

Participation



Education

Training

Art with  
Heart

Performance

**We are  
Art with**











# WHAT DO I NEED?

Learn to be  
lively, warm,  
courageous &  
help others

LIST  
SC  
...  
...  
...

Read  
...  
...  
...

My family

Reassurance  
praise

TAKE A WALK  
IN THE  
COUNTRY SIDE  
...  
...  
...

Gratitude

Time to sit  
still & appreciate  
silence

Yoga.

My cat and my  
pink pig.

EDITATE!  
MEDITATE!  
Wonder Pet

BREATHING -  
...  
...  
...

Be true to  
yourself,  
never forget  
who you  
are

Give a stranger  
a compliment

Open your  
heart  
...  
...

Fresh air  
and natural  
light

Escaping into  
a great  
book

WISDOM. NOISE!  
LOVE. LOSS.  
HAPPINESS + SADNESS  
UP. DOWN.  
ENERGY + DRIVE  
LIFE!

Grads & Affection

Staring with friends

I love  
taking photos  
of people

FROM  
AWAY

Accept  
myself.  
Transcendental  
Meditation  
I am a son  
of a god

AN ON/OFF  
SWITCH FOR  
BRAIN  
DANCE

to be  
leader

to be  
leader

to be  
leader

to be  
leader

to be  
leader

to be  
leader

to be  
leader

to be  
leader

to be  
leader







GROW  
your  
DOWN



GOOD  
BYE



talk  
wait to be need  
DREAM  
my craft  
put on  
SON & SHIRT  
LUXES  
honesty  
puzzle  
a hard  
to live jazz music  
a night  
out with  
a good friend  
good food  
and long chat  
with best friends  
Take  
a  
dance  
break  
ARE WHO ARE  
FOR A unique  
reason  
UP THE  
VOLUME in  
my car  
and sing at the  
TOP OF my voice!  
walking  
MUSIC & BOOKS  
In  
nature  
COMEDY  
take the  
DEEPEST  
breath  
you've  
LOOK  
HAPPY  
ON MY PHONE  
PHOTOS  
LOOK IN THE  
MIRROR & SMILE  
I give  
myself  
permission to be  
free  
a  
Translator  
FOR  
emotions  
Harry Potter  
&  
Rain  
Eligible  
HUGO  
PLATE  
ES  
Y  
DIFFERENT  
FOR  
DIFFERENT  
MOMENTS



# GROW YOUR OWN

## GREEN PAPER

WHAT MAKES YOU FEEL GROUNDED | STRONG | MORE LIKE YOU?

## YELLOW PAPER

WHAT GIVES YOU ENERGY OR MAKES YOU FEEL HAPPY | CONFIDENT | RELAXED?

## BLUE PAPER

WHAT CAN YOU DO TO HELP YOU / YOUR SEED TO GROW?

FOLLOW YOUR  
**DREAMS**



To become an artist...





## **Art with Heart**

**Stay in touch:**

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