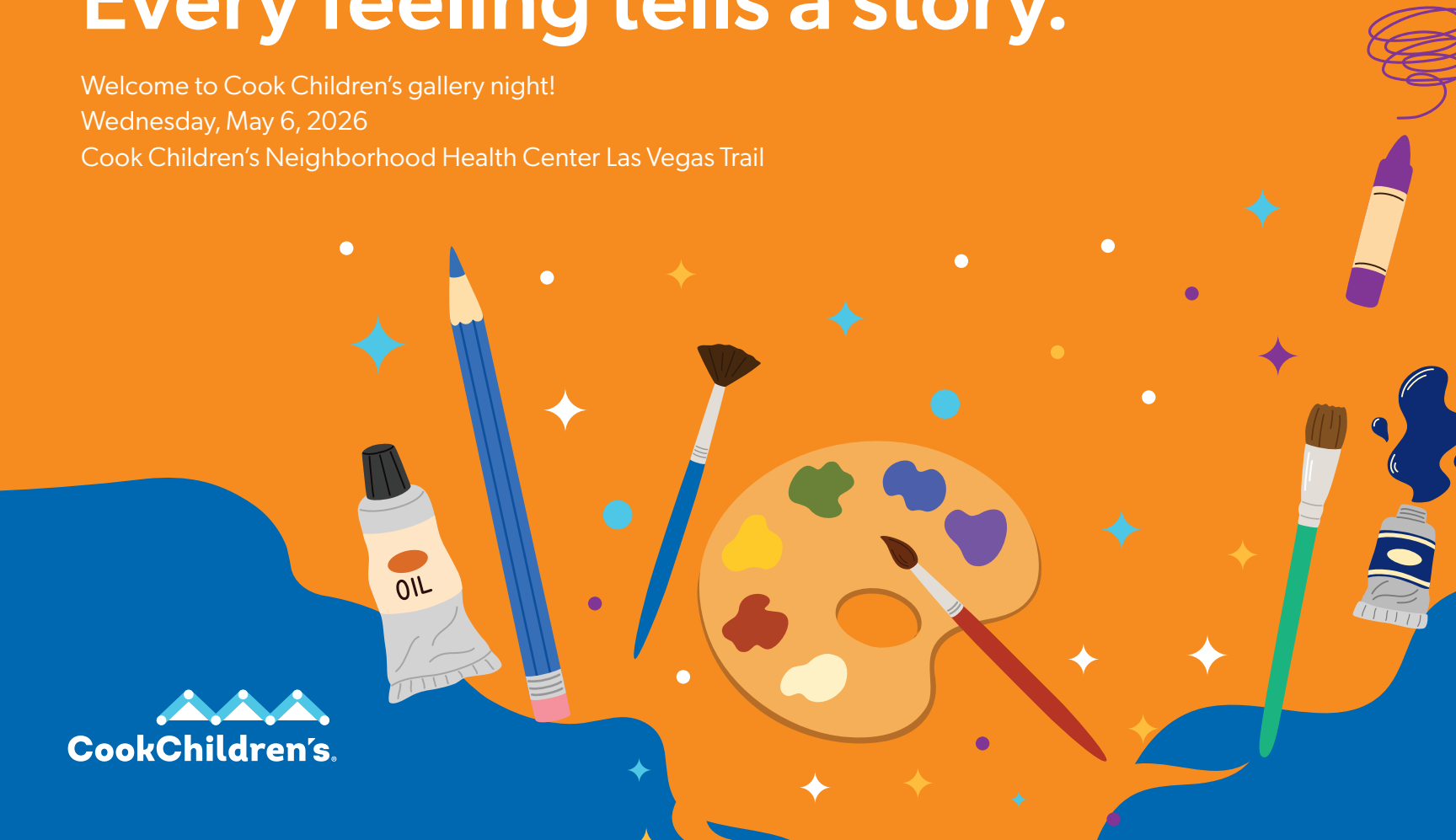
Every feeling tells a story.

Welcome to Cook Children's gallery night!
Wednesday, May 6, 2026
Cook Children's Neighborhood Health Center Las Vegas Trail



CookChildren's

“Children’s Feelings Are a Work of Art” is an initiative designed to build positive mental health in children and teens by teaching to identify, manage and express feelings through art.

“Children’s Feelings Are a Work of Art” has four goals:

1. To increase general awareness of children’s mental health in a community.
2. To increase knowledge of emotional health, an element of mental health in a community.
3. To offer youth an opportunity to use healthy coping skills to express themselves.
4. To encourage healthy conversations about emotions and mental health, and decrease the stigma surrounding mental health.

At **Cook Children’s Center for Community Health**, we count on community partners to help us implement our initiative and support positive mental health among children and families. The following partner organizations participating in this display include:

Boys and Girls Club of Greater Tarrant County - Las Vegas Trails Branch

IDEA Rise College Prep

Western Hills Elementary School

Western Hills Primary School

Participating artists



"This is about me standing outside and sliding."

– Myra



"The rainbow zoo of happiness."

