

PREVENTION FIRST 


KINDRED LLC
- INDIVIDUAL & COLLECTIVE HEALING -

INTRODUCTION

Healing in Motion is more than a toolkit. It's a creative offering rooted in community, collaboration, and the belief that healing lives in our stories, our bodies, and our art.

Created in partnership between Kindred LLC and Prevention First's Youth & Caregiver Resource Center, this project centers youth wellness through artistic expression, personal reflection, and embodied practice.

Healing doesn't always begin with words. Sometimes, it begins with a brushstroke, a movement, a verse, or a feeling that refuses to stay buried. Through this resource, young people are invited to explore their emotions, reclaim their narratives, and connect with their power, on their own terms. Each lesson in this toolkit is accompanied by a pre-recorded video session where artists, cultural workers, and healing practitioners share their personal stories and creative practices. These sessions are designed to be trauma-informed, culturally grounded, and accessible. They are an offering and an invitation to come home to yourself through the act of creating.

This guide was envisioned, designed, and led by Jessica Juarez, a visual artist, therapist, and the founder of Kindred LLC, who wove together the collective contributions, lessons, and intentions into a resource grounded in love, structure, and care.

The Healing in Motion team also includes:

- Monimia "Mimi" Macbeth, LCPC, R-DMT, creative partner and facilitator with Kindred LLC
- Teresita "Lah Tere" Ayala - hip-hop artist and cultural worker
- Simone Woods - LCSW and expressive arts practitioner
- Daniela Aguilar - Videographer and storyteller
- Fausto López - Creative partner and graphic designer with Kindred, and co-founder of The Praxis Institute.

Together, we offer this work as an invitation:

To move

To feel

To heal

To return to yourself, again and again





CHAPTER ONE:

VISUAL ARTS FOR HEALING

CHAPTER 1: VISUAL ARTS FOR HEALING

Creative expression gives shape to the things we often can't put into words. Through color, texture, and image, we start to find a new language for what we're feeling whether it's grief, anger, joy, or something we're still figuring out.

This chapter is an invitation for you to explore healing through art. You don't need to be an artist. Whether you're doodling freely, layering paint, or making something with mixed materials, the point isn't what it looks like. The power is in the process.

Art allows you to witness yourself. And when you do, something inside begins to shift.

You'll find lessons like:

- Healing Through Self-Expression - Use doodling, journaling, and painting to release emotions and create something that speaks your truth.
- My Inner Landscape - Paint or draw a personal world that reflects what safety, strength, or peace looks like to you.
- Color My Emotions - Create a visual map of your feelings using shapes and colors that show what's been living inside you.
- Artifacts of Me - Collage your identity using words, images, and textures that represent who you are and what matters to you.
- My Mandala - Design a circular artwork that brings you back to your center with a word, rhythm, or pattern that grounds you.

There's no wrong way to make art here.

Your messiness, your beauty, your layers- they all belong.



Lesson 1: Healing Through Self-Expression

Facilitated by Jessica Juarez

This session is also available as a video in the Healing in Motion series.

What This Is

This session is about using art to explore your feelings and tell your story. You'll be guided through doodling, journaling, and painting at your own pace. You don't need to be "good at art." You just need to show up with curiosity and a little courage.

This is your space to be real with yourself.

You'll Need

- Blank paper, sketchbook, or painting board
- Colored pens, markers, or pencils
- Watercolors or acrylic paints
- Paintbrushes and a water cup
- Journal or digital notepad

Let's Begin

Step 1: Get Settled

Take a breath. Find a space where you feel safe or calm. This is your time.

Jessica, the artist guiding this session, shares:

"I created this session because I know what it's like to hold heavy emotions, especially when it comes to family, trauma, and trying to make sense of everything inside. Art helped me find a way through. I hope it can help you too."



Step 2: Reflect

Before we create, pause and check in.

Ask yourself:

- “What’s something I’ve been feeling that I haven’t had words for?”
- “If that feeling had a color or shape, what would it be?”

Write it down, or just sit with it for a moment. There’s no right answer. Your truth is all that matters.

Step 3: Doodle Freely

Take your pen or pencil and begin doodling. Let your hand move however it wants. Lines, shapes, spirals go with what feels right. Keep going for about 5 minutes. Look at what you’ve made. What stands out?

Step 4: Add Color

Now grab your paints or markers. Choose colors that match the feelings in your doodle. Let yourself go deeper. This is a space where your emotions are welcome.

Step 5: Journal What Comes Up

In your journal, answer this prompt: “What did I feel as I created? What surprised me?”

This is your story on the page.



Before You Go

1. You are allowed to take up space.
2. You are allowed to feel deeply.
3. You are allowed to return to this process as many times as you need.

Say this to yourself:

"My story matters. My creativity is part of my healing."



Lesson 2: My Inner Landscape

What This Is

This lesson invites you to imagine and paint or draw a place that feels like home to your spirit. It could be real, imaginary, or a mix of both. This is your space to create a world that feels safe, powerful, or peaceful.

You'll Need

- Blank paper or canvas
- Colored pencils, markers, or paints
- Brushes or other tools
- A quiet space to reflect

Let's Begin

Step 1: Set the Scene

Close your eyes for a moment. Take a breath. Picture a place where you feel calm, strong, or at peace. Let it take shape in your mind.

Step 2: Create Your Landscape

Begin to draw or paint the scene you imagined. Use colors that match the feeling of the place. You can include symbols, animals, objects—whatever belongs there.

