

Morning Star Boys' Ranch

serving boys in need

VOL XXXIII NO 2

THE HARVESTER

SUMMER 2007

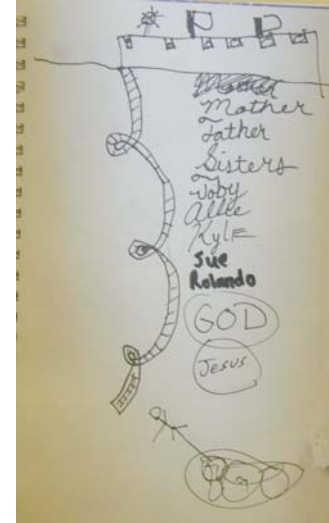
Chill & Spill



“This is my flute of peace. This is where I go to find peace and to calm down. The dog in the front of the flute is magical. He protects my peace place. I also have a secret entrance that only I know about - no one else can use it. There is another door for the others to use, if I want them to come,” said one Murphy House resident about a picture in his “Chill and Spill” journal.

Healing Arts

Show and tell- participants in the Chill and Spill program show off their journal. Each picture corresponds to a introspective lesson guided by the book. See if you can identify with the drawings, it just may surprise you.



Sharing Their Stories, Chill & Spill Draws it Out

Art room, Murphy House -

A safe harbor, some place to go to talk, to create, a place without fear of repercussions or ridicule, a place where someone will listen, a place called “Chill and Spill.” Boys walked out of Murphy House, into the art room, and opened their journals with pages full of emotion and expression. Pictures, drawings, and words poured out of the boys and onto their journal pages, offering the reader a glimpse into the author’s thoughts. “The Chill and Spill program gives our residents a safe place for complete total expression, freeing them from being defined by their circumstances but encouraging them to rise to their possibilities,” said Sue, the Cultural Diversity and Healing Arts teacher.

Art with Heart, a non-profit association dedicated to healing kids through creativity, created a journal

designed to help youth convey both their suffering and strength through its twenty guided activities. Each activity focuses on a particular way to make participants take charge of their own healing either through self-awareness, self-expression, positive decision making, hope, and inspiration. After the introspective activity the journal leaves five blank pages to allow for free expression and creativity.

These pages tell the stories of the boys. “The journal helps our residents to communicate difficult issues and emotions, reduce stress, and normalize feelings. I’m pretty sure Chill and Spill is going to be a permanent class offering through the creative arts program from here on out. It’s an excellent class to support our mission at the Ranch,” said Sue. -Sue