



Uthrive Wellness Healing Arts Enrichment Classes and Programs

Planting Seeds for New Tomorrow

Blending mindfulness, social and emotional
practices with the healing arts.

www.uthrivewellness.org

Heart to Art

Welcome to the Heart to Art class, where creativity meets mindfulness! This unique program invites students to explore the transformative power of expressive art as a means of personal growth and self-discovery. Through a variety of engaging mediums, participants will be encouraged to allow their feelings to emerge, learning how to process and express their emotions authentically. In this supportive environment, students will discover how to articulate their desires and intentions, creating meaningful art with positive purpose. The class aims to foster self-awareness, compassion, creativity, self-confidence, and self-regulation.

Students will engage in diverse modalities that include:

Journaling: Capture thoughts and feelings to spark creativity.

Energetic Practices: Explore techniques to enhance emotional and physical well-being.

Mindful Movement: Connect body and mind through movement exercises.

Drawing & Painting: Using visual art to express emotions and ideas.

Collaging & Arts and Crafts: Create unique pieces that reflect personal stories.

Working with Clay: Experience the tactile joy of sculpting and shaping.

Kundalini Yogis

Kundalini Yogis is a vibrant and nurturing program designed for children to explore the transformative practices of yoga and meditation. This class encourages kids to grow in confidence while learning how to calm their bodies and nervous systems through foundational postures and movements.

In our sessions, children will learn essential yoga poses that promote physical strength, flexibility, and balance. They will also experience dynamic movements combined with breathwork to energize and invigorate the body.

Mantra will also be practiced, the power of sound and repetition to foster focus, mindfulness, and inner peace. Lastly, students will explore hand gestures that facilitate energy flow and enhance meditation practices.

Kundalini Yogis class is a wonderful opportunity for kids to express themselves, connect with others, and embark on a journey of personal growth.

Jewelry Making and Friendship

Jewelry Making and Friendship Group is a vibrant class designed to bring students together through creativity and self expression. This group emphasizes cooperation, compassion and personal growth while allowing members to explore their artistic talents. In our classes, participants will:

Engage in Creative Activities: Dive into various crafts, including jewelry making, collage, and creating beautiful accessories like bracelets, earrings, and headbands.

Express Emotions: Use art as a medium to express feelings and share experiences, fostering a safe and supportive environment.

Increase Self-Awareness: Reflect on personal journeys through the creative process, gaining insights into emotions and thoughts.

Cultivate Cooperation and Compassion: Work together on projects, encouraging teamwork and understanding among group members.

Build Self-Confidence and Self-Regulation: Develop skills that enhance self-esteem and emotional management through creative accomplishments.

Mindfulness and Meditation

Our Mindfulness and Meditation Class for Children creates a nurturing space designed to help young minds cultivate calmness and body awareness. In this class, children will learn essential skills to soothe their minds, bodies, and nervous systems, connecting with their inner selves through mindfulness practices.

Guided Meditation: Engage in soothing guided meditations that promote relaxation and focus, helping children navigate their thoughts and emotions.

Breath and Body Awareness: Discover the importance of working with the breath and learn techniques to foster a deeper connection with their bodies.

Yogic Breathing: Practice yogic breathing exercises that enhance clarity and calmness, equipping children with tools to manage stress.

Movement: Incorporate gentle movements and stretches to promote physical awareness and release tension.

Affirmations: Explore the power of positive affirmations, teaching children how their words can shape their beliefs and self-image.

Connecting in Nature: Spend time outdoors, connecting with nature and appreciating the world around them, fostering mindfulness in their environment.

Mindful Eating: Learn the practice of mindful eating, encouraging children to savor their food and appreciate each bite fully.

Clay and Mindfulness Discovery Class

Welcome to the Clay and Mindfulness Discovery Class, where creativity meets self-awareness in a fun and engaging environment! This class harnesses the healing properties of working with clay to help students connect with their feelings while enjoying a rich sensory experience. In each session, participants will:

Embrace Mindfulness: Each week begins with a mindful theme that sets the tone for reflection and creativity, encouraging students to be present in the moment.

Engage in Guided Clay Sessions: Participants will enjoy guided sessions that inspire them to create freely, exploring their imagination and expressing their emotions through clay.

Experience Grounding Effects: Working with clay promotes a peaceful state of mind, helping students feel more grounded and centered.

Explore Various Projects: Dive into a variety of projects, including: free play with clay, nature-inspired creations, beaded necklaces and bracelets, pinch pots, and whatever else sparks their beautiful imaginations!

Join us in this delightful journey of discovery, where students can develop their artistic skills while enhancing their emotional awareness and mindfulness.

Mindful Writing and Journaling: Planting Seeds for Storytelling and Full Self Expression

Embark on a transformative journey in our "Expressive Journaling" class, inspired by the enchanting book **Planting Seeds for a New Tomorrow: An Inner Child's Tale** by Alison Ungaro the founder of Uthrive Wellness.. This course is thoughtfully crafted to help students delve deep into their emotions and open their creative potential through the powerful practices of drawing and journaling.