Step 3: Add Details That Matter

What makes this place yours? Add those details. Maybe there's music, light, or textures. Let your imagination lead.



Step 4: Reflect

Write or think about this: What does this place say about what I need? What would it feel like to return here anytime I wanted?

Before You Go

This is your space. You can visit it in your mind or recreate it anytime.

Say this to yourself:

"I carry calm, power, and peace within me."



Lesson 3: Color My Emotions

What This Is

This activity helps you connect emotions to color and shape. It's a way to notice what's going on inside and give it form without needing words.

You'll Need

- Paper or sketchbook
- Markers, crayons, or watercolor paints
- A safe, quiet space

Let's Begin

Step 1: Emotion Check-In

Take a breath and ask yourself: What emotions have I felt this week? Make a short list.

Step 2: Assign Colors

Pick a color for each emotion. For example, blue for calm, red for anger, and yellow for joy. There's no wrong answer.

Step 3: Create an Emotion Map

On your page, use shapes, lines, and color to show how those emotions live in your body or mind. You don't have to draw a person. Just feel it out.



Step 4: Reflect

What emotion took up the most space? What did you need more of? Less of?

Before You Go

Emotions are messengers.
You listened. You expressed.
That matters.

Say this to yourself:

"I honor how I feel."



Lesson 4: Artifacts of Me

What This Is

In this session, you'll create a collage that represents who you are today. You'll gather images, colors, and words that reflect your identity, values, and hopes.

You'll Need

- Old magazines, photos, or printouts
- Scissors and glue or tape
- A blank sheet of paper or cardstock
- Optional: stickers, fabric, or other mixed materials

Let's Begin

Step 1: Gather What Speaks to You

Flip through your materials. Cut out anything that makes you feel seen or says something about who you are or want to be.

Step 2: Arrange and Assemble

Lay your pieces out before gluing. What goes in the center? What surrounds it? Let your design say something about how you move through the world.

Step 3: Title Your Collage

Give your collage a name. Maybe it's a word, a sentence, or a lyric.



Step 4: Reflect

What did you choose to show? What's hidden? What are you proud of in this piece?

Before You Go

You've created a snapshot
of your identity.
It might shift. That's okay.

Say this to yourself:

"I am whole, even as I grow."



Lesson 5: My Mandala – Centering Through Art

What This Is

This session helps you create a mandala, which is a circular design that can reflect what's going on inside you. Mandalas have been used across cultures for focus, healing, and self-expression. Your mandala is yours to define.

You'll Need

- Blank paper or a printout of a circle
- Markers, colored pencils, or gel pens
- A quiet space to think and draw
- Optional: ruler, compass, or circular object to trace

Let's Begin

Step 1: Draw or Print Your Circle

Start by drawing a large circle on your paper, or use a plate or lid to trace one. If you'd like, draw a few more smaller circles inside to create rings.

Step 2: Choose a Center Word

Think of one word that represents what you need right now. It could be peace, courage, focus, or anything else that feels important. Write that word in the center of your circle.



Step 3: Fill the Rings

From the center outward, begin filling the rings with patterns, symbols, colors, and shapes. Let each ring represent a layer of you. You can use repetition, symmetry, or freestyle designs. Trust your hand.

Step 4: Take a Moment to Look

Pause and sit with your mandala. What stands out to you? How does the word in the center connect to what you created?

Before You Go

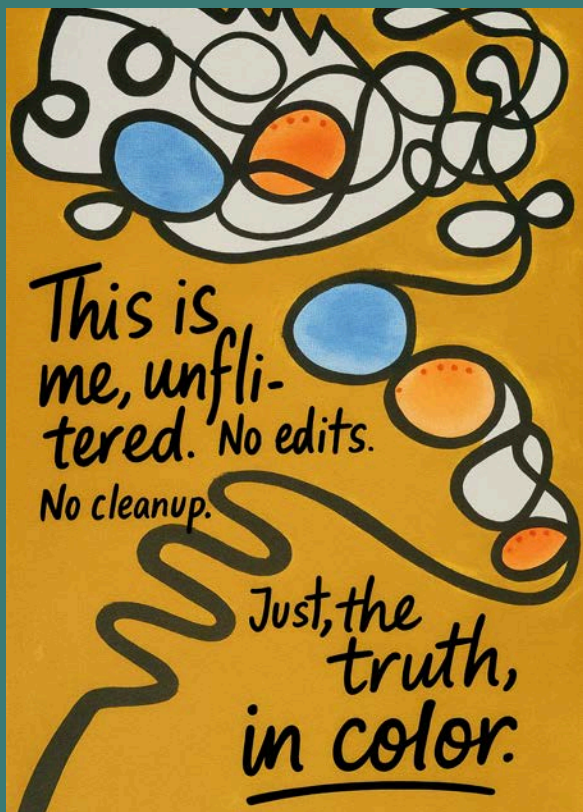
Mandalas are a reflection of where you are and what you're carrying. You can return to this practice whenever you feel scattered or disconnected.

