



Enrichment Experience

*Welcome to a safe space where imaginations are ignited,
creativity leads, and learning enriches lives.*

**Presented in Creative Alliance by:
uNiqu' Arts & Partners in STEM and Mental Wellness**

Not just a program... but an EXPERIENCE !

Welcome to the STREAM Enrichment Experience!

~ *Imaginations Are Ignited... Creativity Leads... and Learning Enriches Life* ~

The **STREAM Enrichment Experience** is more than just science experiments and Legos. It is a full circle, hands on journey into the world of **Science, Technology, Reading, Engineering, Arts, and Mathematics**. Designed with energy, imagination, and purpose, this enrichment program invites youth into an exciting, activity-based learning space where they'll explore, create, and collaborate in some of the most unique ways. Through interactive lessons and project-based experiences, students won't just learn STREAM, they'll live it and love it. We'll guide students through the creative process, encouraging them to ask bold questions, experiment with ideas, and even apply what they've learned to real world challenges.

We encourage teamwork as a staple of our program as students share their strengths, exchange ideas, and work through hands-on challenges as a team. Whether testing a science theory, writing a film script or choreographing a math-inspired dance, students will learn the power of collaboration, communication, and critical thinking. We promote a safe space for trial and error, where mistakes become opportunities. Students will be empowered to think differently... freely and approach challenges with confidence.

STREAM + Self-Awareness = Mind Meets Heart

SENSE OF SELF (S.O.S.) STAPLES OF THE PROGRAM EXPERIENCE

- **self-awareness** - taking time to think about what you do, how you feel, and why you act a certain way to help you understand yourself better.
- **self-reflection** - recognizing what you're feeling, thinking, and doing to understand how those things affect you and others.
- **social emotional learning (SEL)** - understanding & managing emotions, setting & achieving goals, feeling & showing empathy for others, establishing & maintaining positive relationships, and making responsible decisions.



PROGRAM GOALS

BODY AWARENESS

- participants will work on coordination, body control, stamina, balance, and strength.

SPATIAL AWARENESS

- participants will learn to move in their own personal space while remaining aware of the personal space of others, allowing everyone to move collectively in shared spaces.

SELF-CONFIDENCE

- participants will be encouraged to take bold risks and trust their ideas/abilities during activities. Daily confidence and esteem building affirmations will be shared with and recited by the students.

CONCENTRATION

- participants will be provided with tools to help develop and maintain focus of mind and body.

COOPERATION

- participants will be encouraged in the benefits of listening, responding, offering suggestions, and exploring the ideas of others while working in group settings.

IMAGINATION

- participants will be encouraged to make creative choices and to apply new ideas to projects/activities.

FUN

- participants will experience a stress-free environment while learning through play, motivation, and instruction.



THE EXPERIENCE

“QUICK FILM” (FILM & ACTING)

Participants will create a short film while participating in sessions that include acting coaching, improvisation, character development, film camera fundamentals and more.

“MOVE & MOTIVATE” (DANCE)

Participants will explore their creativity by designing a variety of artistic projects, led by talented artists and crafters.

“GETTIN’ CRAFTY” (VISUAL ARTS & CRAFTS)

Participants will tap into their creativity by designing a variety of artistic projects, led by talented artists and crafters.

“VOCAL VIBES” (VOICE)

Participants will build vocal technique and create original songs under the guidance of a professional vocal coach and music producer.

“BUILD A BEAT” (MUSIC PRODUCTION)

Participants will create original music beats alongside a professional music producer, bringing together ideas and material developed in their vocal and writing sessions.

“FUN THAT COUNTS” (MATH GAMES)

Participants will explore math in fun and interactive ways that help build confidence and strengthen their skills.

“DREAM-n-DRAW” (ILLUSTRATION)

Participants will learn the basics of anime drawing and illustration, creating a visual project that tells their personal story and reflects their unique identities through art.



THE EXPERIENCE

“CREATIVE WORLD OF WORDS” (CREATIVE WRITING)

Participants will be supported by established writers as they write a creative excerpt that will develop into a completed book that reflects their voices and stories.

“THE S, T, & E OF STREAM” (SCIENCE, TECHNOLOGY, & ENGINEERING)

Participants will participate in interactive projects and experiments within the areas of Science, Technology, and Engineering, with experiences that may include fishing trips, robotics, gardening, and more.

“COOKING W/CARE” (CULINARY ARTS)

Participants will work alongside a professional chef, in an hands on healthy snack preparation class, while learning safe kitchen practices and following simple recipes, and prepare healthy snacks. They will build foundational culinary skills such as measuring, prepping, and plating, while growing in confidence through positive affirmations and meaningful, shared experiences around food.

