



ART WITH HEART

Activity Book

Dear Artists,



MY NAME IS SAFIYA, AND I MADE THIS BOOK FOR YOU! I HAVE ALWAYS LOVED ART NOT JUST BECAUSE IT'S FUN, BUT BECAUSE IT CAN BE USED TO SHARE YOUR IDEAS, THOUGHTS, AND EMOTIONS.

ART IS IMPORTANT TO SO MANY PEOPLE JUST FOR THIS REASON. UNDERSTANDING OUR EMOTIONS CAN HELP US SOLVE PROBLEMS AND BECOME MORE COMFORTABLE COMMUNICATING HOW WE FEEL.

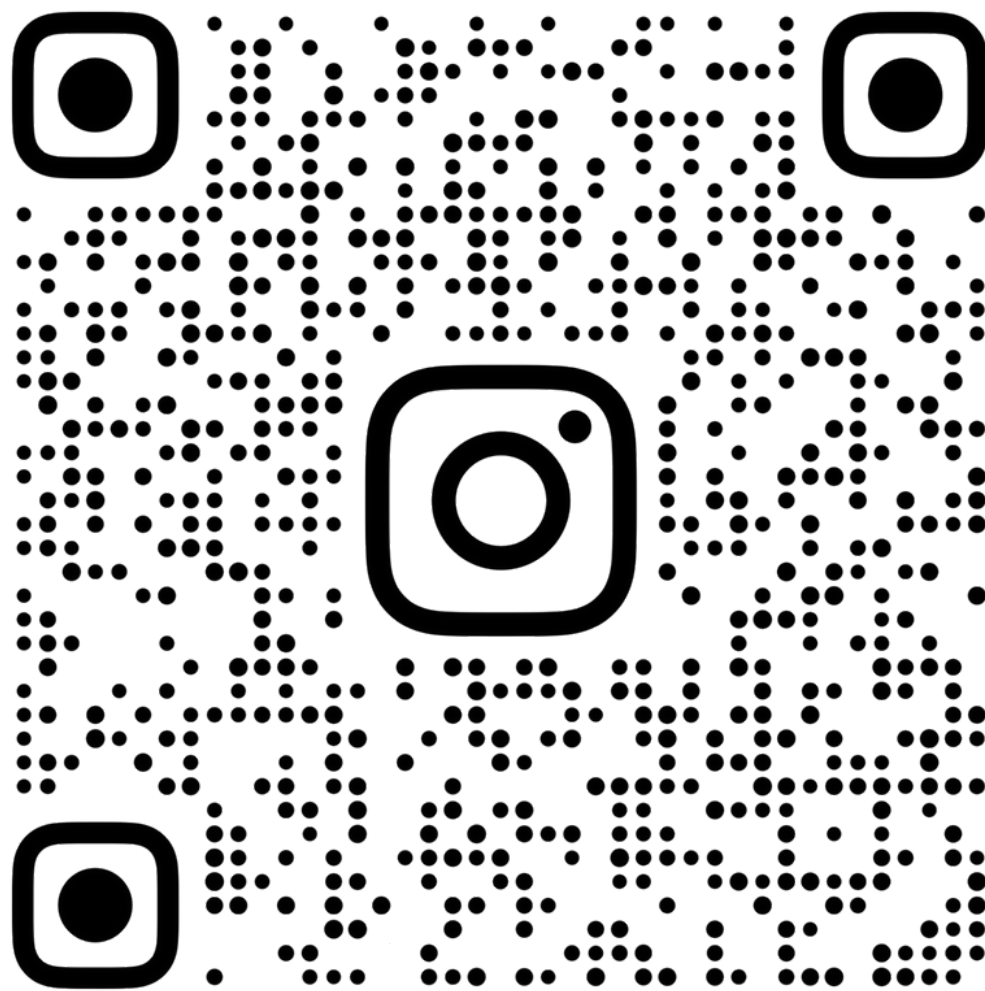
THE ART WITH HEART ACTIVITY BOOK IS MEANT TO HELP YOU OPEN UP TO YOURSELF IN A FUN AND MEANINGFUL WAY. IT IS ALSO MEANT TO SHOW YOU THAT ANYONE CAN MAKE ART. YOU DON'T NEED FANCY SUPPLIES OR SKILLS. ART IS FOR ANYONE AND EVERYONE WHO WANTS TO CREATE, AND THAT INCLUDES YOU!

**To learn more about
Art With Heart, flip to the
back page!**

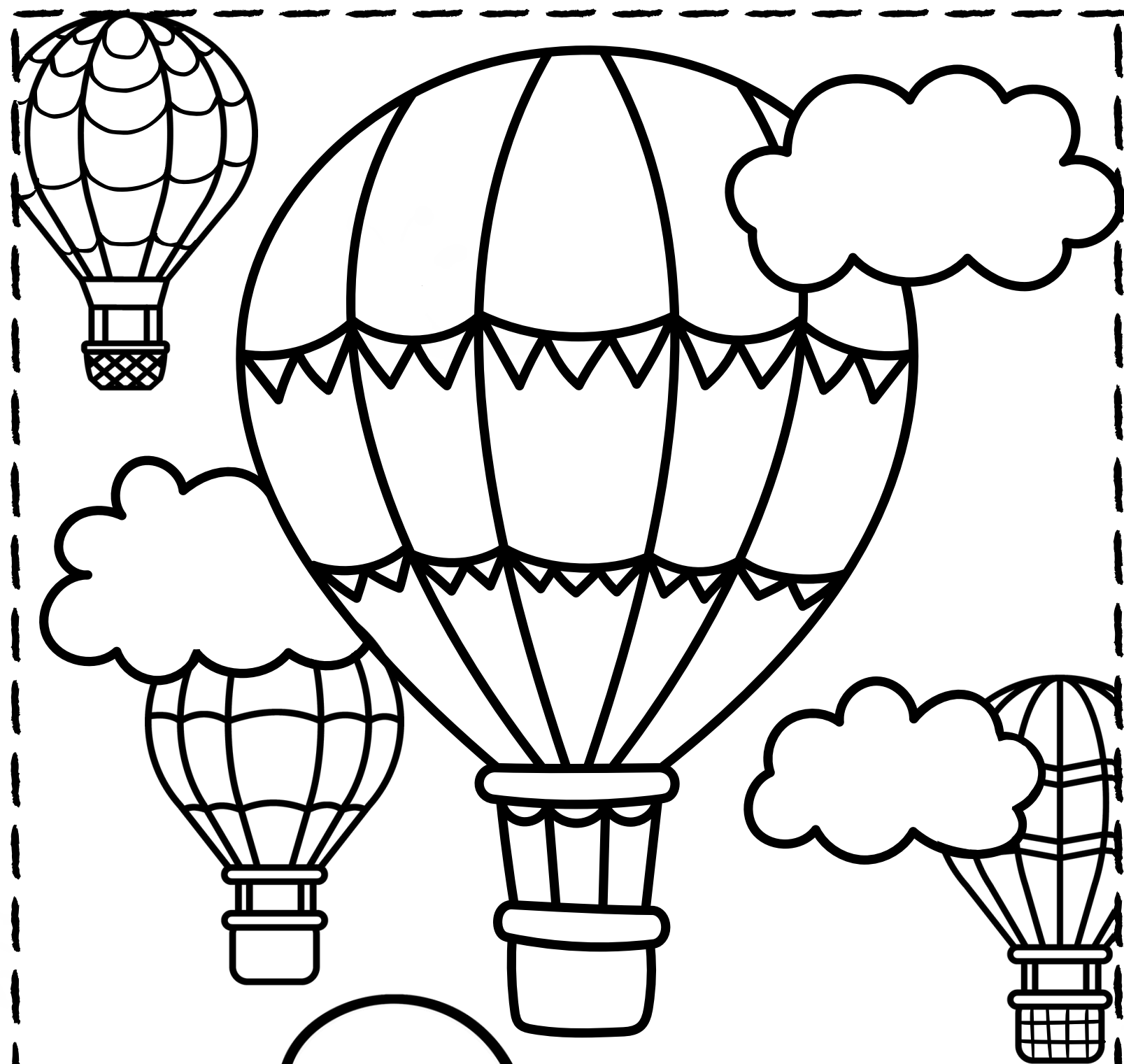
★ Share Your Art ★

Do you want to share the art you make in this book? Scan this QR code and connect to the Art With Heart Instagram.

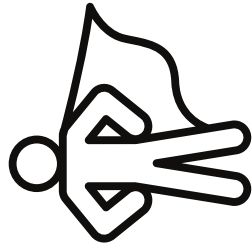
Send me a picture of your art and I will share it for others to enjoy!



