Allow for creativity, not cut and paste type activities.
- Recognize that various materials may elicit different emotional responses.
- Be aware of own projections.

Georgia Department of Education

Sample



Activities

Academic Domain

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- Provide an underachieving student with old magazines to make a collage of the things he or she does well. Relate the student's strengths to school subjects.

- **STUDY SKILLS:**

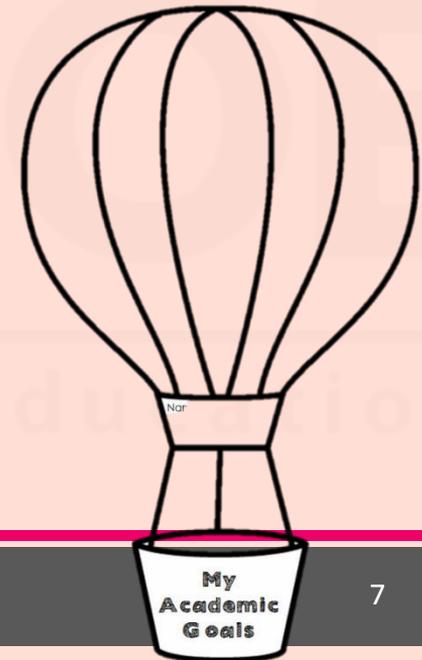
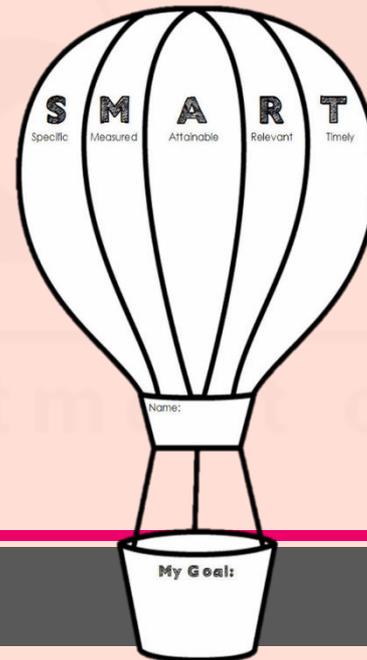
- Draw an ideal study area
- Have a group of students actually create a model study place.
- Follow Up: Have students bring in a picture of their study area (DATA)

- [Test Taking Tips Foldable](#)



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- **GOAL SETTING:**
- "Setting Goals & Soaring High"
- "Going Places with Goals"
- "Our Goals: Achieving New Heights"
- Identify goals for students based on grade level.
- When student meets that goal, student can color in that stripe on the hot air balloon.
- For older students, have them set SMART Goals.



Sample Activities

Careers Domain

Georgia Department of Education

- Design the Career Cluster
- Have students create a diagram similar to below that will list careers related to a particular career cluster.



- Have students interview a person in a career of interest. Then ask students to create a visually appealing brochure to encourage others to pursue that career. This can be accomplished with art media or a computer graphics program (if available).
- **FAMILY INVOLVEMENT:** Have students interview family members about jobs they have held as well as their “dream jobs.” Using the information gathered, ask students to create a career family tree on a poster using assorted art materials (markers, string, magazine cutouts and so on).

First Grade

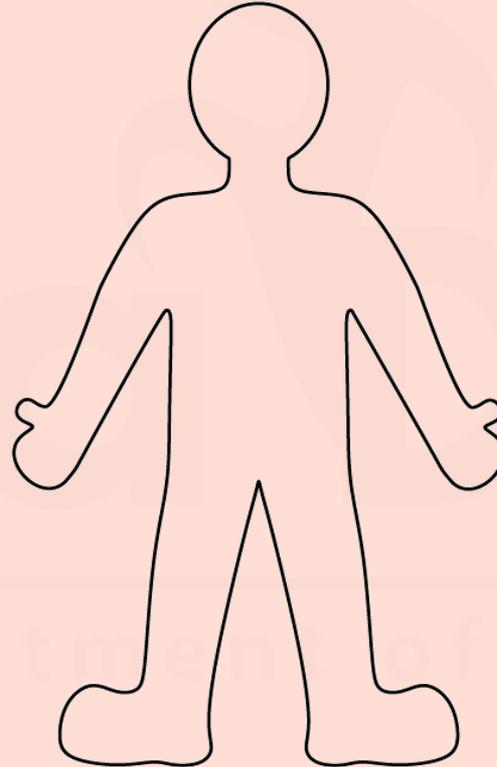


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- Have students create a bumper sticker with their favorite animal.
- Floral designer occupation: students create their own floral arrangement. The arrangement and vase must be creative and colorful.
- [Outdoor Scavenger Hunt](#)