Say this to yourself:

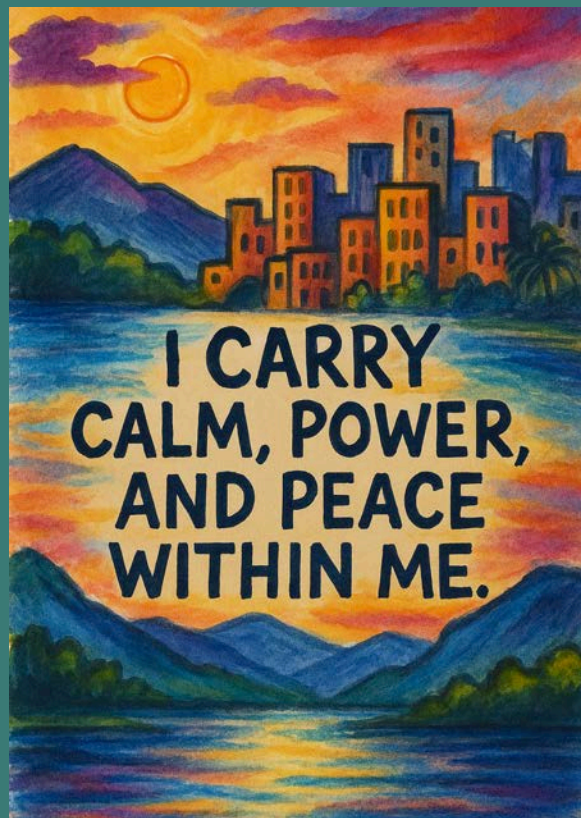
"I have a center, and I can return to it."



CHAPTER 1 VISUAL ARTS FOR HEALING EXAMPLES



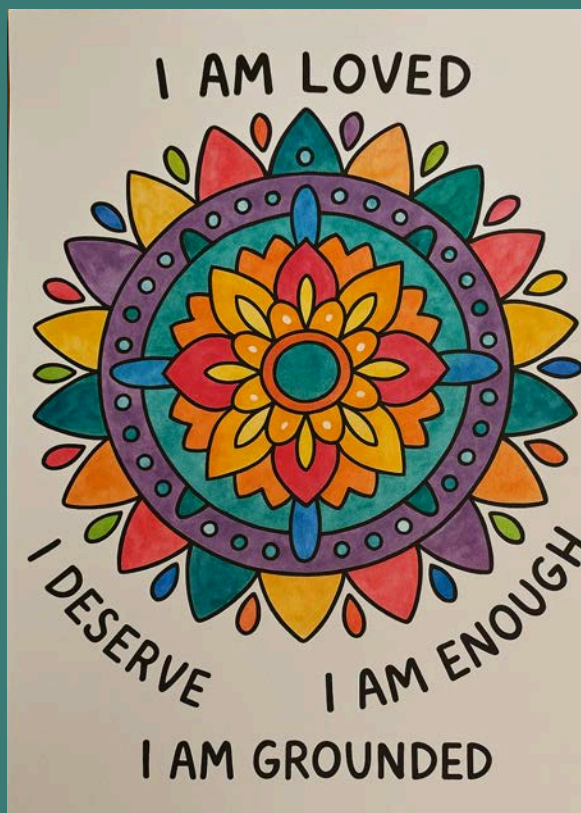
Lesson 1



Lesson 2



Lesson 3



Lesson 5



CHAPTER TWO: MOVEMENT & BREATH

CHAPTER 2: MOVEMENT & BREATH

This chapter is about tuning in, not just to what you're feeling, but where you're feeling it. Through movement and breath, you'll explore how emotions live in your body and find ways to shift, stretch, release, or ground yourself.

You'll find lessons like:

- Mindful Movement - Reconnect with your body through intention setting, sun salutations, and creating your own movement story.
- Shake It Out - A release practice to let go of stress, anxiety, or emotions that feel too big to hold.
- Stillness Sequence - Gentle stretches and poses that help you ground and find calm in the middle of chaos.
- Breathe with the Beat - Use music and rhythm to sync your breath and body, creating a steady rhythm inside and out.
- Somatic Check-In - A practice for listening to your body's cues through breath, scanning, emotion mapping, and micro-movement.

You don't need to move a certain way.

You don't need to look like anyone else.

You just need to show up as you are.



Mindful Movement

Facilitated by Monimia “Mimi” Macbeth, LCPC, R-DMT

This session is also available as a video in the Healing in Motion series.

What This Is

This session is a full-body experience, gentle, expressive, and grounding. You'll move through a short warm-up, explore how emotions show up in your body, and create your own mini movement story. It closes with a short reflection and breathwork to bring you back to center.

This session was created by Mimi, a dance/movement therapist who believes that healing starts in the body. You'll be guided every step of the way at your own pace, in your own rhythm.

You'll Need

- A journal or sheet of paper
- Something to write with
- Optional: yoga mat, open space, music you like

Let's Begin

Step 1: Breathe + Arrive

Take a breath. Stretch. Roll your shoulders. Wiggle your fingers.

Ask yourself:

“What am I carrying in my body today?”

“If that had a movement, what would it feel like?”

Jot down your answer or just hold it in your mind.



Step 2: Warm-Up Flow

Begin a simple sun salutation or slow stretch. Move with your breath. Inhale, reach up. Exhale, fold down. Let your body tell you what it needs next.

Step 3: Explore Your Movement

Try out different types of movements:

- heavy or light
- slow or fast
- sharp or soft

Let your emotions show through how you move.

Step 4: Create Your Own Phrase

Use 3 to 5 movements to create a short sequence. This is your story—told through your body.

Repeat it a few times. What shifts?

Step 5: Reflect + Restore

Sit or lie down. Breathe deeply.

Write about what came up for you:

“What did I feel? What did I notice?”

Close with a short body scan or meditation.



Before You Go

Say this to yourself:

"My body is wise. It knows how to release, how to hold, and how to heal."