Throughout the class, students will engage in reflective exercises that encourage self-exploration and emotional processing. By combining art and writing, they will learn to express their thoughts and feelings authentically, planting the seeds for imaginative storytelling.

As your child connects with their inner child, they'll discover new ways to inspire their writing and nurture their creative voice. Alison's book is included in the class curriculum.

This is the seed that we are planting in schools across the country to give children the space for fullest self expression.

Journaling with the Artist Way (teens)

Journaling with The Artist's Way is a workshop, inspired by Julia Cameron's transformative approach to creativity! This program is designed specifically for teens, providing a nurturing environment to explore their inner thoughts and emotions through the power of journaling and engaging prompts . Topics covered:

Explore Stream-of-Consciousness Writing: Discover the practice of stream-of-consciousness writing, allowing creativity to flow freely and unlocking the imagination.

Engage in Gratitude Practices: Learn the importance of gratitude in fostering a positive mindset and enhancing overall well-being through thoughtful journaling exercises.

Cultivate Self-Love and Confidence: Participate in self-love practices and affirmation work that promote self-esteem and encourage a positive self-image.

Utilize Journal Prompts: Dive into creative journal prompts that inspire exploration of personal feelings, thoughts, and experiences, providing a safe space for expression.

Made in Love Plant Based Cooking

Nurture your child's love for cooking and healthy eating with our delightful "Made in Love" Plant-Based Cooking Class. This fun and engaging class will entice your child with new recipes and nutritious snacks that are not only delicious but also packed with essential nutrients.

In this hands-on class, kids will be introduced to a variety of organically grown fruits, vegetables, and legumes. They will learn the importance of using whole, natural ingredients to fuel their bodies in the most optimal ways. Guided by their wonderful instructor, your child will discover how to prepare wholesome, plant-based meals that are easy to recreate at home.

Through this experience, students will not only develop practical cooking skills but also cultivate healthy eating habits that will benefit them for a lifetime. Plus, they'll have a blast cooking with their friends and sharing their creations!

Painting Studio

Your child will unleash their creativity in this fun painting class, designed to let their imagination soar. Students will delve into various painting techniques and formats, including watercolor, acrylics, and mural creation. In a supportive environment, students will discover the sheer pleasure of painting with different mediums and learn to blend, layer, and texturize their works of art.

Throughout the sessions, they will receive personalized attention to foster their artistic growth while having fun.

Materials Provided: watercolor and acrylic paints, various brushes and painting, painting surfaces (canvases, paper, etc.), mural-working supplies (for larger projects)

Gardening & Art

Students will have fun watching the seeds they have planted sprout into something magical in this fun and interactive class for beginner gardeners. This is an exciting and interactive class that offers a hands-on experience for those who are ready to learn and grow with plants. Throughout the class, students will witness the transformation of seeds into blossoming plants while engaging in artistic projects inspired by nature. This class features:

Introduction to Basic Gardening: Learning how to plant seeds correctly, understanding the stages of plant growth, and the essentials of maintaining fruits, vegetables, and herbs.

Watching Growth: Observing the sprouting process and documenting the journey from seed to plant.

Nature and Bugs: Identifying helpful insects that benefit the garden and understanding their roles in the ecosystem.

*Creative Art Projects: Nature-Inspired Art**:* Crafting using natural materials like leaves, twigs, and flowers to create beautiful art pieces.

Fairy Gardens: Designing enchanting fairy gardens using small plants, stones, and miniature decorations.

Combining Art with Gardening: Projects that combine plant care with artistic creation, fostering a deeper connection to nature.

Mindful Gardening: Practicing mindfulness techniques to appreciate the growth process and connect with nature.

Reflective Activities: Journaling and reflecting on experiences, fostering a sense of calm and thoughtfulness.

Mindful Dance

This class will help your child learn how to access their bodies' innate intelligence, through a variety of rhythmic and melodic elements of music and body conditioning. Dance can also help strengthen our muscles, vestibular balance, and can release stress and anxiety. Another benefit is that dance empowers children to express themselves and become comfortable in their bodies. Class Features:

Introduction to Rhythm: Understanding basic rhythms and how to move one's body in harmony with different musical elements.

Dance Styles: Exposure to various dance styles to help children find their preferred methods of expression.

Body Conditioning: Muscle Strengthening: Exercises aimed at strengthening key muscle groups necessary for safe and effective dancing.

Flexibility and Balance: Activities designed to improve flexibility and vestibular balance, enhancing overall coordination.

Physical Release: Using dance as a medium to release pent-up stress and anxiety, fostering a sense of relaxation and peace.

Mind-Body Connection: Techniques that help children become more mindful of their body's movements and sensations.

Self-Expression and Body Comfort: Encouraging children to use dance as a form of creative expression, allowing their unique personality to shine.

Body Confidence: Promoting comfort and confidence in their own bodies through positive reinforcement and supportive activities.

