



**WE ARE A WORK OF ART**

# **HEALTH + WELLBEING INITIATIVE**

**MENTAL WELLBEING  
TOOLKIT**



**WE ARE A WORK OF ART**



# WELCOME

Cool Culture is a BIPOC-led social justice organization that uses arts and culture to strengthen family and community wellbeing. Each year we have historically partnered with over 50,000 families from across the five boroughs who reflect the diversity of our city and thousands of educators from 450+ schools and early education programs. We collaborate with hundreds of cultural workers from 90 museums, historical societies, botanical gardens and science centers. The Cool Culture team brings together people from all walks of life—families and children, educators and artists, museum staff and government officials—to build cross-cultural understanding and advocate for positive social change. Whether you are new to Cool Culture or a longtime member, we are honored to welcome you into a community of New Yorkers committed to creating a more just and equitable city through the arts.

We face today's evolving challenges in child care, school budget cuts, family wellbeing, and health pandemics knowing that they disproportionately harm BIPOC (Black, Indigenous, and People of Color) families who frequently have inadequate access to quality schooling and healthcare, not to mention to the arts. Yet our communities also have a long and rich history of cultural traditions designed to support one another during times of hardship. We bring the joy!

This is one of five Wellbeing Toolkits that are designed to support discussions about individual, family and community health and wellness, whether at home or in schools, museums or other community spaces. Each Toolkit is informed by conversations with the Cool Culture network of families, educators and our partners across New York City.

**LET'S GET STARTED!**

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## WHY ART?

Art is a human right. It is a means of self-expression evoking joy, pain, empathy, hope, and freedom. Through art we pass on knowledge about our lives, values, and traditions; transcend boundaries between and across our cultures; and increase our capacity for dialogue and understanding. Art is practiced by everyone. It is everywhere: in our homes and cultural institutions, on gallery walls and on the sides of buildings, in theaters and at block parties. Art is healing. It amplifies our individual and collective power, helping us to make meaning in our present and create our futures.



## WHY CULTURE?

Culture is fundamentally shared and continually changing. It comprises the arts, institutions, practices, languages, and ways of knowing that individuals, families, communities and societies value and choose to preserve for the future. Like the air we breathe it is often invisible, but guides our interactions, values and deepest held beliefs. It is strengthened when people from all backgrounds intentionally come together to define and act upon their collective ideals.



## WHY FAMILIES?

Families embody culture, imparting language, enacting daily practices and following traditions their children receive in both formal and informal ways. They are their children's teachers and advocates having goals that straddle the past, present and future. Families draw on their wealth of knowledge, insights, skills, and experiences to build a foundation for their children and future generations.





# MEET THE TEAM

The pandemic is teaching us many things about what is needed to thrive in our homes, community, city—indeed the world. Some of the lessons have been deeply personal, others are reminders that our wellbeing is interconnected. A question our team has been thinking about, and one we want to pose to the Cool Culture community of families, educators, museum partners, artists, and others is: *What has the pandemic awakened in us?*



**CANDICE ANDERSON**  
**Executive Director**

Deep appreciation and gratitude for small moments: a favorite meal with family, a good read on the couch, a good laugh with neighbors, walks in the frigid New York City air while looking forward to spring.

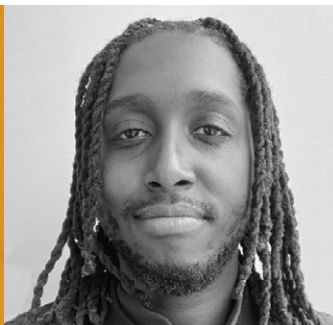


**SAMANTHA COPÉ**  
**Communications Coordinator**

The pandemic has reminded me to be intentional about how I spend my time and pursue my goals. Whether it's building community, reading more books, or moving across the country, I don't need to wait to start making progress.

**STANLEY DELVA**  
**Institutional Relations Manager**

I'm more intentional with my health and more aware of how I treat and maintain my relationships with the people around me and the world we're inhabiting. I'm often reminded during this pandemic of how community work begins with self-care.



**SHELDON FISHER**  
**Development Manager**

These past few years have taught me the importance of self-care. Focusing on emotional and spiritual wellbeing is crucial to continuing my work for others.



**TRACEY GREENIDGE**  
**Director of Development**

As a wife and mom of two little ones, this pandemic has ignited a fighting spirit from deep within. I still find joy during life's most challenging moments, in dance-offs with my family, game nights, and stop motion movies produced by tiny fingers on my phone.



