The Imagine Project, Inc. TM is a simple, yet profound 7-step expressive writing activity that can be used by parents, teachers, counselors, and youth leaders. The Imagine writing process is a lifelong tool that gives kids and teens the opportunity to process difficult life circumstances, improving social emotional wellness and academic success. It’s free, easy to implement, and no training needed!

**The Imagine Project Goals are to:**
- Promote mental health and social emotional growth
- Decrease suicide ideation
- Lessen the potential for school shootings
- Create self-awareness and internal understanding
- Teach and instill compassion, kindness, and camaraderie in classrooms and groups

**Benefits for K-12 students (quantitative, qualitative, and anecdotally based):**
- Provides an accessible tool for expressing and understanding emotions
- Helps students feel heard and manage stress
- Reduces anxiety, depression, and anger
- Helps students realize that others have challenges too
- Generates new friendships (with others who have similar stories)
- Creates camaraderie in the classroom—a sense of belonging
- Encourages students to become more open to outside support
- Enables students to take more academic risks

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giving kids an opportunity to let go of stress and trauma and imagine new possibilities in their lives!
Benefits for K-12 students (quantitative, qualitative, and anecdotally based):
• Creates peer to peer empathy and compassion,
• Promotes self-awareness and empowerment,
• Enables students to recognize their potential,
• Encourages students to acknowledge and release stored traumas,
• Lifelong tool for processing stressful situations,
• Fosters resilience.

Research shows that expressive writing increases GPA, decreases dropout rates, lessens post-traumatic stress disorder symptoms, improves memory, improves physical and emotional health.


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 change’s lives forever. A simple but powerful tool that allows children to be vulnerable while feeling safe to express their true feelings around difficult life circumstances—while still seeing there is a bright light at the end of the tunnel. The process gives kids their power back and allows them to create their future in a magical way.

–Teelyn Bourbonnie
Principal Walnut Hills Elementary

It’s amazing to hear student’s stories and observe their journeys! For some, it is the first time they have ever spoken or written about their personal stories. The Imagine Project gives students an outlet to finally experience freedom from thoughts and feelings they have bottled up for so long. This project has enabled students to communicate better with their parents, and strengthen relationships with family members and peers. I have witnessed healing, boosts in self-confidence, and lots of smiles.

–Tamra Maupin
Middle School Counselor

The Imagine Project, Inc.
Giving kids a voice for positive change

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