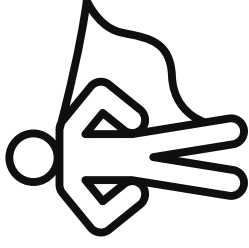
ART_WITH_HEART_PROJECT



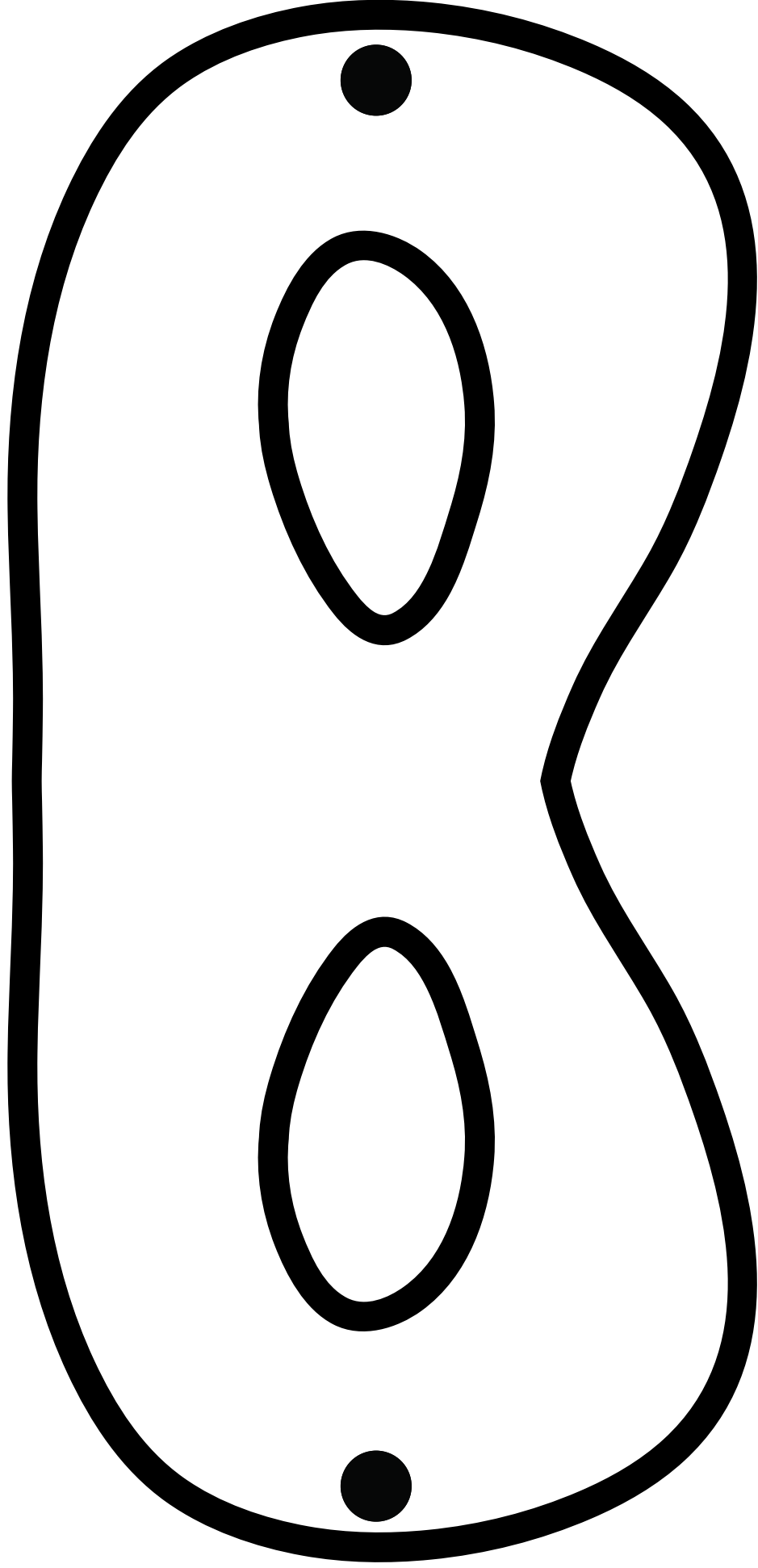
This Book Belongs To:



Mask Makers

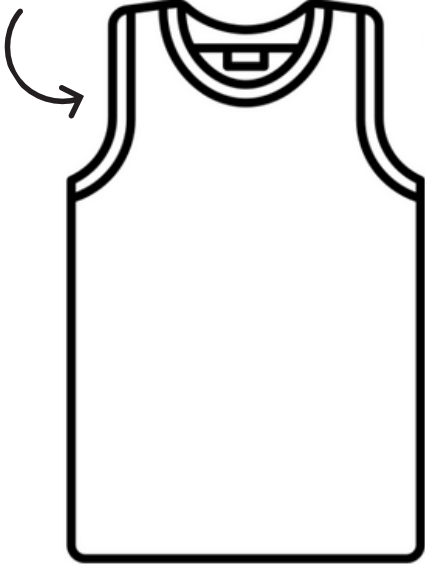


Create a superhero mask based on your personality! What colors, shapes, and designs show off your powers? When you are done, cut out your mask to wear.



Who's On Your Team?

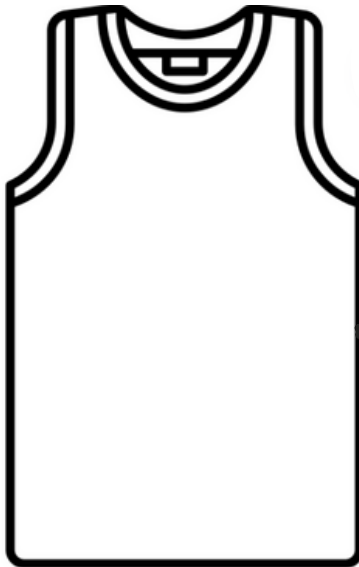
Name
Of Person



Design A Jersey



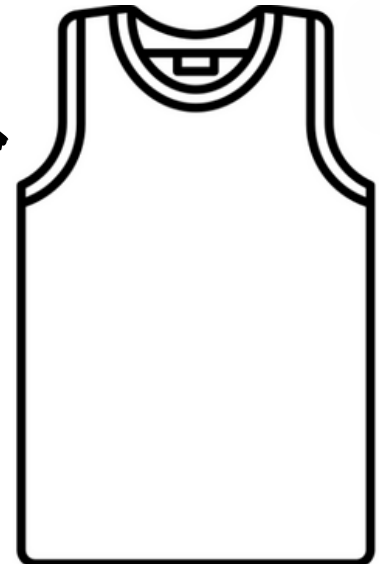
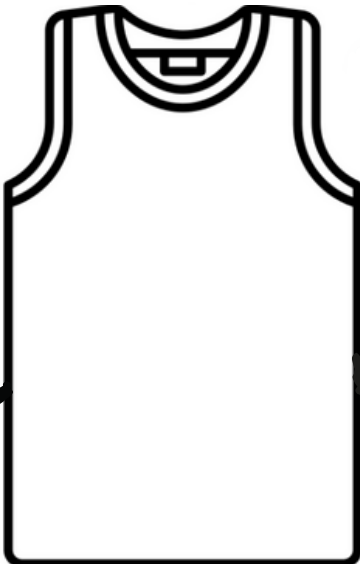
For Each Person