**ANNIE LEE**  
**Director of Communications**

I'm learning to give myself space to process grief. I've become more intentional about making time for joyful things like cooking with loved ones and writing snail mail.

**TRA NGUYEN**  
**Program Manager**

The desire to stretch and grow in ways I've only dreamed about, to uncover layers of myself, to surrender to healing, to slow it down, and to appreciate all of the little things that make up life.



**ANNALLYCE RODRIGUEZ-THOMAS**  
**Program Assistant**

The pandemic has deepened my interest in learning about how different communities adapt and use the art of storytelling to keep their cultures alive.



**CASSANDRA ROSSER**  
**Development Assistant**

The pandemic has made me realize that one must continue to fight for one's goals or dreams whatever they are; simple ones like getting/being healthy to large ones like changing a career.



**FATIMA SHABBIR**  
**Director of CityWide Initiatives**

The pandemic has shown me the power of communal care and rest. It has affirmed that we must reimagine, co-create and invest in equitable futures for all.





## HEALTH + WELLBEING INITIATIVE

**The Health + Wellbeing Initiative** will bring us together to connect, create, imagine and act to invest in our individual and collective wellbeing, so that our community members come away with:

- **Deeper awareness of the current state of our wellbeing:** mind, body, spirit + civic engagement (and that of our family and communities).
- **Knowledge of the ancestral and indigenous wellness practices in our communities,** and our family traditions and practices as well as Western medical practices.
- **Awareness of the social dimensions of health** and the interdependent nature of our health + wellbeing.
- **Knowledge that health is a social justice issue** and how to access both indigenous and western health + wellbeing and civic engagement resources.
- **A vision of wellbeing for ourselves** (our family, our communities and our city) + an actionable first step to move towards this vision of the future.



# MENTAL WELLBEING OF INDIVIDUALS, FAMILIES, AND COMMUNITIES

**AUTHOR: DANIEL TANH**



## ABOUT THE AUTHOR

**Daniel Tanh** is a licensed clinical social worker who works in community mental health and in non-agency settings to provide therapy and build community with an anti-oppressive lens. From volunteering and social work internships with children to working with teens and adults to provide care and support, Daniel incorporates cultural and creative media such as art, music, and play into his practice and emphasizes the role of chosen family as part of wellbeing.

**What has the pandemic awakened in you?**

**“All the losses I have experienced or assisted people through connected me to feelings of vulnerability and hopelessness at depths I have never experienced before. The pandemic also allowed me to fully appreciate the strengths I have developed, whether from privilege or adversity, and it inspired me to connect more intentionally with my many communities.”**



# MENTAL WELLBEING

Over the last two years we have faced the challenges and traumas of living through a global pandemic. Children have had difficulties adjusting in the classroom, while caregivers have experienced burnout across multiple life roles. Entire families have encountered financial, housing, and health challenges amplified by social and racial inequities. Yet many of us have also witnessed humanity's strengths, tenacity, and ability to come together in the face of extreme turmoil to support one other.

As a licensed clinical social worker specializing in mental health, being part of the movement for community wellness gives me opportunities to guide people towards a range of resources and acknowledgement of factors that can support individual and collective wellbeing and healing from trauma. Expanding the notion of mental health care beyond professional services and prescribed medications, I would like to share some wellness strategies that can help families find balance through the pillars of gentleness, relief, nourishment, meaningfulness, and freedom.

## GENTLENESS: ACKNOWLEDGING OUR STRUGGLES

In early 2020, New York City and other areas around the country went into prolonged lockdown from the COVID-19 pandemic, while simultaneously calling for racial justice in the Black Lives Matter movement and increasing awareness of anti-Asian and anti-Semitic hate crimes in local communities. How has the pandemic and more mainstream attention on racial injustice impacted your life? How have they impacted your relationships and routines with others, including your own family? Children started attending school from home, caregivers juggled changing demands of in-person or remote work, and entire families struggled with food or housing insecurity. While seeking safety during challenging circumstances, many experienced struggles with hopelessness, loneliness, fear, anxiety, and even psychosis (a medical term used to describe experiences that can impact someone's mind, body, and behaviors in ways that are different from their usual self and typically appear unusual to others).