Lesson 2: Shake It Out – A Release Practice

What This Is

This session helps you release built-up stress, frustration, or heavy energy by literally shaking it out. It's simple, but powerful. When we move energy through our body, we give ourselves a chance to reset. This practice is especially helpful when you feel overwhelmed, anxious, or stuck in your head.

You'll Need

- Space to stand and move around
- A playlist or song with a good beat (optional)
- A journal or something to write with after

Let's Begin

Step 1: Check-In

Close your eyes for a moment. Take a breath.

Ask yourself:

“Where in my body do I feel tension or stress?”

“What am I holding right now?”

You don't have to fix it—just notice it.

Step 2: Start Small

Begin by shaking out your hands. Then your arms. Let the movement travel to your shoulders, chest, legs, and feet.

Let it be loose, silly, wild, or quiet—whatever your body needs.



Step 3: Keep it Going

Shake for one full minute. You can add music or count in your head. If it feels right, shake longer.

If you get tired, pause and sway instead.

Step 4: Come Back to Center

Stop slowly. Stand still. Feel your feet on the ground. Place your hand on your heart or belly and breathe.

Notice what feels different. What did the shake release?

Step 5: Reflect

In your journal or notes, write a few words about what you let go of and what you want to keep.

Prompt: “After shaking it out, I felt...”



Before You Go

Remember that you can return
to this practice anytime.

Say this to yourself:

"I can move through what I feel.
I don't have to hold it all."



Lesson 3: Stillness Sequence

Grounding Through Pause

What This Is

This session is about finding calm through stillness. In a world that moves fast and demands a lot, slowing down can be a powerful form of self-care. Through gentle, grounding poses and breathwork, you'll reconnect with your body and reset your nervous system. You don't need to be flexible or experienced, just present.

You'll Need

- A yoga mat, towel, or soft space to lie down
- A quiet place where you can rest undisturbed
- Optional: pillow or folded blanket for support

Let's Begin

Step 1: Settle In

Find a comfortable place to lie down or sit. Take a deep breath in through your nose and out through your mouth.

Say quietly: "I am here. I am safe."

Step 2: Gentle Body Scan

Close your eyes and bring your attention to each part of your body, starting at your toes and moving upward. Notice any tension or sensation. Breathe into each area slowly.

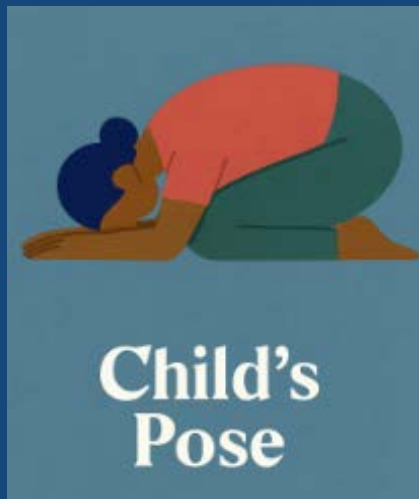


Step 3: Hold a Grounding Pose

Choose one of the following to hold for 1–3 minutes:

- Child's Pose (knees wide, forehead on the ground)
- Legs Up the Wall (lie on your back with feet resting on a wall)
- Seated Forward Fold (legs out, reaching gently toward your feet)

Focus on your breath while you hold the pose.



Step 4: Breathe Deeply

Inhale for 4 counts. Hold for 2. Exhale for 6 counts. Repeat 3–5 times.

Let your body soften with each exhale.

Step 5: Return Slowly

Wiggle your fingers and toes. Gently stretch. When you're ready, open your eyes.

Notice what feels different.

Before You Go

Say this to yourself:

"It's okay to rest. I deserve stillness."



Lesson 4: Breathe with the Beat – Syncing Breath and Rhythm

What This Is

This session helps you connect your breath to music. When your body and breath move with rhythm, you can shift your energy, lower stress, and feel more present. Whether you're sitting, swaying, or moving gently, this is your space to breathe and be in the moment.

You'll Need

- Headphones or a speaker
- A playlist or a few songs you like (instrumental or lyrics are both okay)
- A quiet space to sit or move

Let's Begin

Step 1: Pick your Song

Choose a song that helps you feel calm, steady, or uplifted. Something that makes you want to take a deep breath.

Step 2: Get Comfortable

Sit or lie down. Close your eyes if that feels safe. Take a deep breath in through your nose and out through your mouth.



Step 3: Match Your Breath to the Beat

Inhale as the beat rises or slows. Exhale as the rhythm drops or stretches. You don't have to follow rules, just follow the music.

Step 4: Add Gentle Movement (Optional)

Inhale as the beat rises or slows. Exhale as the rhythm drops or stretches. You don't have to follow rules, just follow the music.

Step 5: Pause and Reflect

When the song ends, take a moment to notice how your body feels. Where is there more space? Where do you feel grounded?

Write a few words about your experience or sit quietly with the feeling.



Before You Go

Say this to yourself:

"My breath can guide me.
My rhythm can carry me."



Lesson 5: Somatic Check-In – Listening to Your Body

What This Is

This session is about learning to listen to what your body is trying to tell you.

Somatic means related to the body, and a somatic check-in is a way of noticing what you're feeling: physically and emotionally, without judgment.

It's a simple way to check in with yourself, reduce stress, and feel more connected to what's happening inside.

You'll Need

- A quiet place to sit or lie down
- A journal or something to write with (optional)

Let's Begin

Step 1: Ground Yourself

Sit with your feet flat on the ground or lie down with your hands resting on your belly.

Take a slow breath in through your nose and let it out through your mouth.

