



THE ART OF PEACE
PRACTICE, LLC
Mindful Art for Emotional Regulation

The Art of Peace Practice, LLC

Provider:

Atabeyra Acosta, CPC, CTAP

Founder, The Art of Peace Practice, LLC

Mindful Art in Nature

Course Description

Mindful Art in Nature is an elective educational program that blends art, mindfulness, and outdoor exploration to promote creativity and focus. Through hands-on projects, nature observation, and reflective activities, students strengthen creative expression, critical thinking, self-awareness, and appreciation for the natural world while making meaningful connections between art, science and social-emotional learning.

Learning Outcomes

Students will:

- Strengthen focus and attention
- Develop creative
- Build observation and nature study skills
- Practice mindfulness and self-awareness
- Express ideas through art and reflection
- Explore connections between art and nature

Sample Activities

- Guided nature walks
- Nature journaling
- Botanical sketching
- Process based art experiences
- Mindfulness exercises

Service Format

This is a 90-minute, instructor-led elective held in small groups of up to 10 students at TY Park.

Provider Qualifications

Instruction is provided by Atabeyra Acosta, Founder of The Art of Peace Practice, LLC.

Credentials include:

- Certified Professional Life Coach
- Certified Therapeutic Arts Practitioner
- 200-Hour Yoga Teacher
- Social-Emotional Learning Facilitator
- Youth Mental Health First Aid

Mission: Helping children develop lifelong tools for creativity, emotional wellness, confidence, and mindful living through enriching educational experiences.