Acknowledging our struggles can slow us down to give us permission to be patient and understanding with ourselves. That gentleness and validation then extends to our families and communities in different forms. Some examples of how we might do this are:

- *Validate crying and nonviolent expressions of anger for adults and children.* This helps legitimize human suffering and provides warmth and space to address issues that may be traditionally stigmatized.
- *Consider expressing these phrases to yourself or to children in your care to cultivate gentleness for processing and healing:*
  - "It's okay to feel sad or upset."
  - "I love you and am here for you."
  - "What are some things causing stress or tension for you right now?"
  - "Do you want to talk about how you're feeling?"

By letting in gentleness, we create room for engaging in practices that help us release the tension that is stored within our minds, bodies, and spirits.





**THINK MOMENT: Which family members or friends create gentle spaces with you? What words or gestures do you use?**

## RELIEF: FINDING COMFORT AND SUPPORT FOR INDIVIDUALS

Does your child's school, your workplace, or neighborhood community center have a social worker, counselor, or other mental health resource who may be able to offer support or a referral to someone who can help? Growing up in an Asian American family and as the son of refugees from Cambodia, there was and continues to be cultural stigmas and information gaps about mental health in my community. Our elders did not often talk openly about their struggles or have access to the types of services and support that are more available now. With growing awareness of mental wellbeing and increasing numbers of practitioners of color, **many adults and children from all cultures, including my own, now talk more openly about seeking mental health support and increasingly normalize what used to be a taboo subject.**



What do you envision when you think of mental health services? Some of us turn to guided help to inspire relief through therapy, of which there are many forms—talk, dance/movement, music, and expressive arts therapies for example. Others of us may practice mindfulness, meditation, guided breathing, or other practices borrowed from outside the United States. Acupuncture, Ayurveda, reiki, traditional Chinese medicine, and yoga are methods that originate from East and South Asia. We are lucky to have practitioners and teachers of these relief practices as part of NYC's diverse wellness community.

For those of us who have mental health conditions that require medications, working with a supportive doctor to discover which medications work for you can make a world of difference. If you are concerned about insurance or affordability, check out NYC Care, a public health care program at NYC Health + Hospitals that provides low- and no-cost health care services regardless of immigration status.





**THINK MOMENT:** Consider the people and activities that helped you find refuge from internal and external stressors. What is one practice you'd like to be more intentional about to provide relief for yourself or those in your care?

## NOURISHMENT THROUGH NURTURING FAMILIES

Caregivers often share that looking after someone's health holistically includes gestures that are not necessarily spoken out loud but felt in the heart. Do any of these scenarios below resonate with you or your little ones?

- Parents slicing up fruits for their children
- Friends and neighbors playing games together
- Uncles and aunties helping with homework
- Siblings and friends getting their nails done
- Children or adults using stress balls and soft toys
- Families curating music playlists

All are actions that can nourish, self-soothe, and inspire creativity, curiosity, and joy to help us feel like a physical or mental weight has been lifted in that space.



Nourishment of the mind goes hand in hand with the physical, such as a connection to the earth or what we choose to feed our bodies. Observe someone who has a green thumb and is good at caring for plants, and see how their bodies express gentleness, nurturing, and relaxation as they connect with plants. There's also a growing field of science research about the relationship between our stomachs and brains that reminds me of my mother's herbal teas. They're made from combinations of plants I cannot name, but their scent and taste bring me back to a safe, supportive, and loving place.



**THINK MOMENT:** What feeds your mind, body, and spirit? Is it from a kitchen or a shop, a story or prayer, a specific activity or habit? Create a list of these sources of nourishment for yourself and the ones you care for.



## MEANINGFULNESS AND FREEDOM: MOVING FORWARD WITH COMMUNITY

If you are unsure of how to answer some of the questions posed so far, that is completely fine. Most of us find it hard to pause and reflect because of our busy lives. Sustaining our individual and collective wellbeing involves the way we make decisions, where we draw our inspirations, and how we take action with a sense of meaning.

All the needs that support our wellbeing are connected, and we cannot fully meet all these needs by ourselves. Where can we cultivate healthy, respectful relationships in our communities? How can we face racism and other forms of oppression to create a sense of safety and belonging among different cultures and identities? For me, this meant joining multiple affinity groups that included Asian Americans and other people of color to validate shared pain and to share humor, storytelling, and wisdom. To overcome aspects of intergenerational and historical trauma, we may gain freedom by seeking out and elevating the histories and stories of people who look, sound, struggle, and celebrate like us and others with shared identities.

