

# 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, academic success and mental health.**

The Imagine Project, Inc.™ is a simple, yet profound 7-step expressive writing activity 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
- stop maladaptive behaviors
- feel better about life
- support their mental health
- Imagine new possibilities in their lives!

“Expressive writing increases GPA, decreases dropout rates, lessens post-traumatic stress disorder symptoms, improves memory, improves physical and emotional health.”  
– **Baike** (2005) and **Kellogg** (2008)

“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

“The Imagine Project has really taken off in my district. The things the students were able to relinquish and say during this project were mind blowing. I am so excited about where our district is heading in regards to students’ mental health and overall well-being. I truly believe that your project is what is going to propel our district in the right direction!”

– **Jessica Musso,**  
Union Elementary

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



## The Imagine Project, Inc.

Giving kids a voice for positive change

[www.theimagineproject.org](http://www.theimagineproject.org)

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