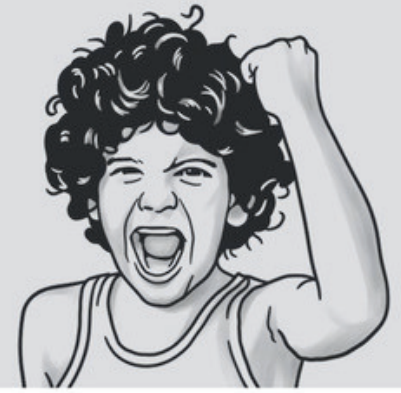




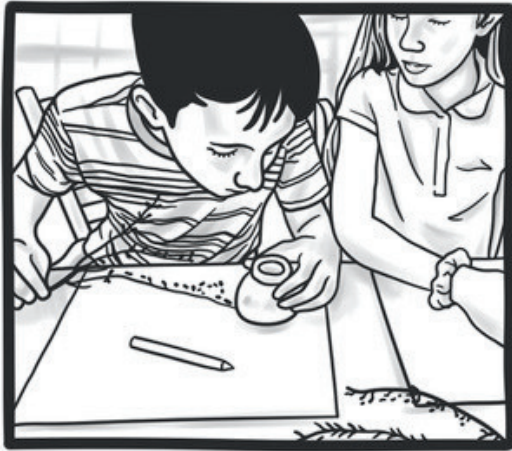
Learning to Self-Regulate with ART



by Anna Reyner, MA / Registered Art Therapist
Licensed Marriage & Family Therapist
www.CreativePlayLA.com

Art for Calm - Solutions for Low Energy

Children with very low energy levels may struggle to feel safe and avoid engagement. CALMING ART provides quiet & soothing sensory-motor experience with inward focus



Observational Drawing with Magnifiers

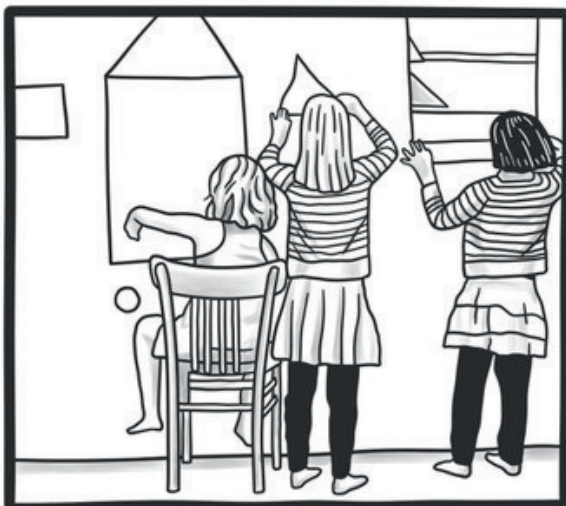


Handmade Accordion Books

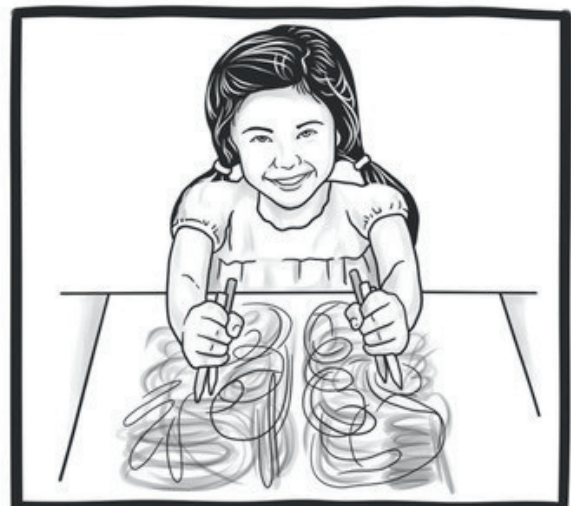
This is a page from Anna Reyner's Book, "Trauma Informed Art Activities in Early Childhood," available for purchase on Amazon

Art for Release - Solutions for High Energy

Children with high energy levels may struggle to control their bodies and focus. RELEASING ART provides active, & expressive sensory-motor experience with outward focus.



Collaborative Mural with Colored Tape



Double Doodling / Bilateral Scribbling