For caregivers with young children, you may have seen *Encanto*, *Soul*, or *Turning Red*—stories and histories that are incredibly affirming for people of all ages. In addition to these resources (and others listed at the end of this toolkit), being involved with and organizing in your community can provide another avenue of support to fortify mental health and wellbeing.

**Achieving freedom means we shift from taking actions based only on individual survival to actions based on thriving with joy, love, and hope in community with others.** The Vision Board art activity in the next section is an opportunity to define actionable steps towards a vision of wellbeing for ourselves and our communities. When we share both our difficulties and our delights, we get closer to who we are individually and collectively. Sustaining our mental health and wellbeing is a delicate and evolving balance of doing what gives us meaning, gently honoring ourselves as human beings, and pursuing relief, nourishment, and freedom in and with our communities.



**THINK MOMENT: Which community groups have supported your individual and familial wellness? What's one action you can participate in to support mental wellbeing in your community?**



# ACTIVITIES TO INSPIRE MENTAL WELLBEING

## FAMILY YOGA SESSION

WITH LUZ EMMA CAÑAS

As part of the We Are A Work of Art: Health + Wellbeing Initiative, Luz Emma Cañas of Rhythm and Breath Yoga created this family-friendly yoga session for the Cool Culture community. She guides us through an introduction to Kundalini Yoga, a type of yoga and meditation that has origins in ancient Egypt. It was developed in India then brought to the West. Kundalini yoga entails *mantra* which is sound projection, *mudra* or hand positions, *pranayama* or breathwork and *kriyas* which are exercises that apply pressure to certain parts of your body to release trauma, illness, and inspire healing. Find a comfortable space and follow along with our video!



<https://bit.ly/HandWfamilyyoga>



### ABOUT LUZ EMMA CAÑAS:

Luz Emma Cañas is a multi-disciplinary artist, a Sufi Poet and healer, a martial artist and a yogi. She graduated with highest honors from the Chicano Studies Department at the University of California, Santa Barbara. She was a Graduate Fellow in the Department of World Arts and Cultures at UCLA while attaining her master's degree in Dance Movement Therapy. She was certified by the Kundalini Research Institute (KRI) in Kundalini Yoga and is a Sufi Healer and Poet on the Shadhiliyya Sufi Path for over sixteen years. She has led workshops at Columbia University, Harlem Hospital, American Airlines and Brooklyn Museum and has worked with a wide variety of clientele ranging from pre-verbal children to recording artists.



# WELLBEING VISION BOARD

Vision boards can be a powerful visual representation of your goals. Even for young children, this activity may help them identify objects that help themselves or their caregivers sustain wellbeing, or they may help with gluing images you've selected to the board.



## MATERIALS:

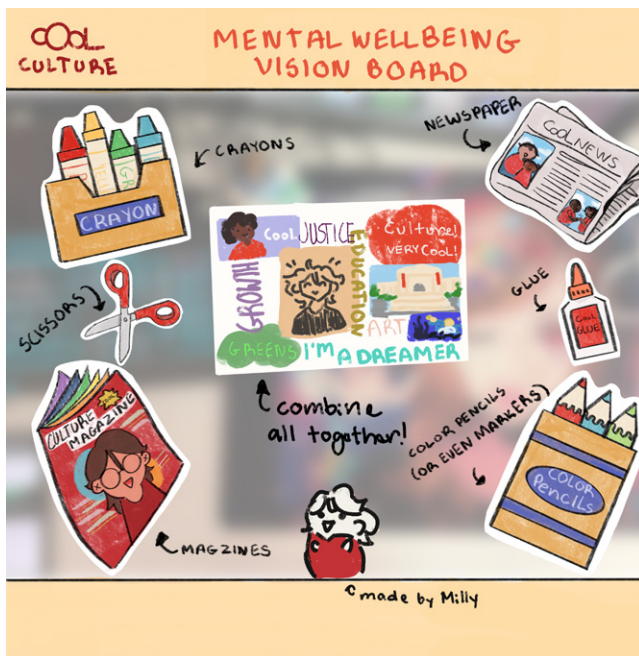
Magazines and newspapers

Markers, crayons, or colored pencils

Scissors

Glue or glue stick

Sheet of poster board or large piece of cardboard



#### STEP 1:

Flip through magazines and newspapers to identify words and images that can help you figure out your preferences, goals, and intentions for sustaining your mental wellbeing.

