

Rooted in Resilience

Just Detention International's Art Workshop Series

Based on the *A Window Between Worlds* model

The *Rooted in Resilience* art workshop series was created by Just Detention International (JDI), a health and human rights organization dedicated to ending sexual abuse in all forms of detention.

This 14-week series invites participants to come together once a week to engage in meaningful art projects that explore themes like self-care, resilience, and community. The curriculum draws inspiration from *A Window Between Worlds*, an organization that empowers individuals and communities impacted by violence and trauma through transformative healing arts programs.

Our philosophy is simple: there is no “good” or “bad” art. Art is not about talent or perfection; it’s about expressing emotion, processing experiences, and making meaning. Through guided discussion and creative activities, participants reflect on their identities, goals, and personal journeys. We named this series *Rooted in Resilience* because every survivor carries resilience within them – the ability to adapt, grow, and reclaim strength after hardship. These workshops are designed to help people see, nurture, and build on that strength.

Workshop Overview

Approved Supplies: Colored pencils, markers, oil pastels, Mod Podge, watercolors, acrylic paints, finger paints, graphites, paint brushes, paint sponges, pen, pencil, eraser, hand wipes, water cups, different types of papers

1. Welcome

Build an understanding of the series and connect with the group.

Art: Decorate a name tag (for use throughout the series) with the name you want to go by during group.

2. Layers of Self

Identify personal interests, skills and identities that help shape who you are.

Art: Create an abstract art piece using all the art materials on a large piece of paper.

3. Art of Gratitude

Reflect on gratitude and people, things and experiences that you feel thankful for.

Art: Create your own set of stationery using lined and unlined bordered paper.

4. Goals Journal

Visualize future goals and recognize how you can work towards them.

Art: Decorate a journal with designs and images that will inspire you to stay on track with your goals.

5. Tree of Self-Care

Recognize different types of self-care needs and ways you can nurture yourself while incarcerated.

Art: Decorate one of three trees with words and images that remind you of your self-care practices.

6. Window of Time

Use your imagination to bring up positive spaces your mind even when you cannot physically be there.

Art: Paint using the watercolors on watercolor paper your perfect window of time.

7. Outside / Inside

Replace the judgments that others may have of you with the true positive qualities that are at your core.

Art: Fold a paper so that there is an outside (judgments) and inside (positive qualities) and decorate with words, images and colors.

8. Monster Feelings

Acknowledge your range of emotions and think about ways to express even your more difficult feelings.

Art: Finger paint one or more of your feelings/emotions as if it was a monster

9. Affirmations

Develop personal, individualized affirmations that remind you of your value.

Art: Using oil pastels write an affirmation and using the watercolor, paint a background around it

10. Grief

All forms of grieving matter and there are ways to express and share cherished memories.

Art: Create an origami box / altar together as a group and decorate the boxes using acrylic paints.

11. Drawing Resilience

Reflect on moments of resilience and finding light and growth in challenging times.

Art: Draw using the graphite using the prompt, shining light in darkness.

12. A Piece of Connection

Explore how strong communication can help build connection.

Art: Decorate a puzzle piece that will be connected to create a group puzzle.

13. Art as a Practice

Catch up or complete unfinished projects and themes. Explore how art can be used after the series concludes.

Art: Finalize any missed or ongoing projects. If time permits, folding of an origami crane.

14. Celebration Painting

Celebrate yourself, your wins and successes.

Art: Using acrylic paint, paint what celebration looks like for you on a canvas.