

stART PROGRAM LOGIC

What is the program about?

An arts-based visual and emotional literacy program targeting young students

Key Activities

- Facilitated sessions in schools and at National Gallery Singapore
- Engagement with the stART playbook
- Opportunities to participate in art-making, look at artworks, and engage in artwork discussions

Acquiring emotional regulation skills through art-based activities

Affect labelling: *'Name' activities*

Cognitive reappraisal:
'Frame & Reframe' activities

Grounding exercises:
Deep breathing, body scan

Self-efficacy *through art making*

Self-care: *self-care plans, drawing and reflection exercises*



Emotion literacy and regulation

Increased ability to:

- Recognise emotions
- Express emotions
- Regulate emotions
- Accept challenging emotions



Self-awareness and esteem

Increased:

- Awareness of strengths and likes
- Sense of mastery and self-efficacy (from art-making)



Improved wellbeing and resilience

Barriers

- Level of commitment/willingness/openness of participants
- Available venues for place-based learning

Enablers

- Experience of facilitators: art-based experience, facilitation skills, communication, versatility
- Group dynamic of participants