#### STEP 2:

Cut out the images and consider grouping them into categories that make sense to you. You might include pillars of gentleness, relief, nourishment, meaningfulness, and freedom.

#### STEP 3:

Arrange the images and words on the board. Write down the different categories if you wish. Use glue or a glue stick to affix the images onto your board. Now you have a visual reminder of your intentions and goals to sustain your mental wellbeing.

#### STEP 4:

Find a place to hang up your Mental Wellbeing Vision Board! This is a reminder to yourself and to your family members that your mental health and wellbeing is a priority.

Try repeating this activity for yourself or with loved ones in three months, in six months, or in one year, and see what you come up with!



# RESOURCES TO INSPIRE MENTAL WELLBEING

As part of our Health + Wellbeing Initiative, we're sharing resources to inspire wellness that were identified by our network of families, educators, artists, museum partners and other community leaders. These resources were chosen to direct you to support, information and opportunities for healing as needed.

## MENTAL WELLBEING & HEALTH CARE

- **Asian Mental Health Collective**

AMHC's goal is to normalize and de-stigmatize mental health within the Asian community, and provide accessible resources and therapy that acknowledges cultural underpinnings related to mental health experiences. The group moderates a free, private Facebook support group @ [subtleasianmentalhealth](https://www.asianmhc.org) with a focus on parenting topics. [www.asianmhc.org](http://www.asianmhc.org)

- **#BlackHealthFacts by Everyday Health**

In this short video series, psychiatrist Dr. Patrice Harris talks about the stigmas associated with mental illness, the pressures of being seen as a strong Black woman, and other factors that have prevented Black Americans from receiving appropriate support in the past. She looks at how to make mental health as important as physical health. [www.everydayhealth.com/black-health-facts/mental-health](http://www.everydayhealth.com/black-health-facts/mental-health)

- **Bridges Mental Health**

Bridges is a stigma-free hub for Asian Pacific Islander South Asian Americans (APISA) to discuss, navigate and seek culturally-responsive mental health care. [www.bridgesmentalhealth.com](http://www.bridgesmentalhealth.com)

- **Fountain House**

Fountain House operates in Manhattan and the Bronx, along with national sites, to improve health, increase opportunity, and end social and economic isolation for people impacted by mental illness. In NYC they partner with members in a therapeutic community combined with clinical support, housing, and care management. [www.fountainhouse.org/services](http://www.fountainhouse.org/services)

- **Healing Justice Mental Health Education**

Fireweed Collective offers mental health education and mutual aid through a Healing Justice lens. Their work seeks to disrupt the harm of systems of abuse and oppression, often reproduced by the mental health system, and they envision a world in which all communities get to self-determine the source of their care, medicine, and wellness. [www.Fireweedcollective.org](http://www.Fireweedcollective.org)

- **Inclusive Therapy Network**

A tool for finding social justice-oriented mental health providers who center the needs of Black, Indigenous, and People of Color (BIPOC) and the LGBTQIA+ community. Their mental health events calendar offers workshops and peer support spaces with free or discounted rates. [www.inclusivetherapists.com/events](http://www.inclusivetherapists.com/events)

- **Latinx Therapy Podcast**

Latinx Therapy is a community aiming to destigmatize mental health in the Latino, Latina, and Latinx community through free bilingual podcasts and a directory of culturally-attuned practitioners. Find the podcast on Apple or on their website: [www.latinxtherapy.com/podcast](http://www.latinxtherapy.com/podcast)

- **NYC Mental Health for All**

Includes the Early Childhood Mental Health Network that offers support to families worried about their children's emotions or behaviors, and designed for children from birth to age five and their families; as well as Family counseling to help improve communication and build stronger relationships with bilingual therapists. Call 1-888-692-9355 or visit [www.mentalhealthforall.nyc.gov](http://www.mentalhealthforall.nyc.gov).

- **NYC Care**

New Yorkers can access low- or no- cost health care through NYC Health and Hospitals Corporation, regardless of immigration status or ability to pay. Call 646-NYC-CARE or visit [www.nyccare.nyc](http://www.nyccare.nyc).

- **NYC Well**

A free and confidential connection to mental health and substance abuse support, available 24/7 in 200+ languages. Call NYC Well 1-888-NYC-WELL (1-888-692-9355) or text WELL to 65173. Live webchat is available at: [www.nycwell.cityofnewyork.us/en](http://www.nycwell.cityofnewyork.us/en).