– Aura



Artist statement not available.

– Amarie



"I drew this because the art reminded me about my dead grandma in the sky being calm and happy."

– Leah



"This is me with my dog. He makes me happy and I have my dad with me. My dad makes me feel happy."

– Maverick



"I love rainbows!"

– Ayanah



“I’m happy with my cats.”

– Isaac



“This is me at the beach.”

– Izabella



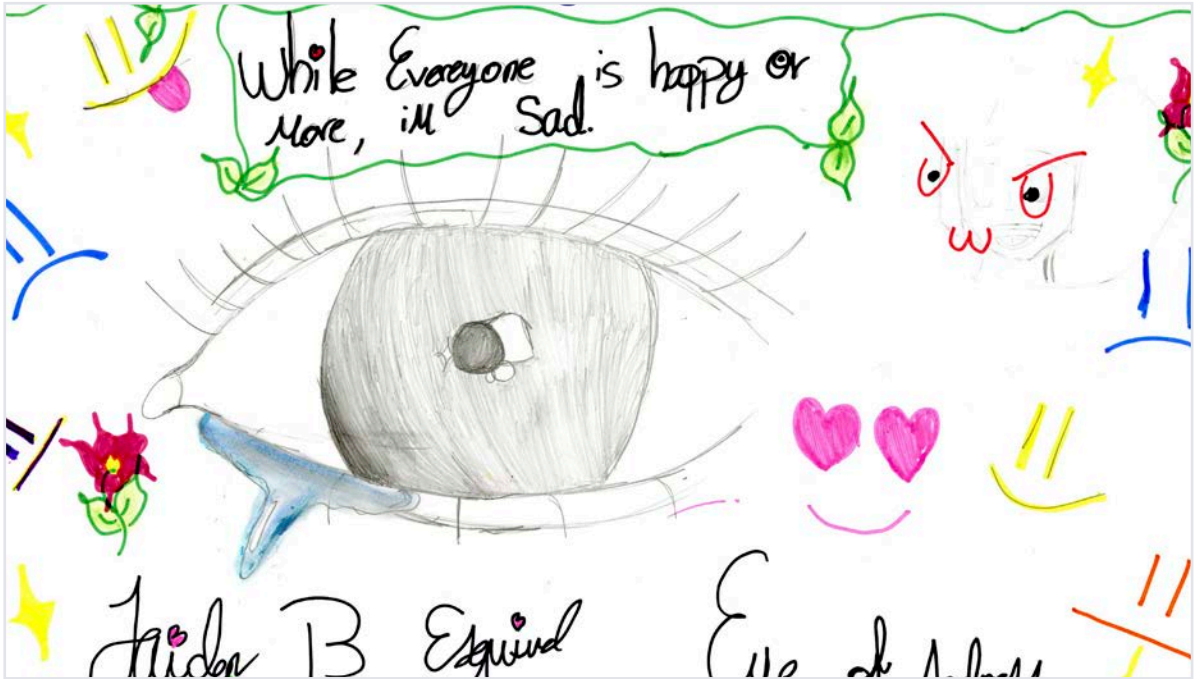
"I love art because it's happy."

– Syaira



"I feel calm because I am around my family. I'm calm when I'm around my family and I feel safe."

– Nyla



"While everyone is happy or more, I'm sad."

– Jaiden



“Sadness.”

– Legion



“Calm.”

– Ezra



“Me- sad.”

– Aaron



"Everything is emotional. Be happy at all times. When you're sad, do something that make your day. :)"

– King



"Loved."

– Abilene



"Violeta's feelings."

– Violeta



"When kids are calm, they might look outside and look at nature or read a book quietly with no emotions."

– Solange



"I am happy."

– Jesse



"The love of Cook Children's."

– Kennedi



"Happy family"

– Markasia



"I am feeling sad today and happy."

– Mercedes



"Don't frown. Calm down. Sometimes things like stars and hearts fill me up with :) excitement! I love Cook Children's."

– Kourtney



"Flower garden. Happy and calmness."

– Abigail



“I feel chill, relaxed.”

– Leviana



“Calm.”

– Lizet



“Explosion jar.”

– Emily



"Happy."

– Camila



"Anxious. I'm…I'm not afraid!"

– Cadence



"Sad."

