

# Heart Expressions

Emotional regulation through art



## Grade 1-6 6 Session Program

### Students will :

- 1 Learn to balance emotions and manage stress
- 2 Enhance social skills and emotional intelligence
- 3 Improve focus and attention
- 4 Develop creative thinking and problem solving skills
- 5 Build self- esteem and resilience

In this program facilitated by an art therapist students explore how art can be a powerful tool for emotional regulation, self- discovery, and self-expression. It's especially beneficial for students with ADHD, as it enhances focus and attention. Through collaborative art projects students develop emotional intelligence and learn to be more empathetic and compassionate. Students will see their own growth and progress throughout the program. - No art experience necessary!

For more information please contact:  
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