A promotional graphic for NYC Well. It features a large orange speech bubble on the left containing the text "NYC WELL" in white, "Talk. Text. Chat." in orange, and "24/7" in white. To the right of the speech bubble, the text "Call 1-888-NYC-Well", "Text WELL to 65173", and "Chat nyc.gov/nycwell" is displayed in white and orange. Below this, a line of text states "NYC Well offers free, confidential mental health support. Call, text or chat online any time." At the bottom left is the hashtag "#NYCWELL" and at the bottom right is the "THRIVE NYC Health" logo.

**Call 1-888-NYC-Well**  
**Text WELL to 65173**  
**Chat [nyc.gov/nycwell](http://nyc.gov/nycwell)**

NYC Well offers free, confidential mental health support. Call, text or chat online any time.

#NYCWELL

THRIVE NYC Health

- **Peer Support Groups by NAMI-NYC**

Hosted by the NYC chapter of the National Alliance on Mental Illness, peer support groups meet virtually twice a month to share common experiences and coping skills, gain self-advocacy skills, and find community for people living with mental health challenges and for their caregivers and family. Peer groups include Black Minds Matter, Familiares y Amistades, Families of Children and Young Adults, NAMI Connection 55+ for older adults, LGBTQ+, and Spirituality Speaks. [www.naminycmetro.org/support-groups](http://www.naminycmetro.org/support-groups)



# RESOURCES FOR CHILDREN

- **Encanto**

Set in a magical place in the mountains of Colombia, this animated film follows the Madrigal family, where each member is blessed with a unique gift of the *Encanto* (magical power)—every child except one, Mirabel. When the family’s magical powers are in danger, she goes on a journey to understand the stories, histories and traditions passed down from her elders while the family begins to heal from intergenerational traumas and learn to embrace those who are differently abled.

- **Inside Out**

Joy, Fear, Anger, Disgust and Sadness are emotions seen as colorful orbs living inside young Riley’s head. As her family moves to a new state for one parent’s job, the emotions each take charge or work with each other to rebalance how Riley reacts and adapts to the changes around her at home and in school. The film encourages children and all viewers to acknowledge, feel, and express all of our emotions as part of finding balance and wellbeing.

- **Listening to My Body by Gabi Garcia**

A board book guide to help children understand the connection between their sensations and feelings so that they can get better at figuring out and expressing what they need.

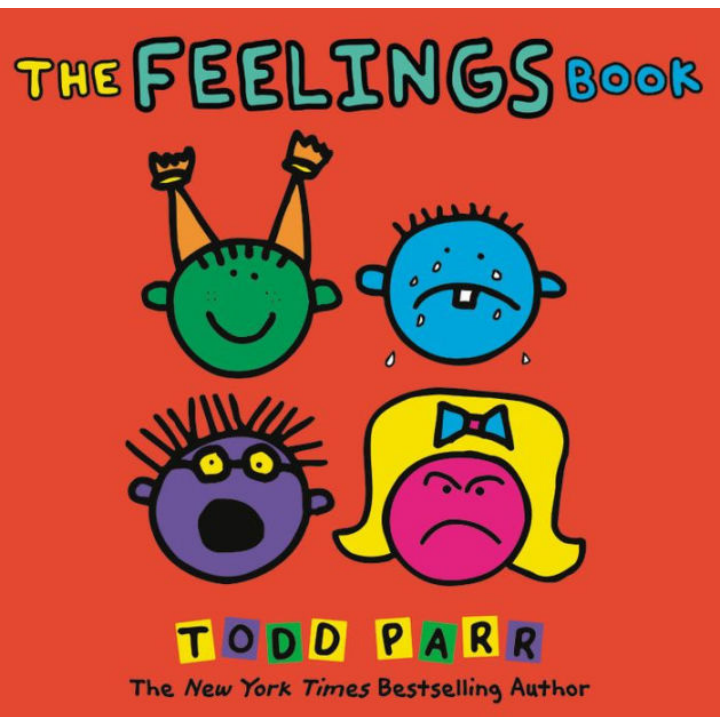
- **Many Shapes of Clay: A Story of Healing by Kenesha Sneed**

A young girl learns to live with the sense of loss and of the joyful power of making something new out of what is left behind. The book shares a gentle message that we all have the ability to heal and create.

