



The Art of Peace Practice, LLC

Provider:

Atabeyra Acosta, CPC, CTAP

Founder, The Art of Peace Practice, LLC

One-on-One Emotional Regulation with Art Integration

Course Description

This Emotional Regulation with Art Integrations service is offered for one-on-one sessions. It's an elective educational program that combines creative art experiences with mindfulness and social-emotional learning. Students develop confidence, focus, emotional awareness, and resilience through engaging, hands-on activities that encourage creativity and self-expression.

Learning Outcomes

Students will:

- Understand the roles and parts of the brain that affect our emotions, decision making, and learning
- Strengthen focus and attention.
- Practice mindfulness and self-regulation.
- Build confidence through creative expression.
- Develop communication and problem-solving skills.
- Foster resilience and emotional awareness.

Sample Activities

- Watercolor and mixed-media art
- Drawing and painting
- Process based art experiences
- Mindfulness and breath exercises
- Reflection and journaling
- Social-emotional learning activities

Service Formats

This service is for a 60 min individual one to one instruction

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 Certified

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