Say quietly to yourself: "I am here. I am safe."



Step 2: Scan your Body

Gently bring your attention to different parts of your body, starting at your feet and moving up to your head.

Ask: “What do I notice here?”

You might feel tight, relaxed, warm, heavy, tense, or something else. There’s no right or wrong. Just notice.

Step 3: Feel your Emotions

Now ask: “What emotions might be living in my body today?”

Is there a place where you feel something strong or tender?

Place a hand on that area. Take a breath into it.

You can even ask: “What do you need?”

Step 4: Micro-Movement

Let your body respond. Maybe it wants to stretch, rock, breathe deeper, or be still.

Go with whatever feels right—even the smallest movement counts.

Step 5: Reflect or Rest

If you want, write a few notes about what came up for you. Or simply take another moment to be still.

Say: “Thank you, body, for showing up.”



Before You Go

You can do a somatic check-in anytime: when you're stressed, overwhelmed, or just need a reset.

Say this to yourself:

"My body speaks.
I am learning to listen."





CHAPTER THREE: AFFIRMATIONS & WRITING

CHAPTER 3: MOVEMENT & BREATH

Writing is a powerful tool for reflection, release, and reclaiming your story. In this chapter, you'll explore journaling, affirmations, and creative writing practices that help you speak back to the things that weigh you down and speak life into what you're growing into.

These lessons are about more than just putting words on a page. They're about seeing yourself clearly, honoring your truth, and shifting your mindset.

You'll find lessons like:

- Affirmation Cards - Create your own deck of reminders that uplift, protect, and empower you.
- Haiku for the Heart - Use the rhythm of a short poem to name what you're feeling, slow down your thoughts, and find meaning in just a few words.
- Writing the Wound & the Wisdom - Journal through a hard memory and uncover the strength it helped you build.
- I Am / I Am Becoming - Write about who you are today and the person you're stepping into.
- Uncovering the Feeling - Write without filters, circle what stands out, and use color to trace the truth beneath the surface.

You don't need to be a "good writer." You just need to show up as you are, with whatever words want to come through.



Lesson 1: Affirmation Cards – Speak Life into Yourself

Facilitated by Simone Woods, LCSW

This session is also available as a video in the Healing in Motion series.

What This Is

In this session, you'll create your own affirmation cards, small, powerful reminders that you can return to whenever you need to feel grounded, seen, or uplifted. Affirmations are positive statements you say to yourself to support confidence, healing, and self-belief. This session is about choosing words that help you shift your thoughts and build yourself up from the inside out.

You'll Need

- Index cards or small pieces of paper
- Markers, pens, or colored pencils
- Optional: stickers, washi tape, or anything to decorate your cards
- A journal or sheet of paper to brainstorm your ideas

Let's Begin

Step 1: Reflect on What You Need to Hear

Take a moment to check in with yourself. What do you wish someone would say to you right now?

Ask yourself:

- What helps me feel strong?
- What do I want to believe about myself?
- What do I forget when I'm overwhelmed?

Write down as many answers as you can. Let your thoughts flow freely.



Step 2: Warm Up Flow

Look through what you wrote. Choose 5–10 phrases that feel powerful or comforting. Start each one with “I am,” “I can,” or “I deserve.”

Examples:

- I am growing, even when it’s hard.
- I deserve rest and respect.
- I am not my mistakes.

Step 3: Design Your Cards

Write one affirmation on each card. Decorate it however you want. Add color, drawings, symbols, or words that make you smile or feel strong.

These cards are for you; make them reflect who you are.

Step 4: Choose One to Keep Close

Pick one card that stands out today. Place it somewhere visible. It could be in your notebook, locker, mirror, or phone case. Let it remind you of your truth.

Step 5: Share or Save

If it feels right, share one of your affirmations with someone else who might need it too. Or take a picture and keep it as your phone background.



Before You Go

Say this to yourself:

"My words have power. I get to choose what I believe about myself."



Lesson 2: Haiku for the Heart – Naming What You Feel in 3 Lines

What This Is

This session helps you slow down and find words for what you're feeling. A haiku is a short poem with just three lines. It doesn't have to rhyme or be perfect, it just has to be real. Writing a haiku gives your feelings a small space to live, and sometimes that's all you need.

You'll Need

- Paper or a journal
- Pen or pencil
- A quiet moment to reflect

Let's Begin

Step 1: Breathe + Listen In

Take a slow breath. Let it all the way out.

Ask yourself: "What feeling is closest to the surface right now?"

Step 2: Learn the Haiku Format

A haiku has 3 lines. The only rule is the number of syllables in each line:

- Line 1: 5 syllables
- Line 2: 7 syllables
- Line 3: 5 syllables

Count on your fingers if you need to. Let the words come naturally.



Step 3: Write your Haiku

Think about the feeling you named. What image or moment comes to mind?

Use that to write your haiku. You can describe the feeling, the day, or a single breath.

Step 4: Give it A Name

Once your haiku is complete, give it a title. One word or a phrase, whatever feels right.

Example:

Blooming Anyway (Title)

- I carry old wounds (5)
- but they bloom in quiet ways (7)
- like paint on my skin (5)

Step 5: Read or Share

Read your haiku out loud to yourself. If you want, write it on another page and decorate it.

You can keep it private or share it with someone who sees you.



Before You Go

Say this to yourself:

**“Even a few words can hold a lot of truth.
My voice matters.”**



Lesson 3: I Am / I Am Becoming – Writing Your Now + Next

What This Is

This session helps you get clear about who you are and who you're growing into. By writing two simple but powerful statements: "I am" and "I am becoming", you'll explore your identity, name your strengths, and speak your future into being. This is about honoring where you are now and naming the growth you're reaching for.