- Have students create a character doll with uniforms



- [Transportation Crafts](#)
- [More transportation crafts](#)

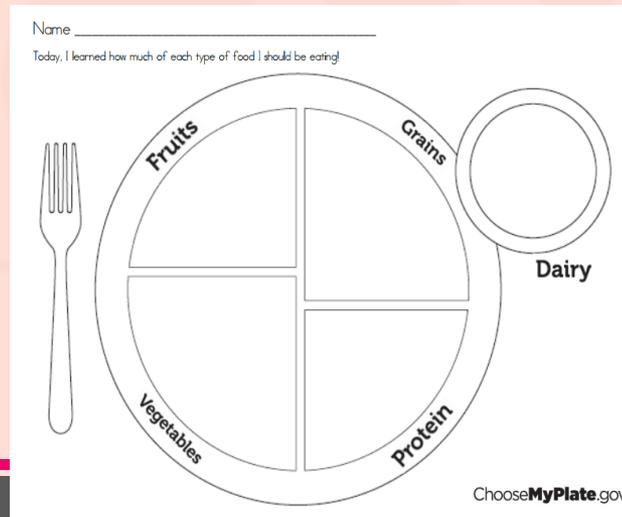
Second Grade



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- Using disposable cameras, have students take pictures, print them out, and create a "museum" gallery.
- After discussing careers in animation, students must draw their own comic strip.

- After discussing careers in nutrition, students must illustrate a healthy meal using items from each of the food groups.
- Have students draw an x-ray.



Not listed is the
Education and
Training cluster.

Third Grade



- Make cards to send to a nursing home.



- Look at travel brochures; have the students plan a trip.
- Students create their own travel brochures.

Not listed is Energy cluster.

Fourth Grade



- Have students research a business and create business cards.



- Build paper furniture.
Create new packaging for a popular product.



- Let the students design a bridge.
- Have the students create paper mache' planets to hang around the classroom.



- Draw a map of the classroom, family home or dream home.

Fifth Grade



- Bring in grocery store flyers as examples and have students create their own.
- Create a new advertisement or logo of an already existing product.



- Have the kids design simple computer games.
- [Create an emoji.](#)

- Pick a street in your town and create a new design/plan for it.



- Design school bucks that can be used for school wide incentives
- Moneygami

Sample **ART** Activities

Social-Emotional Domain

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EMOTIONS

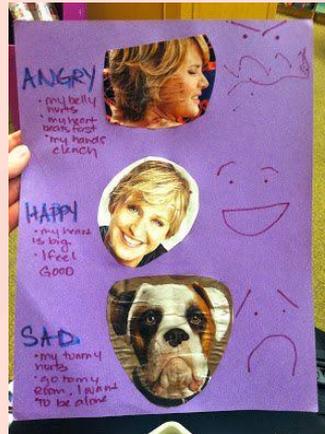
- **Collage a heart.** Collage your childhood memories in a heart formation.
- **Attach a drawing or message to a balloon.** Send away negative emotions or spread positive ones by attaching a note or drawing to a balloon and setting it free.

- [Emotional Stress Balls](#)



- [Stress Balls DIY](#)

- [Another Stress Ball DIY](#)



RELAXATION



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- **Relaxation Stones.**

- Gather small smooth stones kids could use as a calming fidget.
- Using acrylic paints, have them paint designs or a picture of something they find calming on a stone of their choosing.
- After stones have dried, spray them with a clear gloss to protect the paint job.



Using



Play Doh



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- **Expressing Emotions:**

- Have children create a person out of playdoh.
- Talk about different emotions such as anger, fear, frustration, anxiousness, sadness, etc.
- Ask children to think of a time when you felt a certain feeling.
- For each feeling, have the student place a different color of playdoh on the place in their body where they felt that emotion (ex. placing blue playdoh on the figure's stomach if the child's stomach hurts when they were anxious).

