

## THE POWER OF WHOLE BRAIN THINKING®

Discover your "Can-Do"® ~ Opening the possibilities in you.

RELEASE THE FEAR, INC™

### Introduction

At a very young age most children begin to experience a loss of ability to use their imaginations and inner-creativity, thereby diminishing their options and possibilities in life.

It is the intention of this workshop to engage participants of all ages in a process of communicating and understanding their individual differences of perspective utilizing the most primitive form of communication... ART! Being engaged in art making and its history, physiologically stimulates the right hemisphere of the brain. This neurological interaction awakens the creative consciousness, thus exposing one to unlimited potential for critical thinking and problem solving.

By bringing this awareness to the group promotes an unique and optimal setting for the acknowledgement of self-discovery and the ability for one to deal with issues of conflict by utilizing art, thereby promoting positive community resolve. RJM



"Bridging Possibility" Workshops

Opening up possibilities for the young minds of Arizona's youth for a brighter tomorrow. ©

Release the Fear, Inc.™ PO Box 3815 Phoenix, AZ 85030 [www.releasethefear.org](http://www.releasethefear.org) 602 – 258 - 6107



## "Bridging Possibility" Workshops

Opening up possibilities for the young minds of Arizona's youth for a brighter tomorrow. ©

Release the Fear, Inc. Workshops ~ [www.releasethefear.org](http://www.releasethefear.org)

Through stories, activities and artwork, Release the Fear's Workshop will help students to: Discuss How Color Affects Us and Our Environment, Awaken Senses, Heighten Visual Awareness of Our Environment, Draw One's Fears and Awaken Hopes and Dreams, Stimulate Creative Listening and Communication, Bridge Understanding, Turn Possibilities into Purpose. The workshop will end with a group painting to be displayed for the public.

This three session 'Bridging Possibility" Workshop May 14, 15 & 16 from 9:00AM – 10:45AM  
STARSHINE ACADEMY - 7 and 8<sup>th</sup> Grade Students (30 Students, 3 Administrators)

55% Male 45% Female                      Ages 12 - 19

### Do you think others (Kids my age, older & younger, Adults) have the same Fear as I do?

Pre % YES 29% NO 65% Other 6%  
Post% YES 69% NO 31% Other 0%



### Rate this statement: You feel comfortable speaking in front of others.

Pre % Not at all 22% Sometimes 68% All the Time 10%  
Post% Not at all 14% Sometimes 76% All the Time 10%

### Rate this statement: I believe I can make my hopes and/or dreams come true.

Pre % Not at all 3% Sometimes 42% All the Time 55%  
Post% Not at all 3% Sometimes 41% All the Time 56%



### Complete this statement: I see myself as a \_\_. Follower, Equal, Leader

Pre % Follower 3% Equal 39% Leader 58%  
Post% Follower 3% Equal 28% Leader 69%

### What do you think about color?

What% gave more thought and shared them about color between  
Pre 58%  
Post 72 %

Thoughts Shared from a couple: "That it reflects your mind and it is fun", "Color Can set of good vibrations, depending on the person", "Now I think of it way different, Color is really important in life", "Color is what gives beauty to the world", "I think it can Improve everything in your life", "



### My most important hope or dream is. . .

What % gave more thought to there Dream becoming a realty...  
Pre 90%  
Post 96%

Thoughts Shared from a couple: "To become a doctor", "To be happy", "Raise my Daughter healthy and safe", "To go to college", "To be a judge and have a great Family", "To make a difference", "Become a football player or a boxer and find a Soul mate".

### What did you learn New in the workshop about yours self, that you did not know before?

Post 63% discovered something New in the workshop

Thoughts Shared from a couple: "Everyone is the same", "I kind of like red", "That my fears can be turned I Into good", "I learned that I am a unique person", "A lot, just to be me and believe in myself", "That I can do it".

### What did you learn New in the workshop about a classmate or friend?

Post 62% discovered something New classmates or friends in the workshop

Thoughts Shared from a couple: "That everybody has a fear", "That I have more in common with the People at my school than I thought", "Gina is scared of the dark", "That I can trust them", "



## "Bridging Possibility" Workshops

Opening up possibilities for the young minds of Arizona's youth for a brighter tomorrow. ©

Release the Fear, Inc. Workshops ~ [www.releasethefear.org](http://www.releasethefear.org)

This three session 'Bridging Possibility" Workshop held May 29, 30, from 12:30- 3:00 PM  
STARSHINE ACADEMY School - 6 and 7<sup>th</sup> Grade Students (13 Students, 1 Administrator)

46% Male 54% Female Ages 11 - 14

### Do you think others (Kids my age, older & younger, Adults) have the same Fear as I do?

Pre % YES 38% NO 62% Other 0%

Post% YES 55% NO 36% Other 9%

### Rate this statement: You feel comfortable speaking in front of others.

Pre % Not at all 54% Sometimes 46% All the Time 0%

Post% Not at all 18% Sometimes 73% All the Time 9%

### Rate this statement: I believe I can make my hopes and/or dreams come true.

Pre % Not at all 8% Sometimes 85% All the Time 7%

Post% Not at all 0% Sometimes 55% All the Time 45%

### Complete this statement: I see myself as a \_\_\_. Follower, Equal, Leader

Pre % Follower 31% Equal 31% Leader 38%

Post% Follower 18% Equal 45% Leader 37%

### What do you think about color?

What% gave more thought and shared them about color between

Pre 77%

Post 82%

Thoughts Shared from a couple: "It expresses people", "Color is very important",  
"I think it is bright or dull".

