



What is Art Based Counseling?

Did you know?

- Art is good for your mind and body—reduces stress and anxiety, can improve mood
- The act of creating activates the reward pathway in our brain creating a pleasurable experience
 - Creative experiences build agency—problem solving
- Viewing art increases curiosity, ability to make inferences and builds self-awareness and empathy

Hello! I'm...

Breanne Leeson

- Born and raised in Bishop
- Three sons and a very large dog
- Classroom teacher for almost 20 years at Round Valley and Bishop Elementary
- Recently finished a Master's in School Counseling
- Working as a Teacher on Special Assignment to integrate art with school counseling TK-12

Build an Art Habit

1. Be willing and believe you can be creative.
2. What speaks to you?
3. Focus on the creative process and not the product
4. Make time to build the habit
5. Don't be afraid of your emotions
6. Create space

ART-BASED SCHOOL COUNSELING

Tuesdays and Thursdays 8:30–11:30

The BUHS Creator's Space is for students in need of a creative outlet. Whether you are trying to solve a problem, manage stress or gain focus, this space is available for individuals or small groups looking for a quiet place to create!

Facilitated by
Ms. Leeson
Art Teacher/Counselor

For More Info:

- Contact your Guidance Office
- Email bleeson@bishopschools.org
- Call
760-872-1381 ext.2656