In Your Life Who

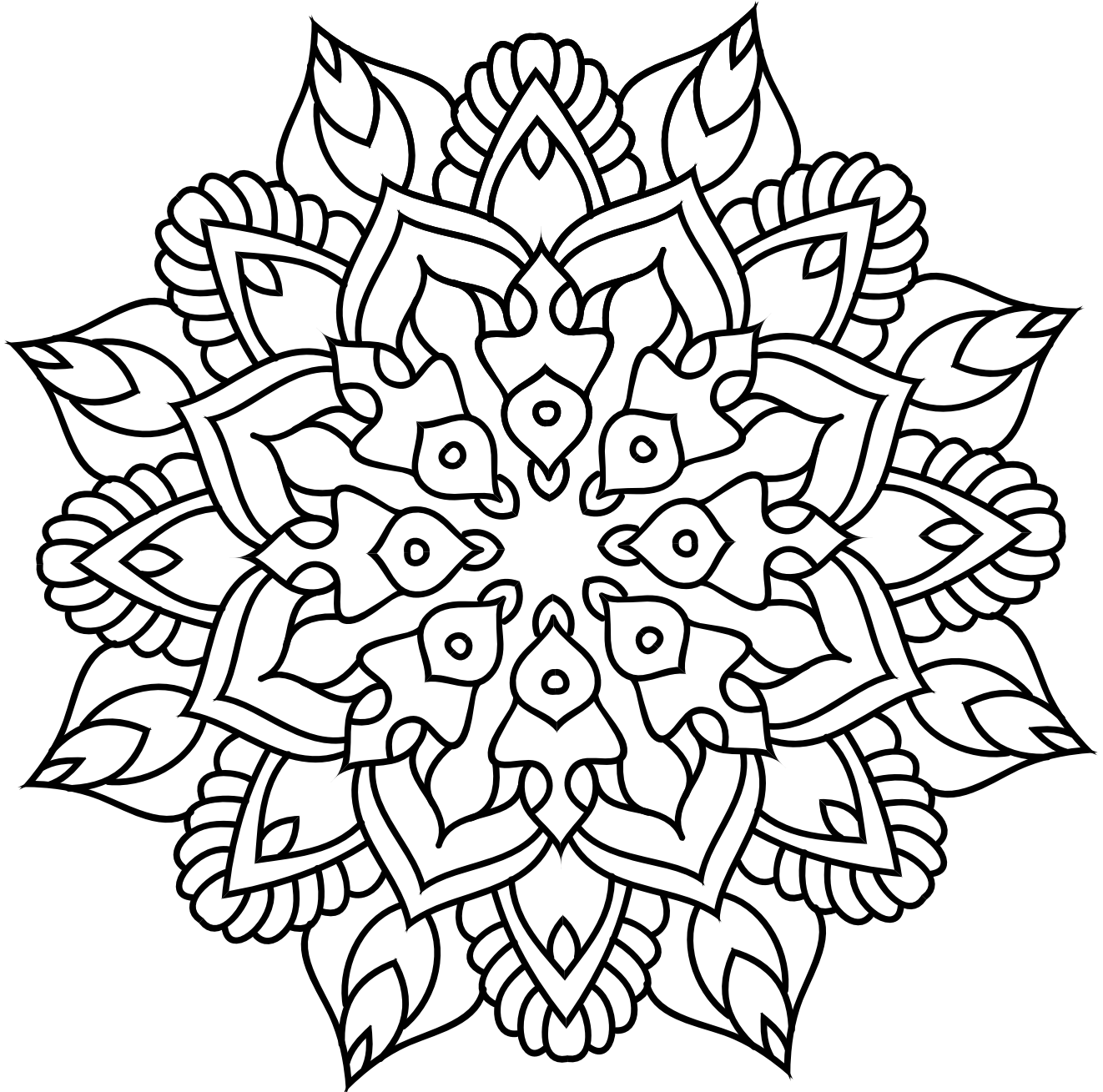


Supports You!



Mood Mandala

Color a box and write the emotion that it represents below. Color one part of the mandala every day with the color that represents how you feel.



Color

Emotion

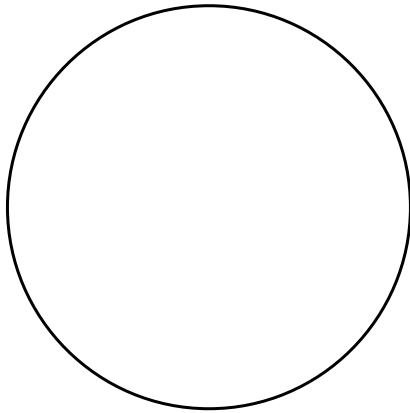




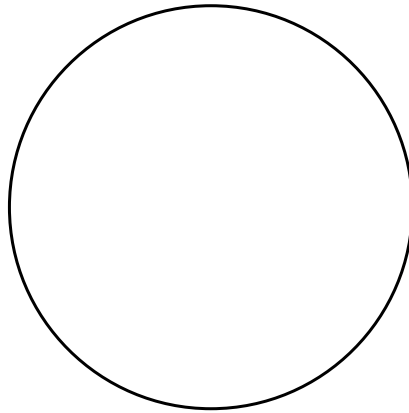
Feeling Faces



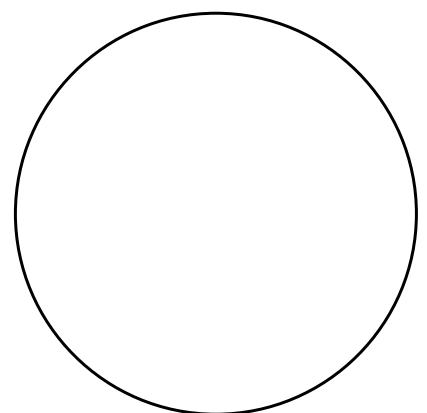
Inside each circle, draw a face showing the emotion underneath.



