SO THIS WEEK DALE THE CARICATURE GUY IS GOING TO TEACH THE GROUP HOW TO DEAL WITH FEELINGS BY PAINTING ABSTRACT ART.

YEAH, THAT SOUNDS FUN!

HA! I PUT PICASSO TO SHAME, DAWG!

AND ALSO, PETE SAID THAT HE IS GOING TO TRY TO TALK TO TREvor ABOUT HIS BULLYING AND TRY TO GET HIM INVOLVED IN THE YOUTH GROUP.

WHAT IS GOING TO HAPPEN TO US? YOU KNOW, WHEN WE ARE LIKE THIRTY AND ARE NO LONGER YOUTH ADVOCATES.

HEY, JOHNNY?

YEAH, BRIAN?
Well, I think we have a responsibility towards youth well-being no matter what age.

What do you plan to be? A social worker or something?

An artist!

Haha! What's the difference between an artist and a pizza, dawg?

Heard that one before, Stu.

A pizza feeds a family of four, dawg!

I'm not sure exactly. All I know is that I want to be a youth role model. To prove that you can do whatever you want as long as you plan and keep heart.

So what are you going to do? Illustrate children's books?

Hmmm... a youth role model.
Hey, Trevor?

What do you want, Pete?

I... I... just want to...

Well, spit it out, why don't ya?

It may be a bit too late, but I'm sorry about your mom passing away.

Oh, gee, thanks. You've avoided me for months, and now your sorry?

Yeah, well, thanks. Later.

I was always sorry. I just didn't know how to say it.

Wait a second, Trevor.
LOOK, I DON'T HAVE TIME FOR THIS.

I KNOW. I'D JUST LIKE TO INVITE YOU TO THE YOUTH GROUP MEETING AFTER SCHOOL TODAY.

NO THANKS.

THAT'S OKAY, BUT WE ALL GET ALONG GOOD AND COME UP WITH COOL IDEAS.

BESIDES, YOU KNOW THAT KID, SAM, THAT YOU'VE BEEN PICKING ON. HE'LL BE THERE, AND COULD USE AN APOLOGY.

WHAT'S UP, DAWG!!!

NOPE.

NOT NOW, STU.

WHOOP, SORRY, DAWG!

ANYWAY... SOME OF US ARE PITCHING IN FOR SOME PIZZA. FREE FOR YOU.

FREE PIZZA?

YOU CAN'T GO WRONG WITH FREE PIZZA AND FRIENDS.

WELL.... I CAN HELP PITCH IN FOR THE PIZZA. I'LL CATCH YOU AFTER SCHOOL THEN, PETE.
I'm glad you made it today, kids, and I'm excited about your interest in abstract art.

With that said, what is abstract art? Most people have their own interpretations, but it is basically creating art that does not represent anything of solidity, or representing something in a personal way.

When I draw and paint in abstract, I like to focus on abstract words such as, life, love, pain, and joy.

These words are abstract because you can only describe them in feelings, not physically in words like trees, houses, and cars.

A good reason to create abstract art is to identify feelings and emotions to better help yourself and others understand what you are feeling and going through.

This example represents what I was feeling when I was hungry. Shall we all give it a whirl?
Look at this! It represents peace and calmness.

Very good! The cool colors and softness of shapes represents your idea well.

Here's mine, dawg!

Hmmm, by the warm colors and strong representation of shapes, I would say, "power."

That's right, dawg! I'm gonna rule the world!

Yeah! To be able to visualize our feelings, we may be able to target certain issues that would otherwise be difficult. And this could flow well with the wraparound concept, too!

As you can see, with this technique, you have developed a new coping skill that might be quite helpful.

Thanks, Dale! This is a great idea!

Until next time...