You'll Need

- Paper or a journal
- Pen or pencil
- Quiet space to reflect

Let's Begin

Step 1: Ground Yourself

Take a few deep breaths. Place a hand on your heart or stomach. Remind yourself:

"I don't have to have it all figured out. I just need to start where I am."

Step 2: Write "I Am" Statements

Write a list of "I am" statements that describe who you are right now. These can be about your personality, feelings, identity, habits, values, or season of life.

Examples:

- I am soft but strong.
- I am learning to let go.
- I am someone who feels deeply.



Step 3: Write “I Am Becoming” Statements

Now, write a list of “I am becoming” statements. These are about your intentions, dreams, and who you are growing into.

Examples:

- I am becoming more confident.
- I am becoming someone who sets boundaries.
- I am becoming a person who trusts themselves.

Step 4: Reflect

Look at your lists side by side. What are you proud of? What excites or surprises you?

Step 5: Create a Visual Reminder

Write those two statements on a separate page. Decorate it with color, art, or symbols that help you remember and feel connected to those truths.



Before You Go

Say this to yourself:

"I honor where I am. And I give myself permission to grow."



Lesson 4: Writing the Wound & the Wisdom – Reflecting on What Hurt & What Healed

What This Is

This session invites you to write about a painful experience, not to relive it, but to reflect on how you've survived, grown, or made meaning from it. We all carry wounds. This practice helps you name what hurt and also name the strength, clarity, or wisdom it gave you. Remember: you are not just your pain, you are what you've learned from it.

You'll Need

- Journal or notebook
- Pen or pencil
- A quiet, supportive space

Let's Begin

Step 1: Ground Yourself

Before writing, take a moment to ground. Put both feet on the floor. Take a deep breath. Say to yourself:

“I am safe. I can choose what I revisit. I write this for me.”

Step 2: Write “I Am” Statements

Think of a time you felt hurt, misunderstood, abandoned, disappointed, or afraid. Write a short reflection describing the moment or memory. You don't have to write all the details, just enough to name what happened and how it felt.



Step 3: Name What You Learned

Now ask yourself: What did I learn about myself? What strength did I gain? What boundary did I build? Write a reflection about the insight or wisdom you've gained through the experience.

Step 4: Let it Speak

Try writing a letter to yourself from the part of you that lived through the wound. Let it say what it needs to say. Or write a letter from your future self, reminding you how far you've come.

Example:

Wound: There was a time when I felt invisible at school. I'd walk into a room and feel like no one noticed me. I stopped raising my hand. I laughed quietly so no one would look. I felt like I was fading into the background, like I didn't matter.

Wisdom: Now I know that being quiet doesn't mean being small. I've learned that my presence is still powerful, even if it's not loud. The people who see me, really see me, they are the ones I want around. I don't have to shrink. I can take up space in my own way.

Step 5: Close with Care

Take another breath. Sit with what you wrote. You might want to stretch, draw, or simply rest. If it felt heavy, remind yourself: That story no longer controls me. I can hold it with compassion.



Before You Go

Say this to yourself:

**"I carry both the scar and the strength.
I've been hurt, and I've healed."**



Lesson 5: Reclaiming the Narrative

– Rewrite the Words Put on You

What This Is

This session helps you take back your story. Sometimes, people label us: "too much," "too quiet," "too loud," "not enough." Sometimes, we even start believing those words. In this session, you'll name the stories that don't belong to you, cross them out, and write new ones that truly reflect who you are.

You'll Need

- A journal or blank sheet of paper
- A pen or marker
- Optional: a second color for rewriting

Let's Begin

Step 1: List the Labels

Write down the words or labels others have put on you that don't feel true or don't serve you anymore.

Examples:

- Too sensitive
- Lazy
- Angry
- Weird
- Not enough

Let yourself write freely. These might come from family, school, social media, or even your own mind.



Step 2: Cross them Out

Go back and put a line through the labels.

Say to yourself:

“That doesn’t belong to me anymore.”

Step 3: Write your Truth

Underneath each crossed-out label, write a truth that feels more real. One that reflects your strength, softness, creativity, or growth.

Examples:

- I feel deeply, and that is powerful.
- I move at my own pace, and that’s valid.
- I protect myself because I care.
- I’m unique, not weird.
- I am more than enough.

Step 4: Choose One to Keep

Pick one rewritten truth that feels strong to you.
Write it big. Decorate it. Post it somewhere you’ll see it.



Before You Go

Say this to yourself:

"I get to define who I am.
My story belongs to me."





CHAPTER FOUR:
RHYTHM, RESISTANCE
& SELF-JUSTICE

CHAPTER 4: RHYTHM, RESISTANCE & SELF-JUSTICE

This chapter is about reclaiming your voice. Whether it's through hip-hop, rhythm, spoken word, or music, this section invites you to express your story, speak your truth, and reflect on who you are becoming.

Inspired by La Tere's powerful lesson, we center the practice of self-justice—the radical act of showing up for your own story with honesty, rhythm, and courage. These tools are not about perfection or performance, they're about movement, expression, and letting what's inside come out.