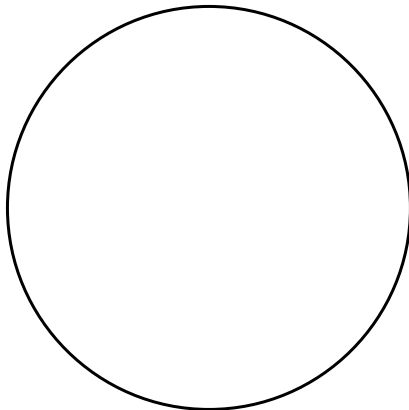
Excited



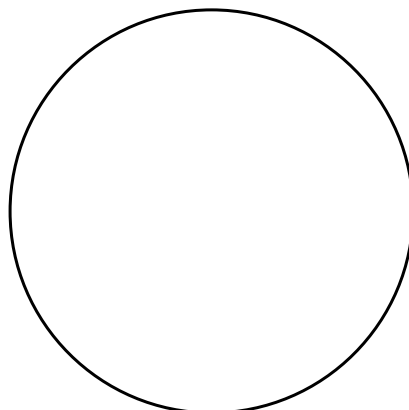
Nervous



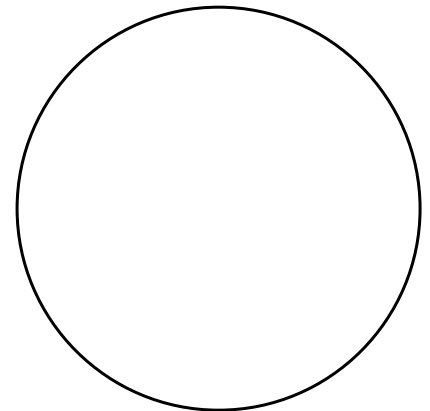
Loved



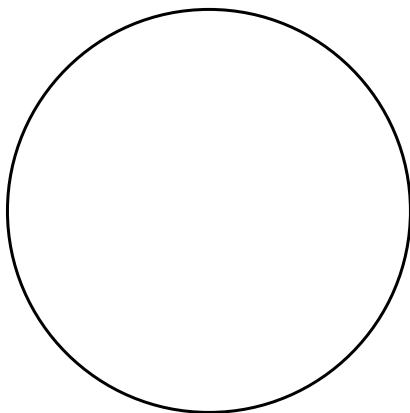
Scared



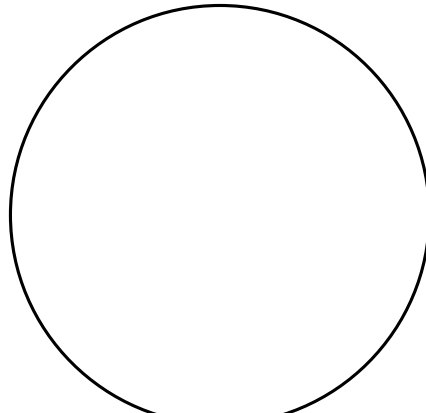
Embarrassed



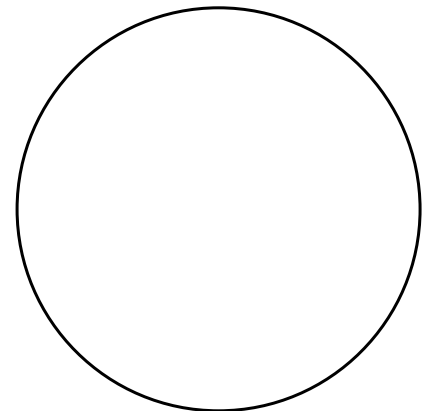
Sad



Tired

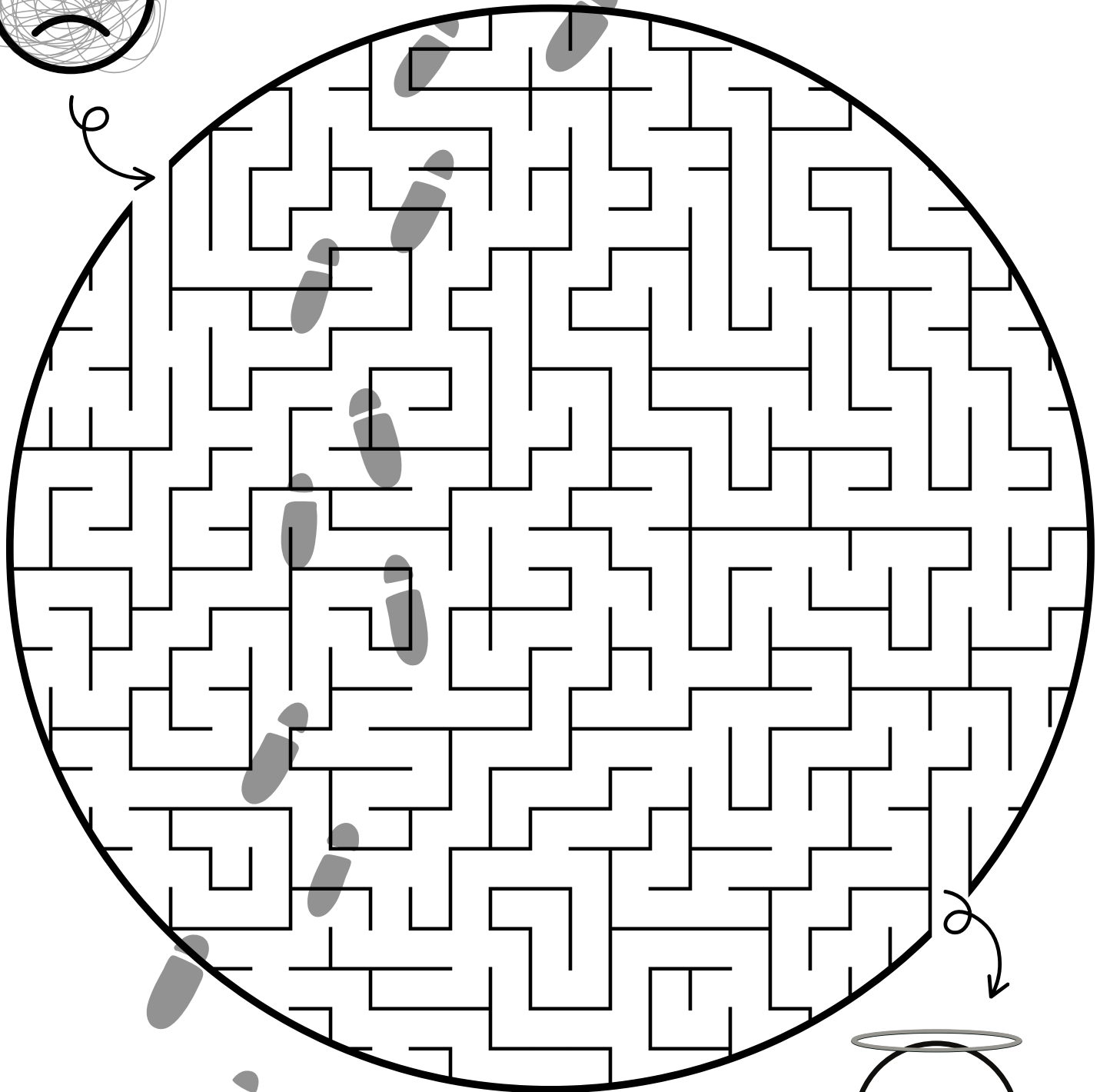


Angry



Silly

Run The Maze!



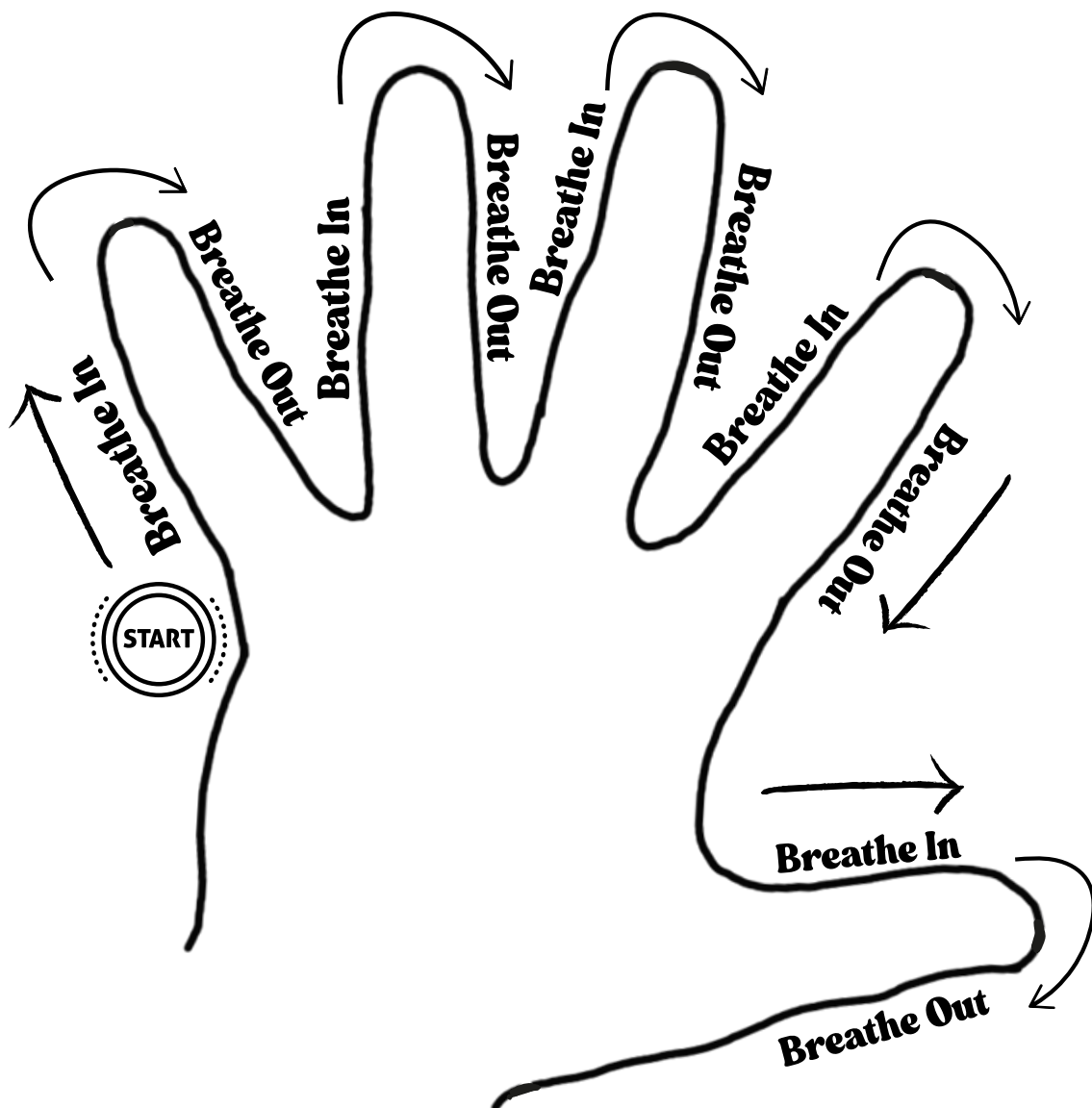


Take Five!



Trace your hand on the next page to create a calming tool! On the left side of each finger, write “Breathe In,” and on the right side, write “Breathe Out.” When you feel anxious or upset, slowly trace your hand—breathe in as you go up each finger and breathe out as you go down.

Example





Take Five!



**Your turn! Trace and design your hand. Make sure to add
the breathing arrows.**

Build A Winner

Color the scene and add anything the driver might need to win the race. Maybe it's cheering fans, a speed boost, or even a lucky charm.

What boosts their confidence?

3 2 1 GO



Word Search



T C K H O P T I M I S T I C Q
R M C X I L D W S K V O C M V
D E P R S C Z W I C F Q O U V
S I X Q Q V O E W R B B E C D
A T S P Q Y X N Y D K O D O M
F X X S R N Z H F Z J R G N X
E U C Q A E N A A U W E G F E
T H Q E W P S G J K S D Y I T
Y A H N M J O S T O O E P D S
X W N L K Z O I I N Y E D E K
C Z Z X M I J G N O E F P N J
A H E J I A M V K T N V U T Z
Z P W Q K O G C N Y E H T L H
E S I O Y E U O B Z Q D T P N
U M X D V H F S I Y E A G E R

