



Tulalip Charitable Contributions Funds Distribution Report

NAME OF AGENCY: Art With Heart

ADDRESS: P.O. Box 94402, Seattle, WA 98124-6702

CONTACT: (206) 362-4047; www.artwithheart.org

GENERAL GOALS: Our mission is to improve the mental health and well-being of high-risk youth through our therapeutic books, programs and trainings. Since 1996, Art with Heart has collaborated with mental health experts to develop innovative, age-appropriate books for children and youth ages five to 19.

SPECIFIC USE FOR THIS AWARD:

Funding from the TTCF paid for curriculum development and piloting of Art with Heart's Magnificent Marvelous Me Club to help youth-serving professionals, volunteers, school staff, and counselors integrate social and emotional learning into their activities and curriculum. Social and emotional learning is crucial for positive mental health and has been linked to improved academic outcomes.

Over the course of the 2012-2013 school year, the Magnificent Marvelous Me Club was tested in 4 pilot sites at West Seattle (Highland Park Elementary), Beacon Hill (Beacon Hill International Elementary), and South King County (Honeydew and Woodmoor Elementary). The MMe Club reached a total of 70 students between grades K-5 in after-school programs. A total of 46 art activities supplemented by discussion questions that were focused on social and emotional learning were tested. The MMe Club sites were led by 6 different volunteers in conjunction with Art with Heart program staff.

For more information regarding the specific uses of the award, see the following pages from Art With Heart.



May 2, 2013

Ms. Marilyn Sheldon
Tulalip Tribes Charitable Fund
Quil Ceda Village
8802 27th Avenue NE
Tulalip, WA 98271-9694

Dear Ms. Sheldon,

It is with great joy I submit to you Art with Heart's final report for the generous donation from the Tulalip Tribes Charitable Fund (TTCF). As a reminder, Art with Heart's mission is to improve the mental health and well-being of high-risk youth through our therapeutic books, programs and trainings. Since 1996, Art with Heart has collaborated with mental health experts to develop innovative, age-appropriate books for children and youth ages five to 19.

Funding from the TTCF paid for curriculum development and piloting of Art with Heart's **Magnificent Marvelous Me Club** to help youth-serving professionals, volunteers, school staff, and counselors integrate social and emotional learning into their activities and curriculum. Social and emotional learning is crucial for positive mental health and has been linked to improved academic outcomes.

Over the course of the 2012-2013 school year, the Magnificent Marvelous Me Club was tested in 4 pilot sites at West Seattle (Highland Park Elementary), Beacon Hill (Beacon Hill International Elementary), and South King County (Honeydew and Woodmoor Elementary). The MMe Club reached a total of 70 students between grades K-5 in after-school programs. A total of 46 art activities supplemented by discussion questions that were focused on social and emotional learning were tested. The MMe Club sites were led by 6 different volunteers in conjunction with Art with Heart program staff.

The MMe Club pilot was successful at **helping youth expand on their thoughts and feelings using art, movement, and writing activities while engaging in rich discussion**. Next steps for the program are to raise funds for the printing of enough Club items to reach 4,000 kids throughout Western Washington.

Below are two examples from the MMe Club Leaders making an important difference:

The MMe Club Leader at Honeydew Elementary and Woodmoor Elementary tells the story of an introverted student becoming a group leader:

I was struck in particular by the work of one of the 4th grade students. In his regular classroom, he struggles to fit in. Today in the MMe Club, he was a leader. His artistic skills are fairly developed, and today as he diligently and quietly designed his community buildings, he inspired two first grader boys at his table to follow his lead.

He crafted numerous buildings – one of which was a clock tower. The two first graders also drew clock towers, added color and cut out the outline of their buildings – just like he did.

It was remarkable to see this boy, who struggles in other settings, inspire others to become fully engaged in the art-making process. The younger ones can sometimes be frustrated with their skill level, but today they were very pleased with their end product because of the leadership shown by the older student.



The MMMe Club Leader at Highland Park Elementary, explains how Tre “the cool kid” of the club not only joined in, but showed great empathy and admiration for his fellow club members:

Tre, a fourth grader was resistant at first, choosing to sit at an empty table while the activities were taking place. He isolated himself from everyone else. But as time has passed, we have witnessed a wonderful change that has taken place.

During the activity entitled, “Build Me Up,” Tre was the most active and engaged of all! The activity was to create a poster where they wrote their name in the middle of the sheet and taped it up on the wall. Then each student was instructed to write something nice about each of the others on their posters.

Tre couldn’t stop writing! Even after time was up, it was hard to tear him away and get him to re-join the group.

What he didn’t realize that he was building the social and emotional skill of empathy, which is one of the most important skills we can teach kids. It is the ability to see and value what another person is feeling or experiencing. It’s a core skill for what psychologists call “pro-social” behavior – the actions that are involved in building close relationships, maintaining friendships, and developing strong communities.

We are so grateful to the Tulalip funds for helping make this program a reality. We look forward to helping more kids facing challenges learn empathy, problem solving, emotion management and skills for learning through creative expression and the Magnificent Marvelous Me Club. Please let me know if I can answer any other questions or provide you with more information.

Sincerely,

Nancy Stillger
Program Manager

