



# Come Draw With Me



**Come Draw With Me** is a program designed to teach children from ages 4 to 8 years old appropriate ways of dealing with their feelings. These feelings may be a result of:

- Living separate from a biological parent
- Having witnessed violence
- Having a parent, caretaker or loved one who abuses drugs and/or alcohol
- Having difficulty recognizing feelings and/or how to deal with their feelings

The program consists of an 8-10 week curriculum. The focus will be on reading age appropriate stories about feelings. Each session will consist of:

- ✓ A check in circle
- ✓ Reading and discussing the feeling focused on in that story
- ✓ Drawing, coloring, or some type of art work centered around that feeling
- ✓ Cleaning up
- ✓ A check out circle

The first session will consist of the child's photo being taken.