Joyful

Confused

Confident

Optimistic

Disappointed

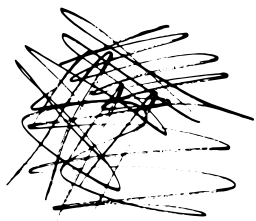
Expression

Bored

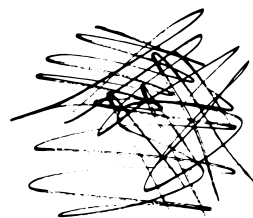
Safety

Anxious

Eager



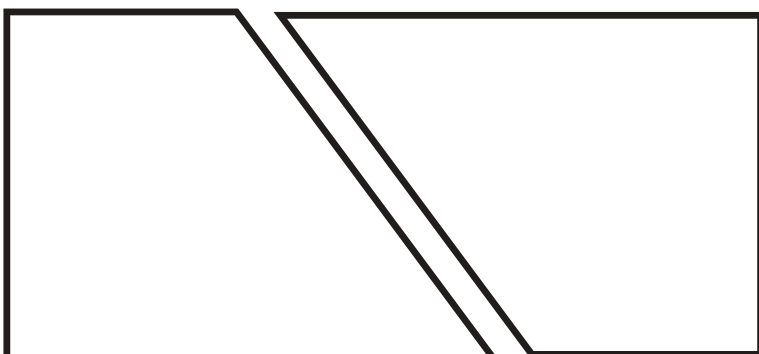
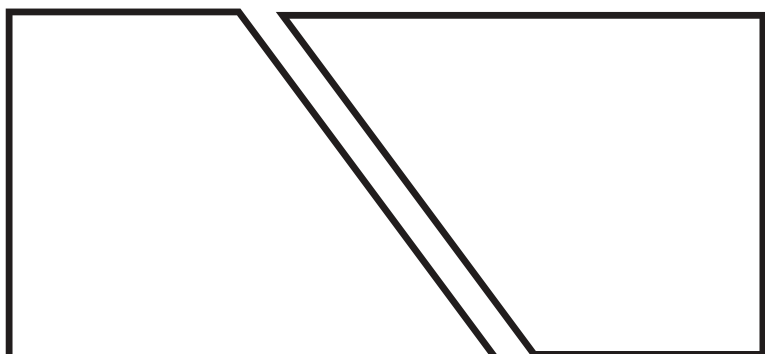
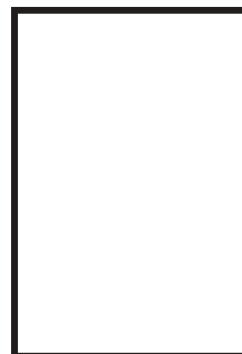
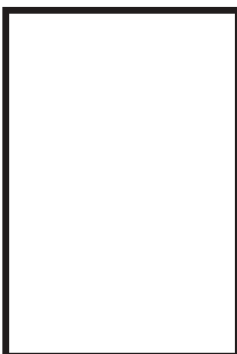
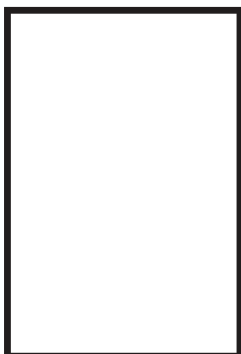
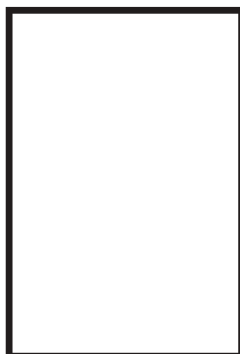
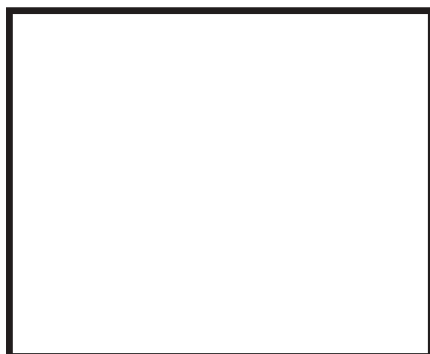
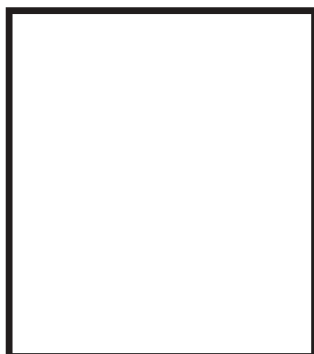
Scribble Art!

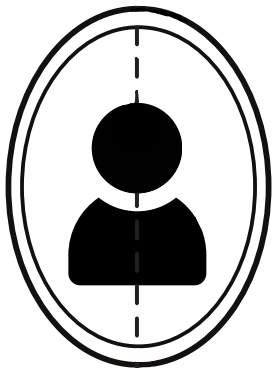


Start by making a random scribble on your paper—no thinking, just move your pencil! Then, look at your scribble and turn it into a scene, creature, or design.

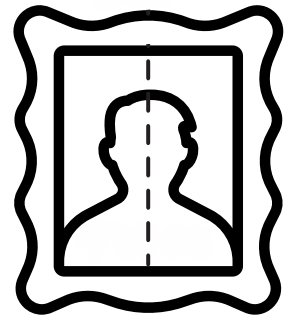
Comic Creation!

Draw the story of a hero overcoming challenges. How did they solve problems?





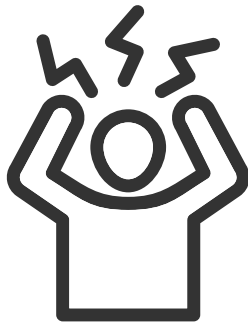
The Two Sides Of Me



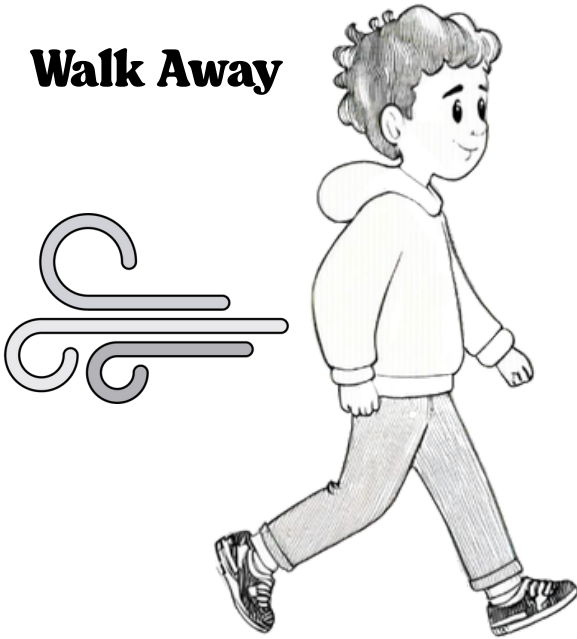
On one side, draw how you see yourself—your feelings, thoughts, and personality. On the other side, draw how you think others see you. Quiet? Brave? Funny?