- **The Feelings Book and The Goodbye Book by Todd Parr**

Vibrant and whimsical illustrations help young readers identify a range of feelings in the first book, and processing loss is told through the second book where a pet fish has lost its companion. View a reading of *The Feelings Book* with ASL interpretation here:

[www.youtube.com/watch?v=jdzeyomWiac](https://www.youtube.com/watch?v=jdzeyomWiac).



- **Turning Red**

Movie viewers of all ages can join Mei Lee as she navigates change, friendships, and family relationships in middle school. When her emotions run strong, she transforms into a big, red panda! A funny and gentle story of growth, self-acceptance, and evolving parent-child dynamics, this film may inspire conversations with loved ones about their own experiences.

## NOURISHING THE MIND

- **Black Food: Stories, Art, and Recipes from Across the African Diaspora by Bryant Terry**

With contributions from more than 100 Black cultural luminaries from around the globe, the book moves through chapters exploring parts of the Black experience, from Homeland to Migration, Spirituality to Black Future, offering delicious recipes, moving essays and poetry, and beautiful artwork.

- **Greater Good Science Center**

The Greater Good Science Center has been committed since its founding to nurturing peaceful, compassionate, joyful families. The *Greater Good* online magazine is filled with [articles](#) and [videos](#) for parents and families to help them foster qualities like gratitude, forgiveness, resilience, understanding, and generosity in themselves and their children.

[https://greatergood.berkeley.edu/?\\_ga=2.220049438.665855718.1649699198-2070216353.1649699198](https://greatergood.berkeley.edu/?_ga=2.220049438.665855718.1649699198-2070216353.1649699198)

- **Chopra**

The Chopra website offers three child-friendly meditations and says “Giving kids the tools to help them fend off negative thoughts and behaviors, build self-confidence, focus, and treat others and themselves with respect and appreciation is a gift they will have for the rest of their lives.”

[www.chopra.com/articles/3-kid-friendly-meditations-your-children-will-love](http://www.chopra.com/articles/3-kid-friendly-meditations-your-children-will-love)

- **Colorín Colorado**

The name “Colorín Colorado” comes from a playful phrase that is often said at the end of stories in Spanish-speaking countries. There’s no equivalent in English, but the phrase is similar to “That’s all, folks!” The saying brings back childhood memories of storytelling and reading for generations of people from many different countries. Check out “Support Your Child’s Social-Emotional Health” and other resources for educators and families of English language learners (ELLs) in Grades PreK-12. <https://go.colorincolorado.org/supporting-social-and-emotional-health>

- **Meditation Apps for Kids by Common Sense Media**

Common Sense Media, a nonprofit technology and entertainment resource that helps families and children navigate the digital world, says “Kids of all ages can reap the benefits of meditation and mindfulness using technology. Meditating even for only a few minutes a day has proven to reduce stress, boost immunity, aid memory and concentration, decrease depression and anxiety, and even make you more compassionate.” They offer a list of child-friendly mobile applications organized by age range.

[www.commonsensemedia.org/lists/meditation-apps-for-kids](http://www.commonsensemedia.org/lists/meditation-apps-for-kids)



# FEATURED PARTNER

Which NYC cultural institutions are inspiring us to process our states of wellbeing and inspire action around mind, body, spirit or civic engagement right now?

You and your family can visit nearly 90 other museums, gardens, and zoos for free with your Cool Culture Family Pass. View updated visitation guidelines on our Cultural Partner Visitation Portal:

<https://bit.ly/VisitCoolCulturePartners>.