- **Playdoh Personalities:** Have children create an animal that they believe has the same "personality" as their own. After child has created the animal, discuss why they think the animal's personality is like their personality.

- **Relaxation:** Giving kids playdoh to fidget with can help them relax! Playdoh can also help kids to "open up" and feel more comfortable to talk! Playdoh is something that most kids are familiar with, and can help them feel safe and in control.
- **Anger release:** You can encourage the child to say something he/she is angry about and then allow them to "smash" the playdoh as a way to release their anger. It may be beneficial to talk about the difference in "hitting" playdoh versus hitting others so that the child understands appropriate and inappropriate behaviors when expressing emotions.

Happiness



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- **Make a collage related to a quote you like.** Take the words of wisdom from someone else and turn them into something visually inspiring.
- **Collage your vision of a perfect day.** Think about what constitutes a perfect day to you and collage it. What about this collage can you make happen today?
- **Take photographs of things you think are beautiful.** No one else has to like them but you. Print and frame them to have constant reminders of the beautiful things in life.
- Draw a Comic Strip Having students remember something that made them laugh is good for reducing anxiety. Have kids draw a comic strip about a funny moment in their lives.
- Blank Comic Strip
- Create an emoji

A.B.C:

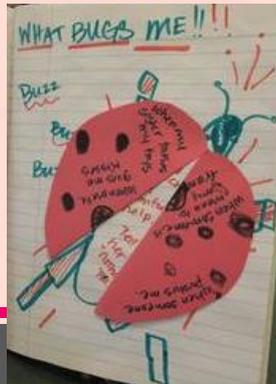
Art, Books, Counseling



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- [A Book and A Craft](#)
- [School Counseling Books and Activities](#) (Pinterest)
- [Julia Cook Social Skills Books and Lesson Plans](#)
- [Arlo Needs Glasses, Beautiful Oops!](#)
- [More about Beautiful Oops!](#)
- [Must Have Books for School Counseling](#)
- In a nutshell, whatever books you are using in your lessons with students, determine what type of art activities you can do to engage the students related to the theme of the book.

The Grouchy Ladybug
by Eric Carle



- *What bugs me*
- [Ladybug Crafts](#)



All Levels



Using Movies & Music
in Your School
Counseling Program

2:00 PM

Elementary



Understanding the
Counselor's Role in
Crisis Situations
(Primarily For New Counselors)

2:00 PM



5th Grade Portfolios
Best Practices

2:00 PM

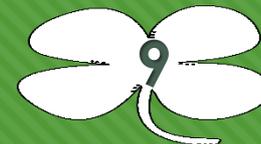
Middle



Early College
Awareness Initiatives
(Primarily For New Counselors)

11:00 AM

High



Implementing a
College
Admissions Boot
Camp Program

11:00 AM

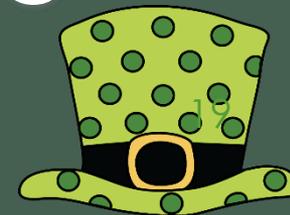
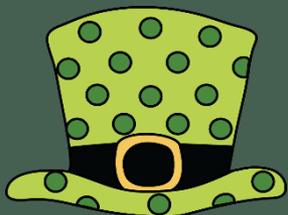


Academic
Achievement
Initiatives
(Primarily For New Counselors)

11:00 AM

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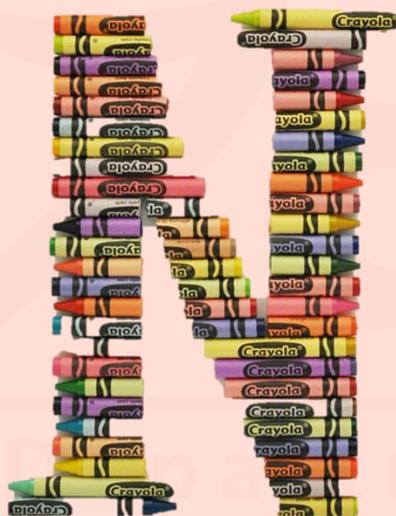




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<http://www.dltk-kids.com/>



Pinterest

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