How You See Yourself	How Others See You

Different Ways To Deal With Anger



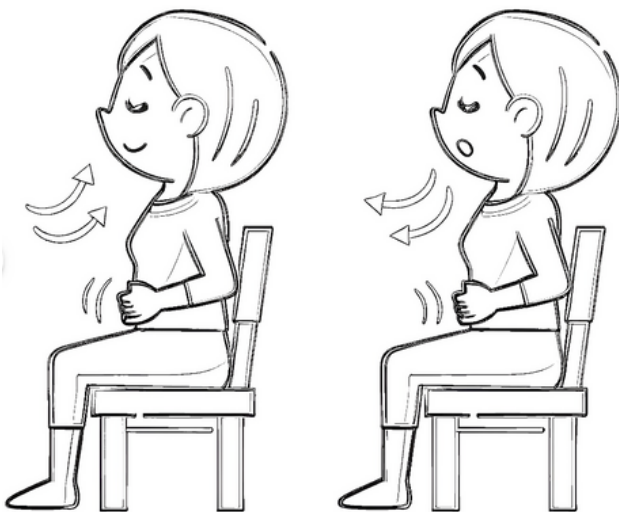
Walk Away



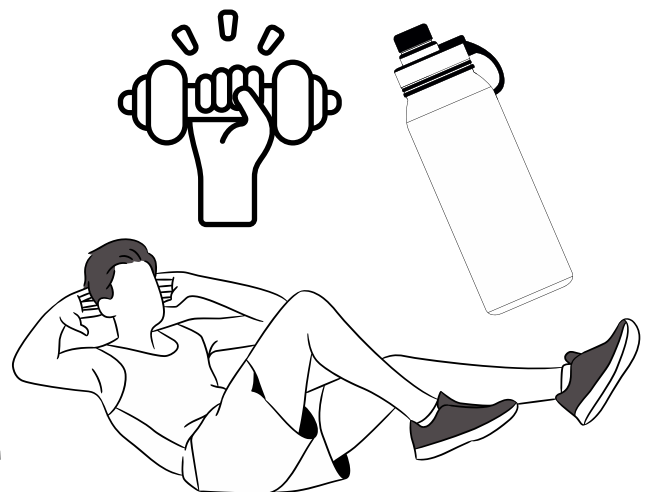
Talk To Someone You Trust



Breathing and Muscle Relaxation



Walk Or Exercise

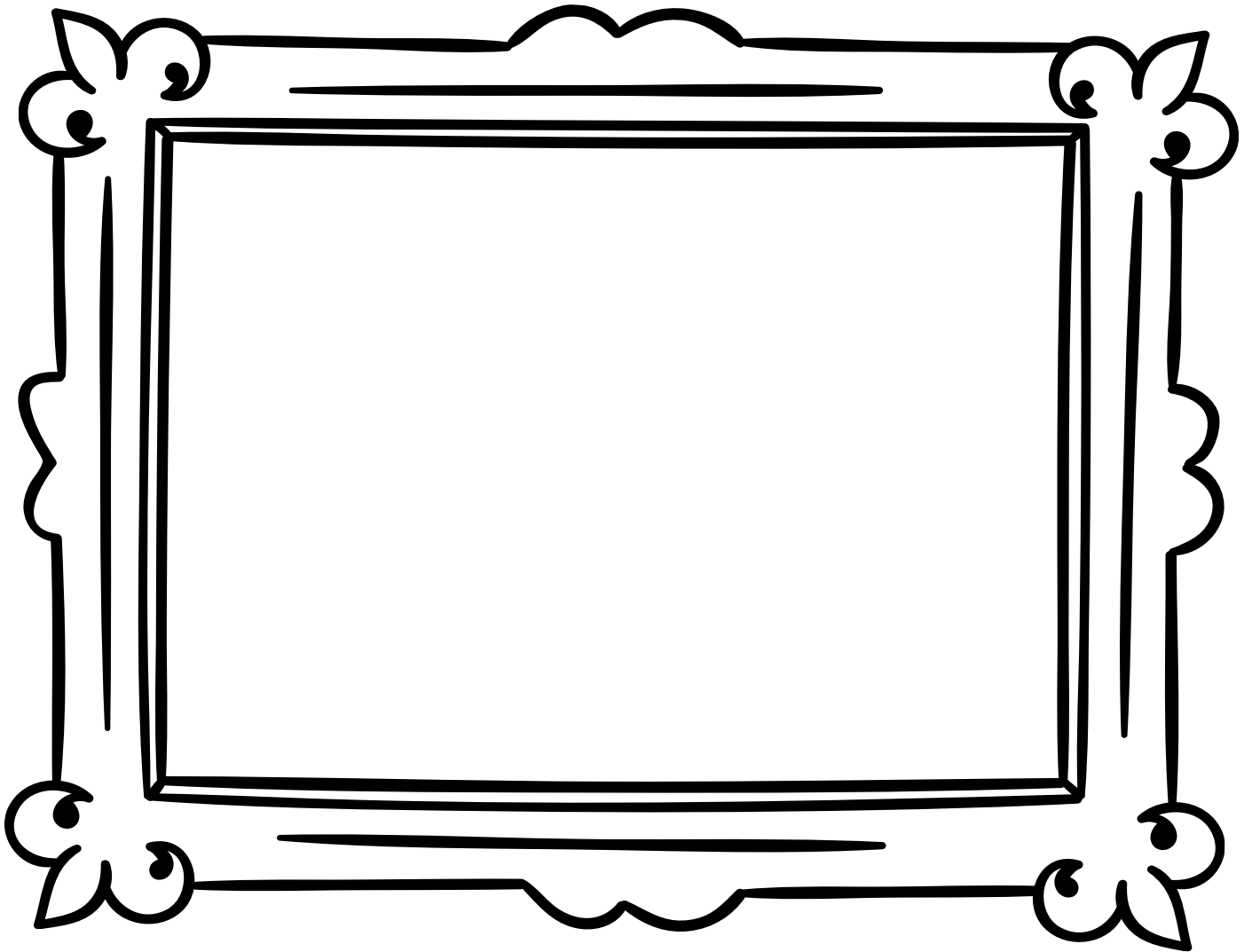




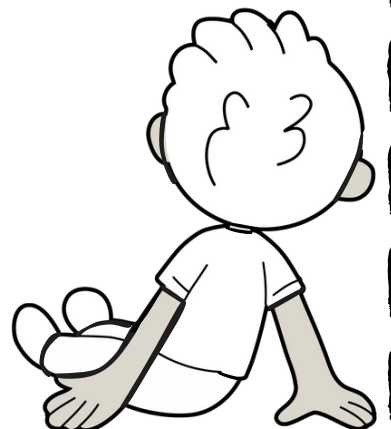
Think about your favorite song and how it makes you feel. Now, turn those sounds into art. Use colors, shapes, and lines to show what your song looks like to you.

Art Museum

Create an artwork you would hang in a museum. Then, give it a name at the bottom for others to see.

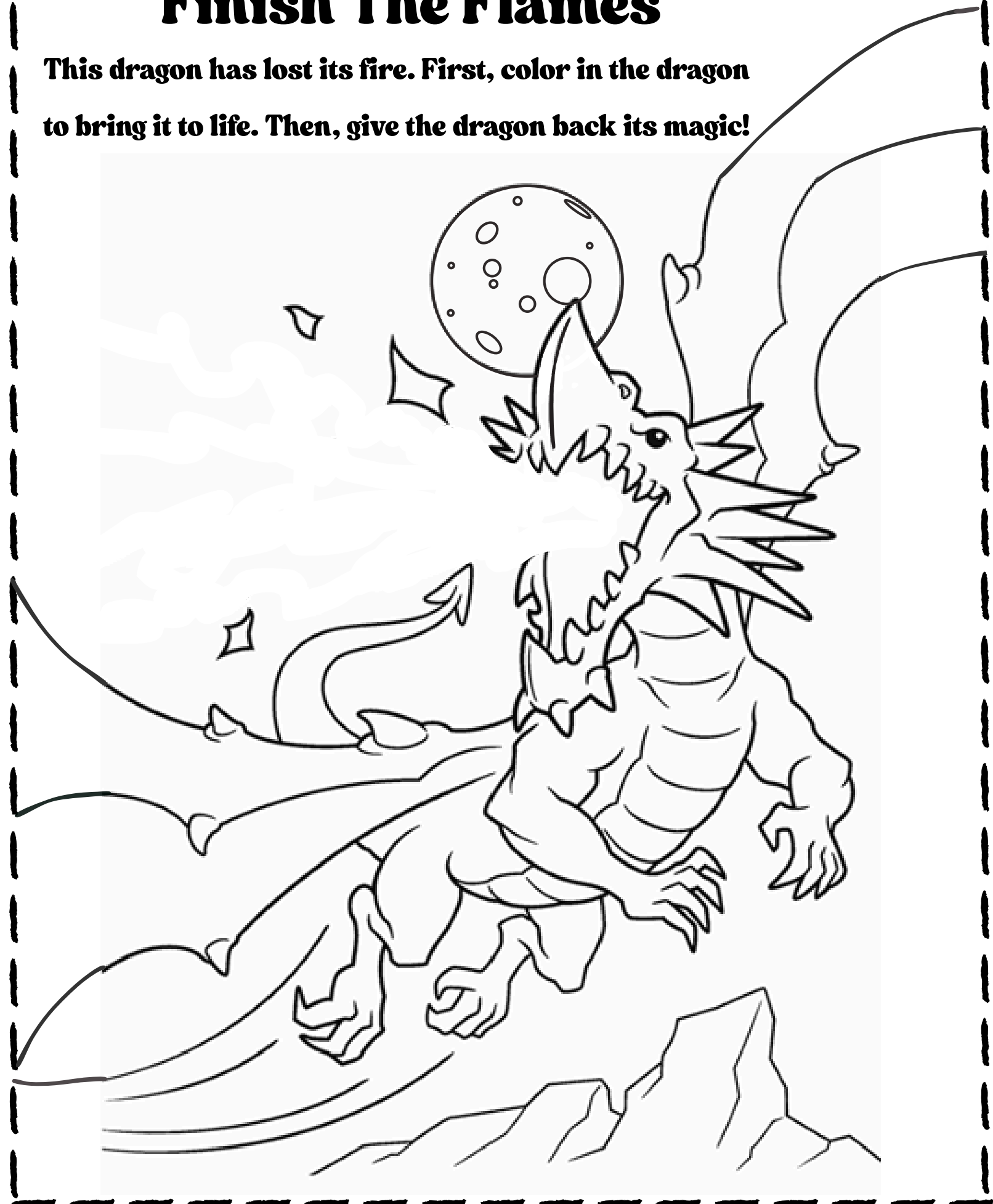


This Art Piece is Called:



Finish The Flames

This dragon has lost its fire. First, color in the dragon to bring it to life. Then, give the dragon back its magic!



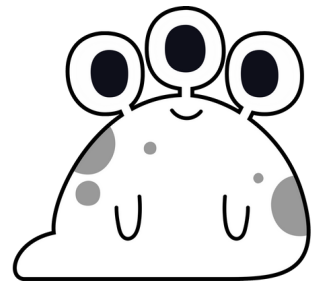
A worksheet template for a gratitude exercise. It features a large semi-circle at the top representing a sunset, with several straight lines radiating from its edge towards the top of the page. Below the semi-circle are three horizontal wavy lines representing ocean waves. The entire page is enclosed in a dashed rectangular border.

Ocean of Gratitude

**Color in the sunset. In each stripe of the sun, write
one thing you are grateful for. In each wave, write
one wish for your future self.**