## “THE HAPPINESS EXPERIMENT”

**New York Hall of Science**

47-01 111th Street, Corona, NY, 11368

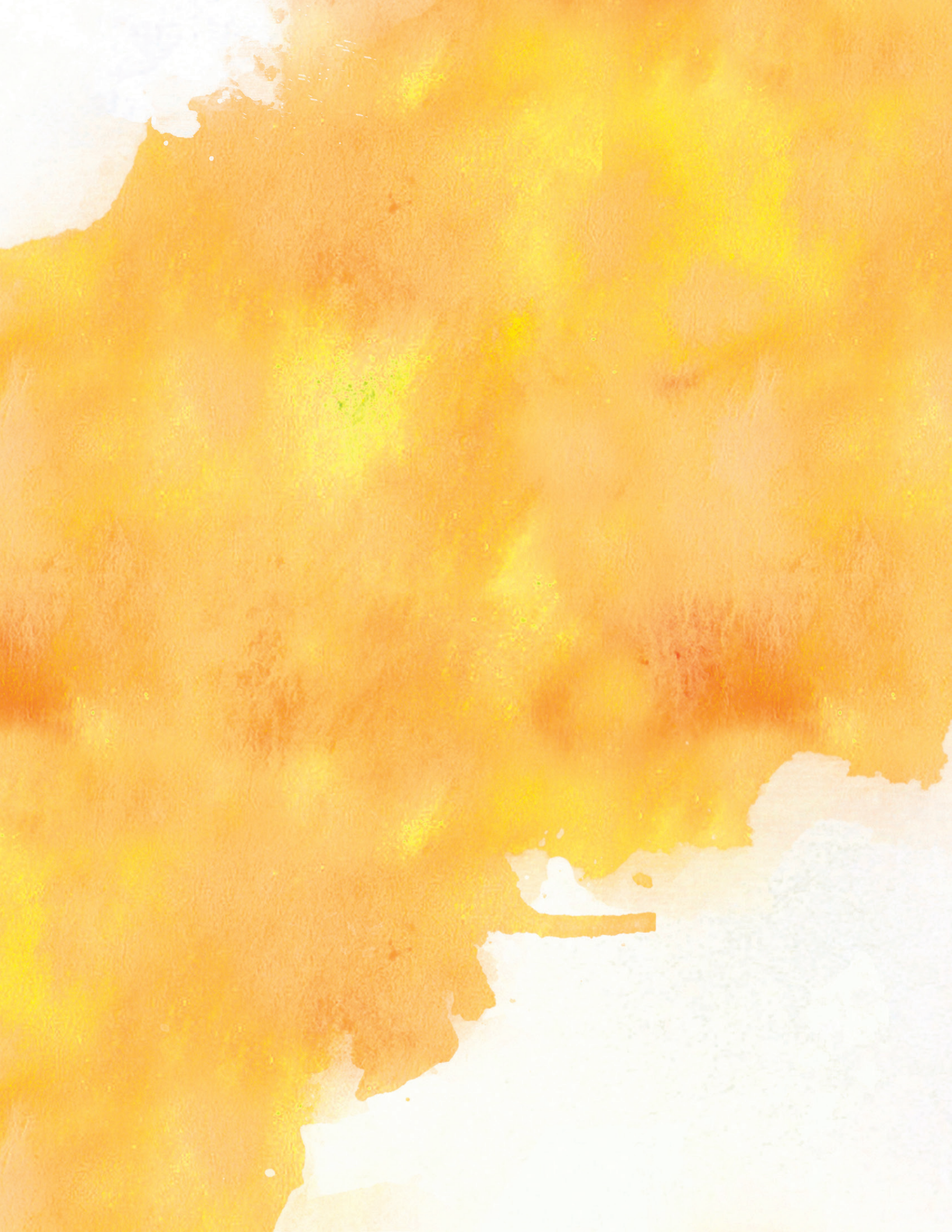


What if you had the ultimate super power - control over your own happiness? Happiness isn't just one feeling; it is personal, unique, and can be experienced at different durations and intensities. Dive into the neuroscience and social science of happiness as you move through a series of playful, immersive areas to discover the ways in which it affects our wellbeing at all ages, and how we can bring more of it into our lives.

**Invite your child to reflect:**

***How does your body feel before and after an activity like jumping by the mirror wall or dancing by the colored windows? How do your emotions change when you're playing, walking, or when you're still?***







# STAY CONNECTED

## JOIN US

Cool Culture partners with Title I elementary schools and early education centers to co-create programs and activities with families and educators that ignite our emotional, intellectual and political imaginations.

Through a partnership with Cool Culture, families sign up through their school or child care center to utilize the Family Pass. The pass offers a range of arts and cultural activities through free access to nearly 90 museums, gardens and zoos — places like the Brooklyn Museum, El Museo del Barrio, the Central Park Zoo and much more!

Donate to support our work: [www.coolculture.org/donate](http://www.coolculture.org/donate)

## THANK YOU

Cool Culture's programs are made possible by generous donors like you. As a 501(c)3 nonprofit organization, we rely on public and private donations to build capacity for over 50,000 families, educator partners, and museum staff to connect, create, and collectively evolve art and culture within and beyond institutions.

### Cool Culture, Inc. is Supported By:

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Cool Culture envisions an equitable society that values, embraces and is enriched by all cultures. Our mission is to amplify the voices of families and to strengthen the power of historically marginalized communities through art and culture, both within cultural institutions and beyond.



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