All Things Wellness for Teens

A blended curriculum addressing the emotional, social, mental and physical needs of a teenager's development. Classes will combine physical movement in the form of yoga and simple stretches with mindful breathing, guided meditation, affirmation, and journaling to reinforce a positive and healthy mental state. Social activities such as art projects and jewelry making are beneficial in processing your teen's emotions and fosters cooperation, self expression, creativity, and healthy self-regulation. In addition your teen will be introduced to healthy eating habits in fun plant based cooking activities.

Mindful Acting

Discover the power of mindful acting—a transformative practice that goes beyond the stage. By finding one's unique voice through mindful techniques, students will enhance their confidence and self-esteem, empowering them to express their emotions authentically. This approach not only enriches students' acting skills but also translates seamlessly into everyday life, making public speaking a breeze. Embrace mindful acting to connect deeper with oneself and others, fostering a sense of presence that captivates audiences and cultivates genuine self-expression.

Mindful Photography

Discover the art of mindful photography, where students can connect deeply with their intuition and the vibrant energy of their surroundings. This practice encourages young photographers to cultivate awareness, allowing them to capture authentic compositions that tell a story beyond the lens. Through guided exploration, students will learn how to sense the subtleties of light, shadow, and color, enhancing their ability to create striking images. The journey continues with editing techniques that respect the integrity of their original vision, while mastering color management to bring their artistic ideas to life. Join us in this enriching experience, where mindfulness meets creativity, and watch as students transform their perspective and skills behind the camera.

Mindful Physical Education

Embark on a journey of mindful physical education, where students cultivate a profound connection between mind and body. This innovative approach emphasizes the importance of stretching and movement as tools for self-discovery and wellness. Through guided exercises, students will learn to visualize their movements, enhancing their physical performance while nurturing a sense of inner peace. Mindfulness practices will be integrated into activities such as walking, helping students develop awareness of their bodies and surroundings, promoting a holistic understanding of health and fitness. By fostering self-awareness and encouraging creativity in movement, mindful physical education empowers students to embrace their unique physicality, enhance their overall well-being, and cultivate a lifelong appreciation for active living. Join us in this transformative experience where physical education meets mindfulness, nurturing both body and spirit.

Mindful Golf

Join us for a transformative Mindful Golf class designed for students of all ages! This unique program emphasizes the holistic benefits of golf, combining physical skills with mental focus. Participants will explore the importance of stretching and mindful breathing, allowing them to connect deeply with their game. Throughout the class, students will learn essential techniques, including full swing, putting, chipping, and pitching, all while following a simple and safe formula. Our curriculum includes a straightforward 6-step formula for mastering the golf swing, making it accessible for young learners. Additionally, students will gain a solid understanding of golf etiquette and the fundamental rules of the game.

Wild Animal Kingdom (ages 3-6)

Children love animals. This class will explore animals in the wild and their unique habitats, while engaging your little one in playful themes, storytime, games and fun creative art projects.

All Things Sensory (ages 3-6)

This class infuses all the senses in a fun and playful experience for all. Students will work with the modalities of paint, clay and other fun sensory textures such as shaving cream, foam and sensory concoctions such as slime and play dough. Children will also have the chance to explore and relax with sensory play tables such as water and sand, bubbles, calming music, sound healing, gardening, mindful eating practices and sound exploration.

Messy Fun Art Recipes (ages 3-6)

This wildly fun class will have your preschooler laugh in delight while creating and playing with fabulous messy art recipes such as play dough, putty, slime, play clay and paper mache. The ideas for projects are endless in this sensory based class of play.

Journaling for Preschoolers (ages 3-5)

Even little ones can learn how to journal! Through drawing and expressing their personalities with as much writing as they are capable of, they become playground designers in "Twinkle Twinkle Play And Grow," a fun Energetic Profile™ journal designed for young kids to learn about life, themselves, and much much more.

Little Ballerinas (ages 3-6)

This fun class will introduce the youngest of ballerinas to the magical world of dance and classical music. Children learn foundational ballet techniques that help with early motor developmental skills in this engaging class. The best part though is picking out their tutus and performing for parents on the last day of class.

Pre-School Yogis (ages 3-5)

Introduce your little ones to the joyful world of yoga with our "Preschool Yogis" class! Designed for children ages 3 to 5, this engaging and interactive class combines movement, mindfulness, and creativity to help young children develop flexibility, strength, and focus while having fun. Through playful storytelling, imaginative poses, and sensory experiences, children will explore the fundamentals of yoga in a safe and nurturing environment.

Uthrive Wellness Inc. is a 501(c)(3) nonprofit

Classes can be modified to fit different schedules, age groups, and abilities, from Preschool - through adult programming!

Programs run from 4-weeks to year long! We also offer workshops for students, parents and teachers and summer camps!

We work with after school coordinators; City Parks & Recreation, Public School Districts, Nonprofits & Private & Charter Schools.

www.uthrivewellness.org

Contact Alison for more information.
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