You'll find lessons like:

- Bars & Scars: Storytelling Through Hip-Hop - Write your truth through rhythm and rhyme. Reflect on your scars and survival. Let your story become your strength.
- Pulse Check: My Rhythm, My Reality - Use body rhythms to reflect on how you feel and express what's going on inside—without needing any words.
- My Mic, My Message - Craft a message you want to send to your community, future self, or someone you care about. This is your platform.
- Soundtrack of Me - Choose songs that tell your story. Use music as a mirror to write about your life and identity.
- Freestyle Feelings - Let your emotions out in sound : spoken, chanted, flowed, or hummed. This is for release, not performance.

Whether you speak, write, hum, or move to your own beat, you're already creating art that matters.



Lesson 1: Bars & Scars: Storytelling Through Hip-Hop

Facilitated by Teresita Ayala (Lah Tere)

This session is also available as a video in the Healing in Motion series.

What This Is

In this session, you'll explore how hip-hop, rhythm, and storytelling can help you reflect, release, and reclaim your voice. Guided by Lah Tere, an Afro-Boricua emcee and healing-centered artist, you'll write a short verse based on your lived experience. This is about self-justice and telling the truth only you can tell. Your story is sacred. Your words are a form of power.

You'll Need

- A journal or notebook
- Pen or pencil
- A beat, instrumental, or music for vibe (optional)
- Headphones or quiet space (optional)

Let's Begin

Step 1: Ground & Reflect

Find a quiet space. Take a deep breath.

Ask yourself: What's a part of my story I haven't told yet?

Write down a word, a feeling, or a moment.



Step 2: Write your Two Lines

Write a mini verse:

- One line for the world: What do you wish others knew?
- One line for yourself: What do you need to hear?

Example:

- For the world: “I speak for the ones who feel invisible.”
- For myself: “I am more than what they see.”

Step 3: Complete the Sentence

Now complete the line:

“If my heart could speak in a verse, it would say...”

Write whatever comes up either a rhyme, a phrase, or a feeling.

Optional: Play a short loop from a beat you love or Lah Tere’s “Crush.”

Take your time. You can pause. Let your story unfold.

Optional: Turn your writing into a voice note or video later. Or keep it for yourself as a piece of healing.

Step 4: Reflect & Share (5–10 min)

Ask yourself:

- What did this writing bring up for me?
- How did it feel to write from my truth?

You can keep it in your journal, share it with someone you trust, or turn it into a full piece to revisit later.



Before You Go

Say this to yourself:

"I am my own revolution.
My voice is sacred."



Lesson 2: Pulse Check – My Rhythm, My Reality

What This Is

This session helps you check in with yourself using rhythm. You'll use your body, your hands, feet, chest as instruments to express how you feel. When words don't come easily, rhythm can speak for you. This is about listening inward and letting movement show what's real inside.

You'll Need

- A quiet space or a place to move
- Your hands, feet, or body (no instruments needed)
- Optional: notebook to reflect afterward

Let's Begin

Step 1: Listen to Your Inner Beat

Find a comfortable position. If you feel safe, gently close your eyes. Ask yourself: What sensations am I experiencing in my body right now? Begin to tap your chest, thighs, or the floor. Experiment with different speeds and volumes : slow or fast, soft or loud.

Allow your body to discover its unique rhythm.

Step 2: Tap your Emotions

Think of a feeling you've been carrying lately: anger, joy, sadness, stress, peace. Now use your body to express that feeling in rhythm.

- Fast and sharp?
- Slow and steady?
- Shaky or smooth?

Let the feeling move through your hands.



Step 3: Give it a Name

When you're done tapping, take a breath. Ask yourself: If this rhythm had a name, what would it be?

Write it down if you'd like. Or say it out loud.

Step 4: Reflection

If you want to write:

- What feeling did your rhythm express?
- Did it shift anything in your body or mood?
- If not, just sit with what moved through you.



Before You Go

Say this to yourself:

**"My body has wisdom.
My rhythm tells the truth."**



Lesson 3: My Mic, My Message – What I Need the World to Hear

What This Is

This session is about naming your truth and sharing what matters to you. Whether it's something you've never said out loud or a message you wish the world understood, this is your mic. You'll craft a statement, letter, or recording to speak directly to your community, future self, or someone who needs to hear your truth.

You'll Need

- A journal or paper
- Pen or pencil
- Phone or voice recorder (optional)

Let's Begin

Step 1: Choose your Audience

- Who needs to hear your message?
- Your younger self?
- Your community?
- Someone who misunderstood you?
- Your future self?

Write that person's or group's name at the top of your page.



Step 2: Free Write What You Would Say

Start writing like you're talking directly to them. Be honest. Be raw. Say what you've never said.

You can start with:

- "I wish you knew..."
- "What I want to say is..."
- "This is what I carry..."

Step 2: Refine or Record (Optional)

Once your message is on the page, read it back.

- Would you share it out loud?
- Would you turn it into a voice note or audio message?

You don't have to, but you can. This message is yours to keep or offer.



Before You Go

Say this to yourself:

"I have something to say and
I deserve to be heard."



Lesson 4: Soundtrack of Me – Telling My Story Through Music

What This Is

This session invites you to tell your story through the songs that shaped you. Music often says the things we can't put into words. You'll choose three songs that reflect different parts of your life, then write about what they mean to you. This is about using music as a mirror to remember, reflect, and heal.

You'll Need

- A journal or paper
- Pen or pencil
- Access to music (Spotify, YouTube, playlist, etc.)

Let's Begin

Step 1: Pick Three Songs

Choose three songs that reflect something about you:

- One from a moment you'll never forget
- One that reflects how you feel now
- One that shows who you're becoming

Write down the title and artist for each.