“LIVING PAGES; MOVING STAGES” (READER’S THEATRE)

With a focus on literacy development and reading fluency, participants will participate in a uniquely scripted dramatic presentation, using voice, expression, and movement to bring stories to life without memorization. Through guided mentorship, this class connects literature to lived experiences.

“Living Pages” represents words coming to life through reading and personal connection, while “Moving Stages” reflects both performance and the personal growth that comes from engaging with meaningful stories.



ART THERAPY

Through partnerships with certified psychologists and health and wellness coaches our team uses **Core Therapeutic Connections (CTC)**, to bring specific behavioral concepts to life with arts therapy. This framework includes **Cognitive Behavioral Therapy (CBT)**, **Mindfulness-Based Interventions**, **Emotional Regulation (DBT-informed)**, and **Narrative Therapy**.

Core Therapeutic Connections

1. **CBT (Cognitive Behavioral Therapy)**

- *Thoughts → Feelings → Behaviors*
- *Improv helps students externalize thoughts, challenge assumptions, and experiment with new behaviors safely*

2. **Mindfulness-Based Interventions** (Dialectical Behavioral Therapy [DBT] Informed)

- *Staying present, noticing internal experiences without judgment*

3. **Emotional Regulation**

- *Identifying emotions through body, movement, sound*

4. **Narrative Therapy**

- *Rewriting stories, trying new roles, exploring identity*

These therapeutic connections allow us to incorporate an arts therapy component within each artistic discipline the program offers, creating space for participants to explore, process, and express their experiences through creativity.

Through a strategic partnership with a team of certified psychologists, we are able to further strengthen this approach, adding a critical layer of professional insight and support that enhances the overall impact of the program.



ART THERAPY (cont')

The following provides an example of how these methods are brought to life through improvisational activities in our film & acting and creative writing sessions:

WARM-UP #1: ZIP! ZAP! ZOP!

CBT Skill: Present-Moment Awareness + Cognitive Flexibility

Therapeutic Reframe:

- This activity strengthens attention control (reducing anxious or intrusive thoughts)
- Encourages quick thinking without overthinking (challenging perfectionism)

Facilitator Prompt:

"Notice what happens in your mind if you miss a turn. Do you get frustrated, embarrassed, or want to give up? That's your thought pattern. Today we practice staying present in creating characters and scenarios instead of getting stuck in those thoughts."

WARM-UP #2: WALK THE WALK

CBT Skill: Behavioral Activation + Cognitive Restructuring

Therapeutic Reframe:

- Students act out emotions first, which helps shift internal feelings (body → mind connection).
- Challenges one dimensional thinking: "*I can only act one way*".
- *Releases inhibitions.*

Facilitator Prompt:

"How did your thoughts change when you were told to walk confidently vs. sadly? Did your feelings follow your body? What did you have to think about?"



ART THERAPY (cont')

ACTIVITY: BUILDING IMAGINATION W/COLORS & MUSIC

CBT Skill: Cognitive Reframing + Emotional Identification + Thought Awareness + Narrative Building

Clinical Insight:

- Colors and music triggers schemas (*mental frameworks*)

CBT Bridge:

"Sometimes our brain tells us stories that aren't fully true, like 'I'm not good enough.' Today we practice creating new stories."

Therapeutic Goals:

- Help students label and reinterpret fictional and/or real life experiences created through colors or a music genres assigned to them.
- Build awareness of how perception shapes reality.
- Identify automatic thoughts and mental imagery.
- Explore internal storytelling.

Artistic Goal:

- Help students to build a sense of believability within themselves using their imaginative senses, in order to present scenarios and characters that are believable to their viewing (*theatre/film*) or reading (*creative writing*) audience.

Clinical Connection:

- Showing how colors and music can have experiential meaning, helping to shape one's interpretation.
- Same as situations in life.

Facilitator Prompt:

- "Two people can see the same color or hear the same music and describe it completely differently; just as two people can experience the same situation and think different things about it."
- "The colors and/or music didn't tell you a story, you created one. That's what your brain does all the time."



ART THERAPY (cont')

REFLECTION (CBT Processing Layer)

THOUGHTS:

- “What were you thinking during the activity?”
- “Did any negative thoughts pop up? Positive thoughts?”
- “What is one new thought you can take with you today?”

FEELINGS

- “How did you feel when performing?”
- “Did your feelings change during the activity?”

BEHAVIORS

- “What did you do when you felt unsure or nervous?”

THERAPUTIC TAKEAWAY

“Your imagination shows something powerful; your mind creates meaning. Remember, if your mind can create it, you can also change it.”

Takeaway Statements:

- “I can try new things even if I feel nervous.”
- “My ideas are creative and valuable.”

EXPECTED ART THERAPY OUTCOMES

To help all participants:

- Externalize internal experiences.
- Challenge cognitive distortions.
- Build confidence through behavioral practice.
- Increase emotional literacy.
- Strengthen psychological flexibility.

