

PAT'S PULSE ON
ALL THINGS AWESOME IN EDUCATION

March's Pulse

**Congratulations AITs!
You Made it to March!**

ArtsAround is officially recognizing March as the month to acknowledge yourself and make time for your well-being. WHAAA?



Why, you ask?

Because... **March Make Over Month ... Means all About ME!**

You have left more months in this school year behind you than there are before you! WOO HOO! So technically, you are getting closer to the home stretch. And better yet, you are getting very close to March Break! What's not to love about that?

Some of you will rush off to sunshine...



Others will be enjoying your staycation...

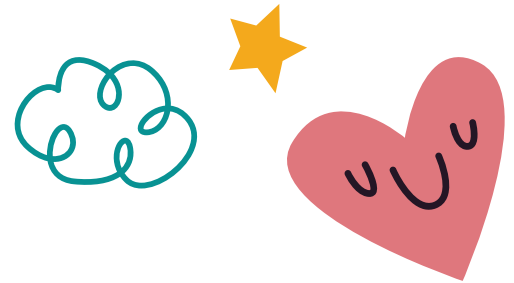


Click to Watch

Yes, March Makeover Month means you make time to...

BE GOOD TO YOURSELF! and PRACTICE SELF-LOVE! ❤️

Ouch, that is a term that makes some of us roll our eyes or make a face. Here are some ideas that you can use for yourself all month long. Find a peaceful place just for you!



Welcome to Art Therapy!

Find a quiet, sacred space in your home, put up your **Do Not Disturb** sign or yellow police tape for your family to realize they need to leave you alone for 30 minutes. Yes, they can do it! You need your phone or iPad to watch a video, and you will need a piece of white paper and colouring or drawing materials such as pencil crayons, felt markers, paint, or oil pastels. A few candles to light and your calming music for relaxation! You're good to go.

1. Meet Erica Pang. This artist uses art therapy as a form of relaxation. Get your scented candles and fav calming music to pamper yourself just a wee bit, so you are in the right mind set. Start by reflecting on the relationship you have with yourself and most importantly consider cultivating more love and kindness in your self-love journey this month! Ask yourself these deep, important questions:

How do you treat yourself? What words do you use to speak to yourself? Are you kind and forgiving with yourself like you are with the people in your life that you love? Do you accept help? Do you nurture your creative spirit? Do you spend 10-20 minutes in reflection, prayer or meditation? Take 6 deep breaths in and out.

2. Watch Erica's YouTube:

📺 **Art Therapy Activity for Self Love**

Creating art and expressing ourselves helps us discover who we are and what we need to relax to heal. Please give yourself this little gift of time as a new healthy daily habit. Classroom teachers, share this with your kids, too.



“What are the most powerful words in the universe? The ones you use to talk to yourself!”

- Karen S.