Step 2: Listen & Feel

Play each song one at a time. Don't multitask. Just listen.

Notice what memories, feelings, or images come up for you.



Step 3: Write your Story

For each song, write a short reflection:

- What does this song remind you of?
- What emotions does it bring up?
- What part of your story does it represent?

Step 4: Name the Playlist

Once you've finished writing, give your playlist a title. It can be one word, a lyric, or a phrase that captures your essence.



Before You Go

Say this to yourself:

**"My story has a sound, and
I know how to listen to it."**



Lesson 5: Freestyle Feelings – Letting Your Emotions Move Through Sound

What This Is

This session invites you to let a memory, dream, or feeling take shape in your voice. It's a chance to freestyle, not from your thoughts, but from your senses, memories, or imagination. You don't need to make sense or rhyme. You just need to let your mind wander, and let your voice follow.

You'll Need

- A quiet space
- Instrumental beat, voice recorder, or loop (optional)
- Willingness to wander and play

Let's Begin

Step 1: Choose a Starting Place

Pick one of these prompts:

- A memory you can't forget
- A dream or daydream you had recently
- A place in your mind that feels like home

Close your eyes. Picture it. Feel it. What colors do you see? What sounds or smells come to mind?



Step 2: Let Your Voice Wander

Start speaking from that place. Let it be soft, loud, playful, raw, whatever feels right in the moment.

You can:

- Describe what you see or feel
- Speak as if you're in the memory
- Let the words shift and drift

Try not to plan. Just follow your voice.

Step 3: Record or Repeat (Optional)

If you want, record yourself speaking. Or repeat a phrase that came up. It might become a poem, a verse, or just something that stays with you.

Step 4: Reflect or Sketch

Afterward, take a moment to write or draw:

- What memory or image did you travel through?
- What emotion showed up?
- What line or sound stayed with you?



Before You Go

Say this to yourself:

**"My voice can carry memory,
imagination, and emotion,
and that is a kind of freedom."**



ACKNOWLEDGMENTS

The Healing in Motion Toolkit is the result of a deep collaboration between artists, wellness practitioners, and youth-centered leaders committed to cultivating creative healing and self-expression.

This project was brought to life through a partnership between Kindred LLC and Prevention First's Youth & Caregiver Resource Center, as part of a shared vision to expand access to trauma-informed, culturally grounded wellness tools for young people.

We extend our deepest gratitude to the featured artists who contributed their stories, talents, and healing modalities:

- Jessica Juarez - visual artist, therapist, founder of Kindred LLC, and lead designer and curator of the Healing in Motion Toolkit
- Monimia "Mimi" Macbeth - Dance/Movement Therapist
- Teresita "Lah Tere" Ayala - Hip-Hop Artist and Cultural Worker
- Simone Woods - Expressive Arts Practitioner

Together, these artists offer a window into the transformative power of art, movement, and storytelling.

We also honor the community of youth, caregivers, educators, and cultural workers who make this work possible. Your voices are the heartbeat of this toolkit.

- Fausto Lopez - Co-Founder of The Praxis Institute and Partner with Kindred LLC, for his design leadership, creative vision, and graphic contributions to this project.
- Daniela Aguilar - for beautifully capturing the video sessions and bringing this project to life through film.
- The teams at Kindred and Prevention First, for holding this process with intention, care, and trust
- And to all those who believe in the power of art as medicine

Healing in Motion is a tribute to you.



CLOSING NOTES & GRATITUDE

You Made It. And We're So Grateful.

You Made It. And We're So Grateful. This toolkit was created for you, with your healing, your voice, and your creativity at the center. Whether you completed every chapter or followed your own path through these pages, know this: what you create matters! The stories, colors, movements, and rhythms you explored here are part of your healing and part of our collective well-being. You are an artist. A truth-teller. A witness. A beginning. What Comes Next Is Yours to Choose. There's no final destination here. You can return to any lesson, remix the prompts, or keep creating in your own way.

You might:

- Pick a new iArt card and start again
- Turn a journal entry into a poem, song, or zine
- Invite a friend to join you in making something
- Rest and know that's part of the process, too

To every young person who picked up this toolkit:

Thank you for your presence, your expression, and your courage.

You are why this exists.

To our creative collaborators, artist-facilitators, youth workers, and partners at Prevention First:

Thank you for believing in art as a tool for healing, liberation, and connection.

And to you, dear reader:

May this toolkit travel with you into your journals, your dance moves, your playlists, and your everyday life.



Created by Jessica Juarez and Fausto López





WHO WE ARE

Kindred LLC is a values-driven, for-profit organization that creates intergenerational spaces for healing, storytelling, and intentional growth. We believe that creativity, movement, and education are powerful tools for self-discovery, community transformation, and cultural remembrance.

At Kindred, we don't separate healing from art, or learning from growth. Instead, we weave them together—intentionally, accessibly, and with care.

Our work is grounded in a deep commitment to:

- Healing as a communal and creative process
- Storytelling as a tool for connection and transformation
- Reciprocity over extraction
- Community care and intentional practice
- Cultural and spiritual reverence
- Access, equity, and inclusion in all offerings

We envision and actively build spaces where creativity, cultural memory, and collective care are at the heart of how we grow together.

One Final Offering

“Healing isn't about getting rid of the pain. It's about learning how to hold it and still create something beautiful.”

Come back to yourself. Again and again. You're worth it.

Funding for this program is provided in whole or in part through the Substance Use Prevention, Treatment, and Recovery Block Grant through the American Rescue Plan Act.