Color Monsters

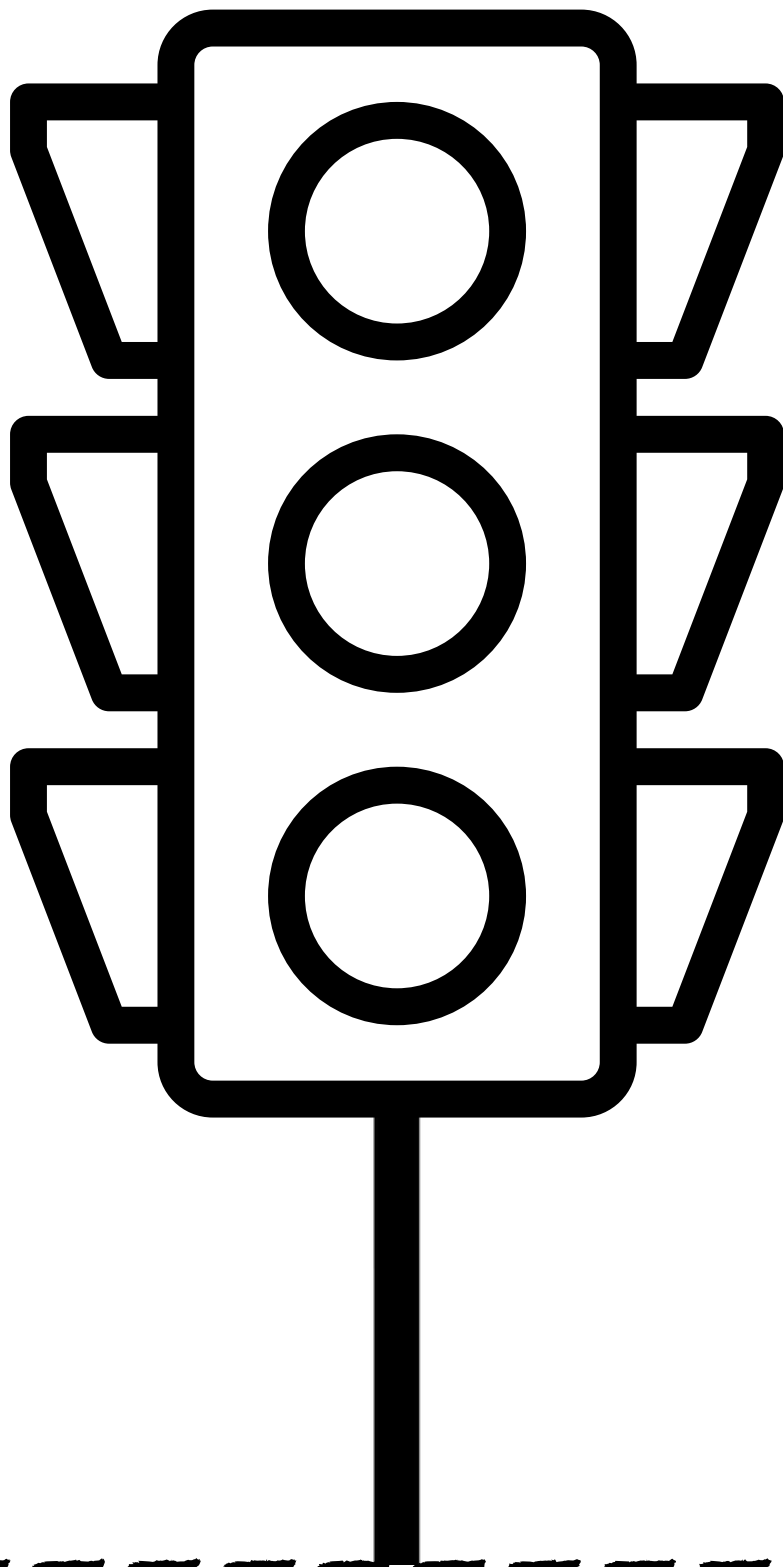


Make a monster based on an emotion you felt in the past week.
Use colors, patterns, and designs to show the emotion of your
monster.

The Emotion Of My Monster Is: _____

Stoplight Steps

Read each step—Stop, Think, Act—then color the stoplight: red for stop, yellow for think, and green for act. Use it to make calm, smart choices when problems come up.



Stop!

1. Think about how you're feeling and why you are feeling that way.
2. Try using a breathing technique to calm down if you are upset.

Think!

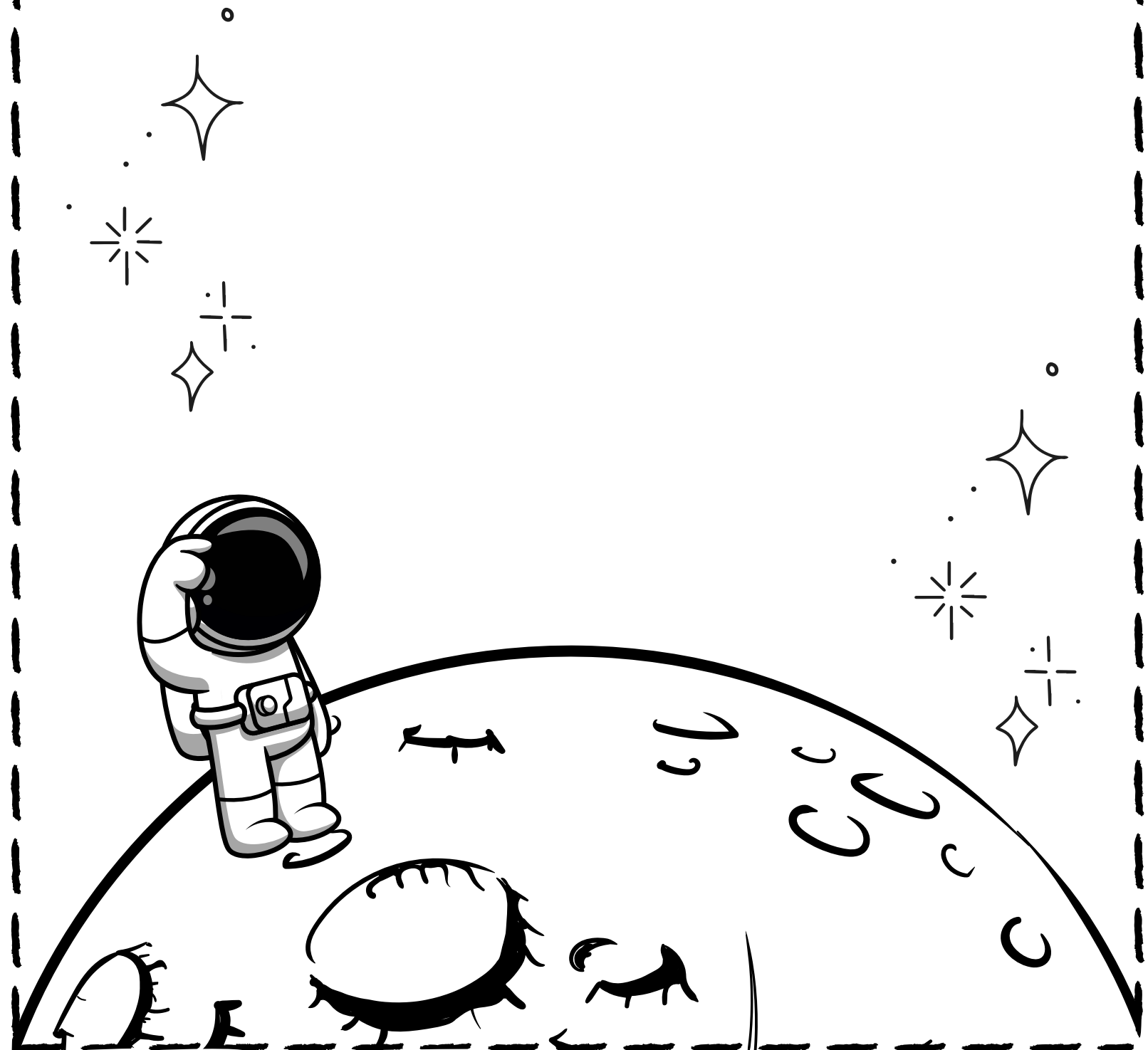
1. Does the problem seem big or small?
2. Is my reaction helping solve the problem?

Act!

1. Try to solve the problem carefully and responsibly.
2. Make sure to ask for help if you need it.

Mission To The Moon

This astronaut has just landed on the moon, but he sees something surprising above him. Use your imagination to draw what the astronaut is looking at.



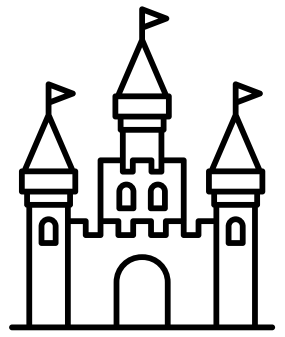
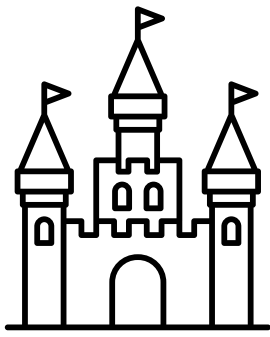
I Did It!

What is something you are good at? Write or
draw it on your trophy.





**I Can Do
Hard
Things**



Imagine a world where anything is possible. What does it look like? Now, build your dream house in that world. Make it as fun, wild, or cozy as you want.

