



Venting Creatively.com

Empowers People
of All Ages
To Find Their Inner Lion
By Teaching them to Feel,
Release, Create & OWN
ALL of Their Emotions

**"Hey!!!
This is MY book!!!"**

Get YOUR OWN if you want one!!!

Here's Where You Can Get Yours!

Venting Creatively with True Emotions Artwork Plus
True Emotions Artwork Plus at www.ventingcreatively.com or www.arttheheart.com
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ISBN 978-0-9739766-6-7
Created by All for All forevermore
Brought to All from All for All
By Carolyn Shannon
Namaste'

Bye!

To ALL From ALL For ALL For Evermore
Brought to ALL From ALL by Carolyn Shannon
Love & Light! Namaste"

3 W E E K P R O G R A M

Venting Creatively.com
Formerly Known as Art from the Heart Adventures

Presents...

**What Really,
REALLY Bugs Me...
Sometimes©**

3 Week Program©

By Carolyn Shannon

EVERYONE
Needs Safe, Fun Ways
to Release..
Fear...
Anxiety...
Sadness / Grief...
Anger and Frustration.

Suggestions on Implementing What Really, REALLY Bugs Me...sometimes©

Into Your Child's Routine:

For best results incorporate this technique into their daily routine by:

(Unless There is a Major Issue, **ONE** Bugs Me & Feel Good per day so they keep wanting to do it)

- Making it Part of their Morning, After School or Before Bed routine;
- Making it a Weekly Event (Monday or Friday work best);
- Making it a Family Event using Drawings in a Show & Tell Format;
- Making it Visually & Physically available to child at all times;
- Making Space on the Fridge or Wall for them to display their "heartworks";
- Making it Okay if they don't feel like doing it in front of you once they learn how (teens);
- Making it Easy for them to photo copy or create a binder **to continue** once book is full.

Important Ways A Family or Child Can Benefit from Venting Creatively:

A. Do the technique with them (Their way &/or for best results for you try The **Adult** way - Art from the Heart Adventures © Book pg.11)

B. Use the Art from the Heart Adventures© Special Pull Out In Depth Interpretation Booklet to **gain insight into your child's drawings** when child not around. Use this info to formulate questions to ask your child trusting that your child knows best what they were trying to draw.

C. Tell your child what you see in their drawing without putting your own preconceived meaning to what you see. It is best to ask questions which will help the child tell you what they were thinking or feeling. Start each question out with, "I see a _____ in your drawing,"

Eg. You see an **animal** in their drawing. Ask, "How do you feel about _____?" "What do you like/dislike about _____?" or "When was the last time you remember seeing a _____?" Keep in mind that the objects you see are merely symbols that reflect how your child may be feeling at this time.

Eg. You see one or more **people or characters**. Ask, "What does this character look like they are doing?" or "Does this person remind you of anyone?"

Eg. You see one or more **numbers** in their drawing. (See animals)

Eg. You see what looks like a **devil** in their drawing.

Negative Drawing – Ask, "Has anyone been treating you mean lately?" Do ever feel like doing something you think might hurt yourself or others?" Are you ever tempted to pick on or get back at someone who has been mean to you?" or "Has anyone ever said you were bad or behaving like a devil?"

Positive Drawing – "Ask, "Who do you love that calls you a little devil?" Usually turns out to be a grandparent or other endearing person.

4. Never force your child to do it! Children learn best by example and colouring with or seeing a Parent, Grandparent or Sibling using this technique and enjoying it or just leaving the book and markers out where a child will be able to use them when they are ready is the best way to encourage interest in doing it themselves.

SPECIAL !!!

Back to School Heartworks

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Have Child Tell You Then Color it away on paper or vice versa.

1. What Really, REALLY Bugs Me About...

- A. **Summer Ending** (Answer then Colour it Away)
- B. **Going Back to School** (Answer then Colour it Away)
- C. **Getting Up Early/Going to Bed Earlier** (Answer then Color it Away)
- D. **What I Fear Most Is...** (Answer then Colour it Away)

2. What I Like Most About School Is...

(List then Create Heartwork for Each)

- A. _____
- B. _____
- C. _____
- D. _____

3. Have Child (Children) Draw their **STRONGEST TREE EVER!!!**

2 Quotes Worth Remembering:

1. Anger is **FEAR** Acting Out Loud.
2. Feelings Buried Alive **NEVER** Die

Playing

Show & Tell With It

When There Is Time

Gives You Added

Insight & Clarity

Into The Situation

& Into Your Life.

There is a WOW! Moment

In Every Heartwork

When the Time is Right!

When You are done the 3 Weeks Color In Letters if you like!

Important NOT to miss a day when creating habits children can later do on their own

Best Times: **School Issues** – When first get home

Home Issues – Before Bath / Bed

Unexpected/Immediate Issues – Following Event (Once Crying/Tantrum Subsides)

Highly Recommended: One or both parents, siblings do the program together. If not possible at same time as child, later in day when watching TV (*great way to avoid eating during those yummy commercials*) and then show child evidence of effort.

Parents Become Observers of:

- a. Topics of Adult Conversations being overheard
- b. Disturbing TV Topics Child is viewing or overhearing
- c. Disturbing Topics Child is hearing about at school
- d. Child has a stressful event coming up (test, spelling, etc.)

If Child is suddenly acting agitated, overly fixated or strangely quiet it is a sign to do an extra “Heartwork” before bed as a preventative to night terrors & nightmares.

Just Doing It

Serves As

An Active Meditation

In Which the Person

Spends Important

One on One

Time with Their

Inner, Authentic Self

When You are done the 3 Weeks Color In Letters if you

USE a COLOURED MARKER to FILL IN BLOCK S for EACH DAY

Child's Name _____	WEEK 1	MON	TUES	WED	THUR	FRI	SAT	SUN
	Bugs Me							
	Feels Good							
	WEEK 2	MON	TUES	WED	THUR	FRI	SAT	SUN
	Bugs Me							
	Feels Good							
	WEEK 3	MON	TUES	WED	THUR	FRI	SAT	SUN
	Bugs Me							
	Feels Good							

Child's Name _____	WEEK 1	MON	TUES	WED	THUR	FRI	SAT	SUN
	Bugs Me							
	Feels Good							
	WEEK 2	MON	TUES	WED	THUR	FRI	SAT	SUN
	Bugs Me							
	Feels Good							
	WEEK 3	MO	TUES	WED	THUR	FRI	SAT	SUN
	Bugs Me							
	Feels Good							

USE a COLOURED MARKER to FILL IN BLOCK S for EACH DAY

Parent/Child's Name _____	WEEK 1	MON	TUES	WED	THUR	FRI	SAT	SUN
	Bugs Me							
	Feels Good							
	WEEK 2	MON	TUES	WED	THUR	FRI	SAT	SUN
	Bugs Me							
	Feels Good							
	WEEK 3	MON	TUES	WED	THUR	FRI	SAT	SUN
	Bugs Me							
	Feels Good							

Parent' / Childs Name _____	WEEK 1	MON	TUES	WED	THUR	FRI	SAT	SUN
	Bugs Me							
	Feels Good							
	WEEK 2	MON	TUES	WED	THUR	FRI	SAT	SUN
	Bugs Me							
	Feels Good							
	WEEK 3	MO	TUES	WED	THUR	FRI	SAT	SUN
	Bugs Me							
	Feels Good							