

The Imagine Project, Inc.



Imagine...

giving kids an opportunity to let go of stress and trauma and imagine new possibilities in their lives!

Stress and trauma are prevalent in our children today. According to the ACE's research study by Kaiser and the CDC, 50% of all children have at least 1 traumatic experience before the age of 17. Research is showing that stress is accelerating too. Stress and trauma interfere with social emotional wellness and academic success.

The Imagine Project, Inc.™ is a simple, yet profound 7-step expressive writing program that can be used by parents, teachers (K-12), counselors, and youth leaders. **The Imagine writing process** gives kids and teens the opportunity to process difficult life circumstances and improve social emotional wellness and academic success.

Using the Imagine Project Journaling™ helps kids and teens

- develop a healthy awareness of their own emotional needs
- understand resilience
- improve citizenship by considering the perspective of others
- develop interpersonal relationship skills and awareness
- improve academic performance
- prevent maladaptive behaviors
- feel better about life
- Imagine new possibilities in their lives!

“After doing The Imagine Project my students realized that they may go through bad times, but they can influence what happens next in their lives. They are also less judgmental, more compassionate with each other, and they feel more comfortable and confident sharing part of themselves. And now they LOVE TO WRITE—EVERYTHING!”

–Michelle Parker,
Pine Grove Elementary

“Expressive writing increases GPA, decreases dropout rates, lessens post-traumatic stress disorder symptoms, improves memory, improves physical and emotional health.”

–Baiké (2005) and Kellogg (2008)

“Students began to see themselves differently by creating expressive, passionate and personal stories. As a teacher, I walked away knowing more about my students and how to better care for them personally and academically.”

–Melissa Orlando,
Chaparral High School

Bring this simple writing process into your home or classroom.
Go to www.theimagineproject.org to download the free journals (K-12 and adults) and find out more about Dianne's speaking engagements!



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Because everyone has a story

www.theimagineproject.org

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