Fright In Sight

**Everyone gets scared sometimes. Draw what
the boy might be scared of. Then, draw
something to cheer him up.**





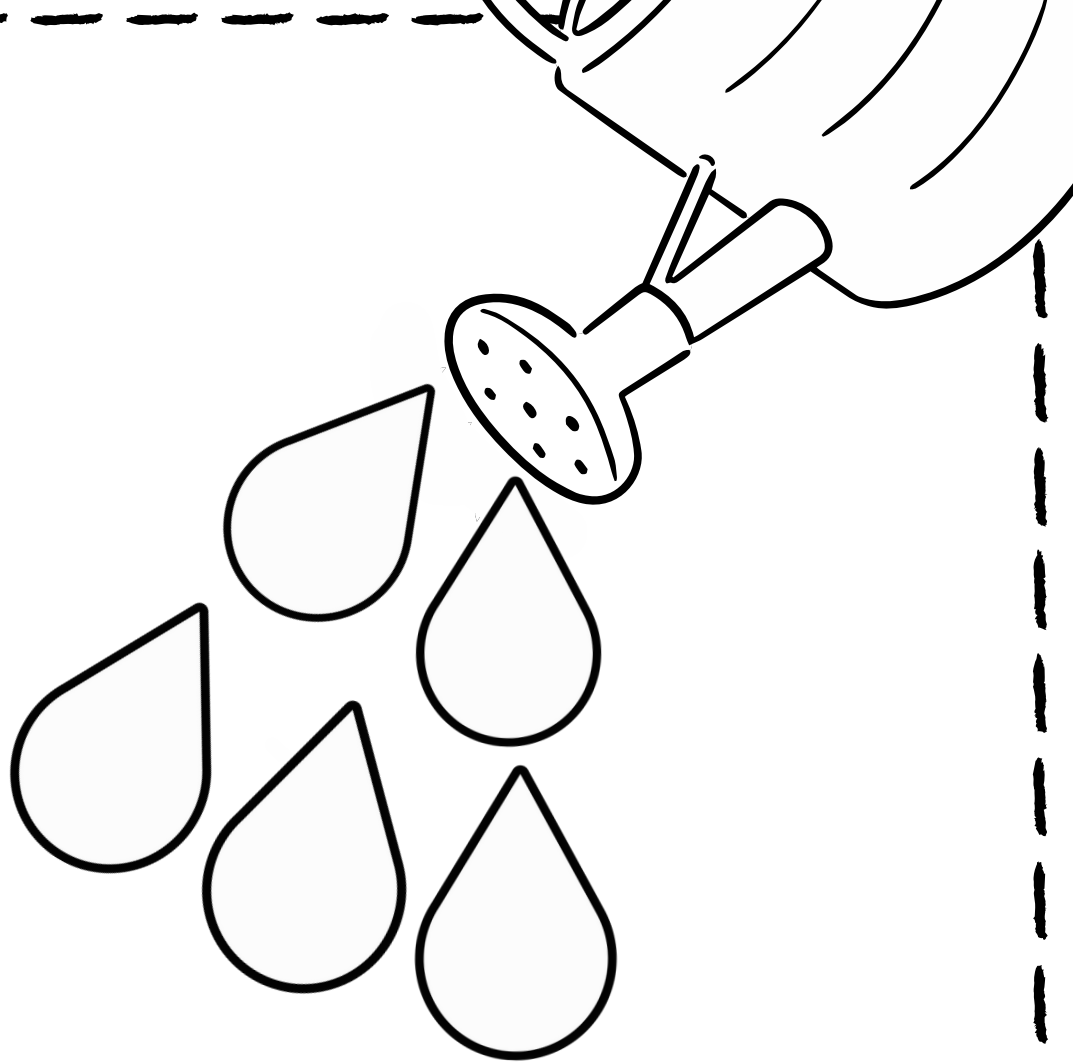
Let It Go

The girl is letting her balloons—and her worries—float away. As you color, write one worry you have inside each balloon. Then, as the girl lets them go, imagine yourself letting go of those worries too.



Thoughts

What are you thinking about right now? Draw or write in the thought bubbles to show what's on your mind.

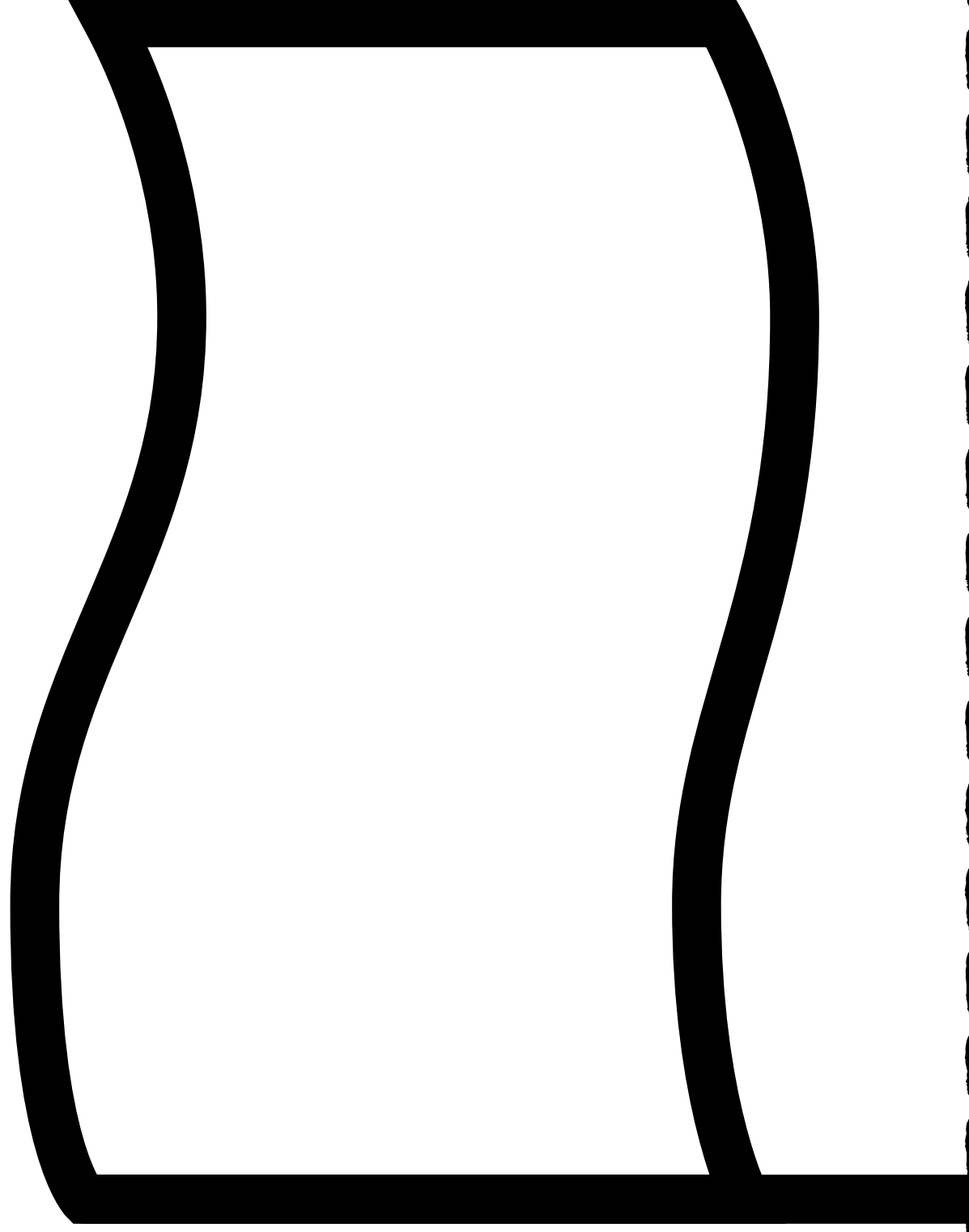


Kindness Blooms

**Draw kind words or pictures
about yourself in each droplet.
Then draw flowers growing in
the pot as your kindness helps
them grow.**

Design Your Own Flag!

Use colors, symbols, and patterns from your favorite things, places, people, or foods to make your flag.



My Gold Award

The Gold Award is the highest award a Girl Scout can earn. To receive it, Scouts must find an issue in their community, create a longlasting solution, and by the end complete 80+ hours of community service.

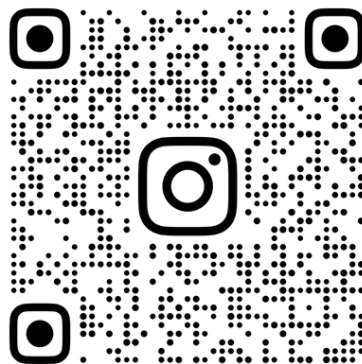
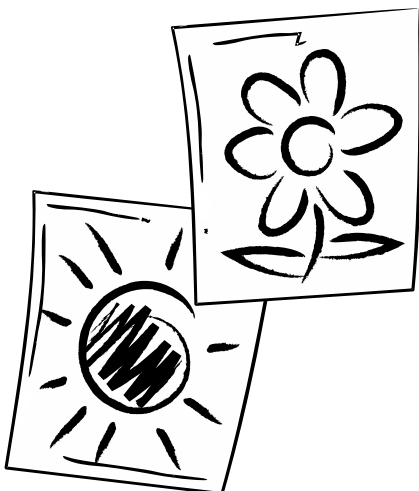
My Gold Award--Art With Heart--addresses the emotional struggles that children face when adapting to life in a new country, especially refugees. By creating an activity book that includes reflective prompts and guides, kids are given an accessible resource to promote the safe expression of their emotions. I wanted to bring the mindful aspects of art to a community that don't often receive the mental health support they need.

My goal is to make this book accessible to as many kids as possible, providing it to refugee resettlement agencies and child resource centers.

Through fundraising and donations, I will pair the Art With Heart activity book with simple art supplies that allow kids to create wherever they are.

To support my Gold Award journey, scan the QR code and follow my

account on Instagram!



ART_WITH_HEART_PROJECT