### My most important hope or dream is. . .

What % gave more thought to there Dream becoming a reality...

Pre 100%

Post 100%

Thoughts Shared from a couple: "To make a difference", "To be wealthy", "To be a good parent", "To  
Become a famous screenwriter and earn money", "To be sure of myself", "Own a company", "To have a  
Great future".

### What did you learn New in the workshop about yours self, that you did not know before?

Post 100% discovered something New in the workshop

Thoughts Shared from a couple: "My dreams", "That dreams and plans that you have can come true",  
"I can grow a money plant", "I can learn more about myself", "

### What did you learn New in the workshop about a classmate or friend?

Post 82% discovered something New classmates or friends in the workshop

Thoughts Shared from a couple: "They have a fear", "That we all have different feelings", "Their dreams", "





## Overall thoughts from participants of these 5 three session 'Bridging Possibility' Workshop

These questions are asked for participants to reflect on and then share in group after each activity. The following responses from ages 11- 17 are written in their words without edit.

### How would this activity help you in your daily life ( in School or Out of School or Both)?

#### Stand Together & What am I ?

To learn more, it taught me what other people do, to get to know everybody and what they are like, to get into others better, to get to know what other families or all values and to meet new people, I got nothing out of it, how we are alike, to see same things as you see differences, confidence & understanding of others, express yourself,..

#### Creative Storytelling:

Expressions self, memorization of others, it was not all that surprising, seeing what others feel, allowing us to have the time helps our creativity, this would help me at school and at home to be more open with others, helping us with concentration, FUN , make you remember things, to help with our senses, keeps you thinking, have a good time, nothing, for knowing everybody, to help you share your feelings, be cool, It felt it helps explain how people feel and what they want to do, ..

#### Recognizing Self Imposed Blinders:

To see things with color, be aware of everything around you, surroundings, look at different colors, it would help make you on different views, seeing your color, if you drive it helps you open you vision you see color better, help by being more color coordinated, help with art and garden & drive, recognize your surroundings, you see different colors that's what help you, to see and look better, out different perceptions, when I'm writing in a car it makes me look at color clear, it helps me see the color better, ..

#### Seeing Beyond:

It helps you and think, to look better, describing things and using other senses, it helps your senses, be aware of everything around you, recognizing things without using all your senses so it strengthens the ones your using , it was pretty cool, you can see in the dark, to help our memory, think it will remember and know when we touch, feel the art the before you judges it, it helps you know what something is by just touching it and helps you focus, home and school and if blind I would no somewhat I feel, to expect the unexpected, gets you thinking helped build your know senses, feel the object before you judge it, to have fun...

#### Session

2~~~~~

#### Yes No:

No reason to be upset over words, it was hard to hear no, shows us how different responses makes us feel, it was Dum, it gets people mad, each not to get angry so fast, helps you get in touch with your feelings and teach you patients, it was fun, it can make you mad or happy or sad, I felt that it would tell you nothing in life is easy it was really fun game/action teach me that you can't have everything in life, made you angry when someone told you know, I learned that people shouldn't be\*~, ..

**Reflective Take Home Assignment: Who is Hero and why , What this Peace means you**

To show what you want you want in your life, to draw your dreams and fear instead of saying it in words you can show it in words, a lot thought their mom and dad were heroes and peace is having no violence, helps us look to the positive and maybe find saying the positive will help you overcome the negative, we get to explain about, to show other people that people might have the same heroes and the same ideas is Peace,

**Drawing one's Fears, Hopes and Dreams and Sharing:**

Chucky, trust others with your emotions, this brought all the ideas in my head to the front of my head, everyone had fears and bugs and a lot had similar to favorite color, to let you know you have to get over your fears to achieve your dreams, helps you be able to share your hopes and dreams or make you start thinking about your future. it was fun drawing, our fears in the middle because our fears will always be with us, to accomplish what you want, told me that I actually had a fear, it helps you release your fears, fears hold us back from reaching our dreams, to see how we are alike, I think it was nice to share your past or future, being creative and thinking in the future, to help reflect on myself, it would help me think about what is what I remember and what I dream, takeout my feelings, to win high face migraines and fears and hopes.,.

**Color:**

Had to talk about their favorite color and talk about what the colors look to music, in you life Z color blocked with, my favorite colors are Red Blue Green ha the brown, purple good pink bad, random

**Session**

**3**~~~~~

**Make and Brake:**

Fun, one-person makes a big different,

**Reflective Take Home Assignment: Write your fear on 1 side in your affirmation or new thought on the other side / a perceived negative in your life, that through time or something you did turned out to be a positive thing in your life,**

I think that it will show and help people conquer their fears

**Group Art Making:**

This exercise a chance to concentrate some that was fun, Feeling as one, Beautiful, colorful, I will remember

**Over All something New about Self or Others in Group:**

This exercise helps you face your fear in speaking, this exercise gives everybody a chance to talk in public, I like my name, I learned something new,



“Bridging Possibility” Workshops

Opening up possibilities for the young minds of Arizona’s youth for a brighter tomorrow. ©

Release the Fear, Inc. ™ PO Box 3815 Phoenix, AZ 85030 [www.releasethethefear.org](http://www.releasethethefear.org) 602-258- 6107