



LEARNING OPPORTUNITIES

SEL MEETS THE ARTS:

Using creative practices to navigate big emotions and stay connected to our OK selves

OK You designs customized workshops to meet the culture, goals, and needs of your school community. Through hands-on experiences with our free arts+wellness resources, participants gain new strategies for engaging students in caring for their inner well-being and building a more resilient relationship with anxiety and other big emotions.



OUR PROFESSIONAL DEVELOPMENT WORKSHOPS INCLUDE:

- Warm-up activities designed to build connection and explore emotions through physical movement
- Hands-on experience with OK You's most popular projects and resources
- Support for integrating OK You's resources into your existing goals and frameworks
- (optional) a starter supply kit with materials for kick-starting your project work



ABOUT OK YOU

OK You's mission is to create more OKness in the world by inspiring youth and their supporters to approach anxiety and other challenging emotions with imagination, compassion, curiosity, and courage. Since 2019 OK You has supported more than 120 schools, organizations, and clinics in Oregon, as well as 30,000 nationwide users of our free online projects and resources.

In addition to our professional development workshops and free creative wellness resources, we offer youth leadership opportunities, and family workshops in collaboration with schools and community organizations.

"The OK You workshop brought teaching my students about emotions to life. I can see a tangible, inexpensive, and lasting way to reach my kids' hearts and show them how to express themselves. The flow guides and the projects are absolute gold!"

Kimberley McCaffery
Powell Valley Elementary School Teacher



Kathleen Lane

OK You Founder/Director Kathleen Lane (she/her) is the author of two anxiety-inspired middle-grade books. Prior to OK You, she was Co-Founder/Director of ART 180, a Richmond, VA nonprofit that inspires personal and community transformation through the arts. As a visiting artist at Pacific Northwest College of Art and writer-in-residence with Oregon Literary Arts, Kathleen has guided countless youth in developing their creative voices and connecting with their inner OK.

MEET OUR FACILITATORS



Nik Whitcomb

Nik Whitcomb is a lifelong artist whose work is centered around creating equitable and bold spaces in which creative exploration and community gathering can take place with people from all walks of life. He is currently the Producing Artistic Director of Bag&Baggage Productions. Nik is also the lead facilitator for OK You's Inner Peace Corps youth leadership program, and currently serves on the board of Oregon Children's Theatre.



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