

# Project Art- iculate



Supporting young people through creativity and emotional expression

# Why This Project Matters

Young people today face growing challenges in expressing emotions, managing stress and building healthy relationships. These difficulties often affect their well-being, confidence and ability to connect with others.

Emotional intelligence is essential for:



- effective communication
- mental well-being
- future education and career opportunities

However, many young people still lack access to tools that support these skills in a practical and engaging way

# What We Do

The project uses art-based methods and non-formal education to support emotional development in young people. Through creative activities, participants explore their emotions, reflect on their experiences and build confidence in expressing themselves. A key element of the project is the “30 Days Art Challenge”, which encourages regular creative practice and emotional reflection.



# Art is Emotions



Art creates a safe space where young people can express what is often difficult to say. Through creativity, they build self-awareness, empathy and emotional balance.

# Our goals

The project supports young people in developing emotional awareness, communication and positive relationships. At the same time, it equips youth workers with practical tools to create inclusive and supportive environments

## We focus on:

- understanding emotions
- improving communication
- building empathy and connection



# Results & Impact

The project delivers a Handbook with practical activities, tested and ready to use in youth work. It contributes to stronger emotional intelligence, better communication skills and improved well-being among young people.