– Maniyah



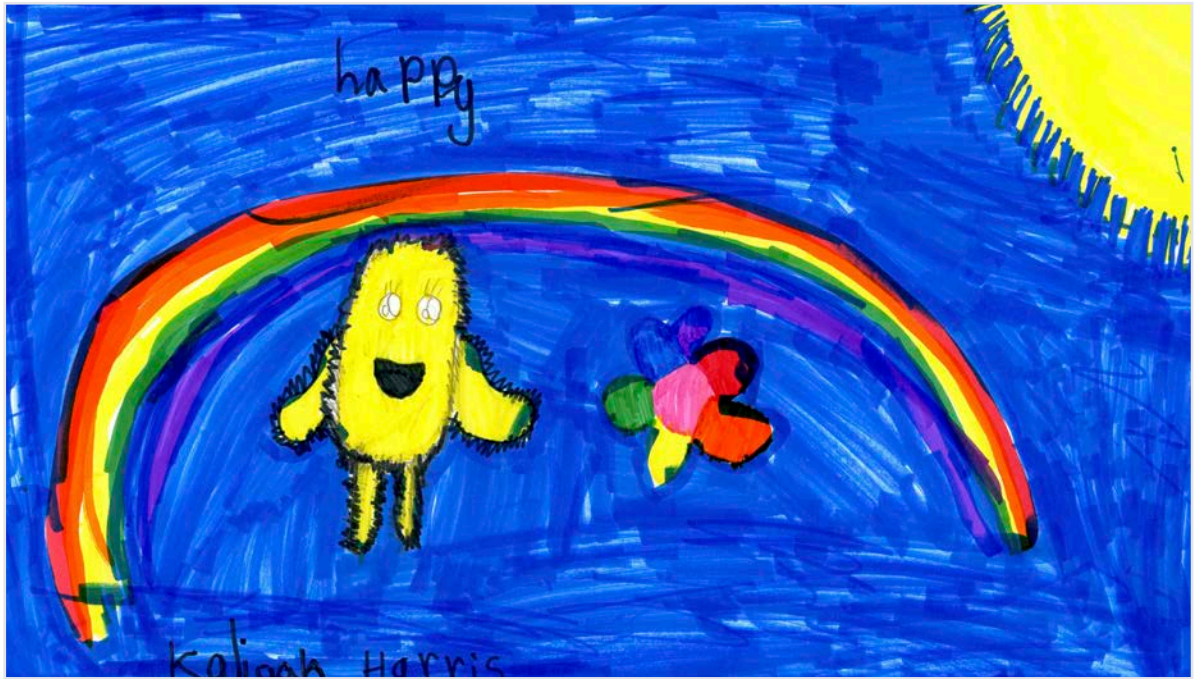
"Cold."

– Natasha



"Happy."

– Charlotte



"Happy."

– Kaliyah



Artist statement not available.

– Leona



Artist statement not available.

– Aminah



"I feel happy!"

– Madeline



"My feelings are happy feelings. I feel happy."

– Ariel



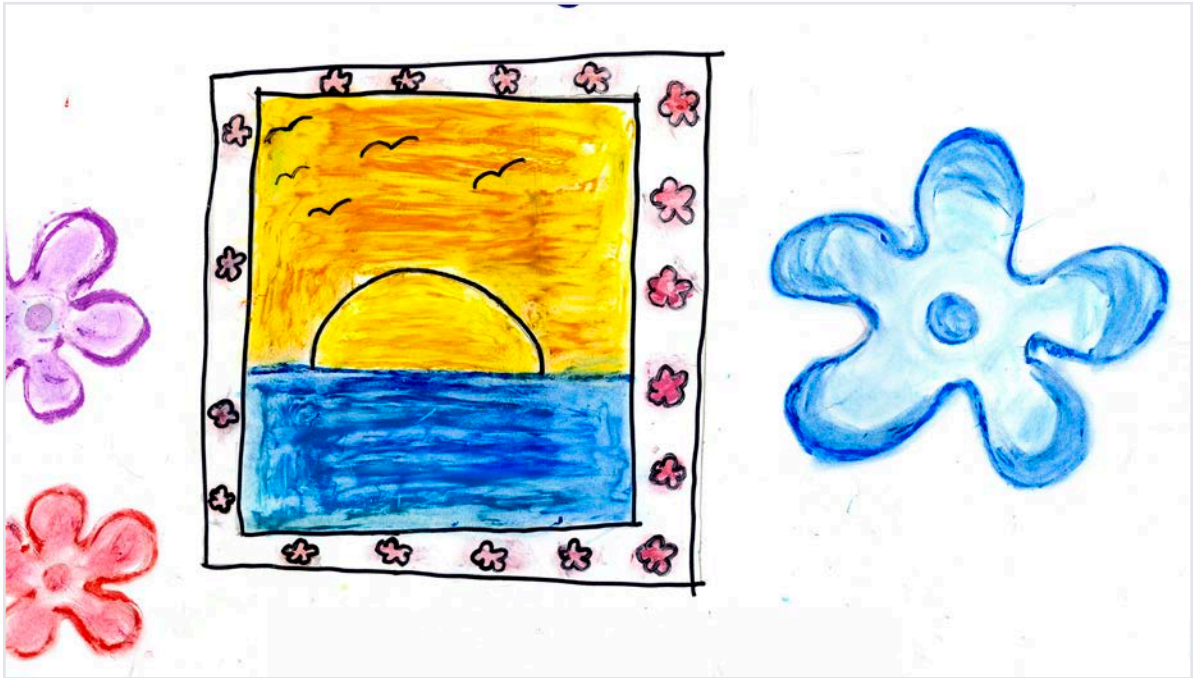
"Cook Children's and me are happy."

– Serenity



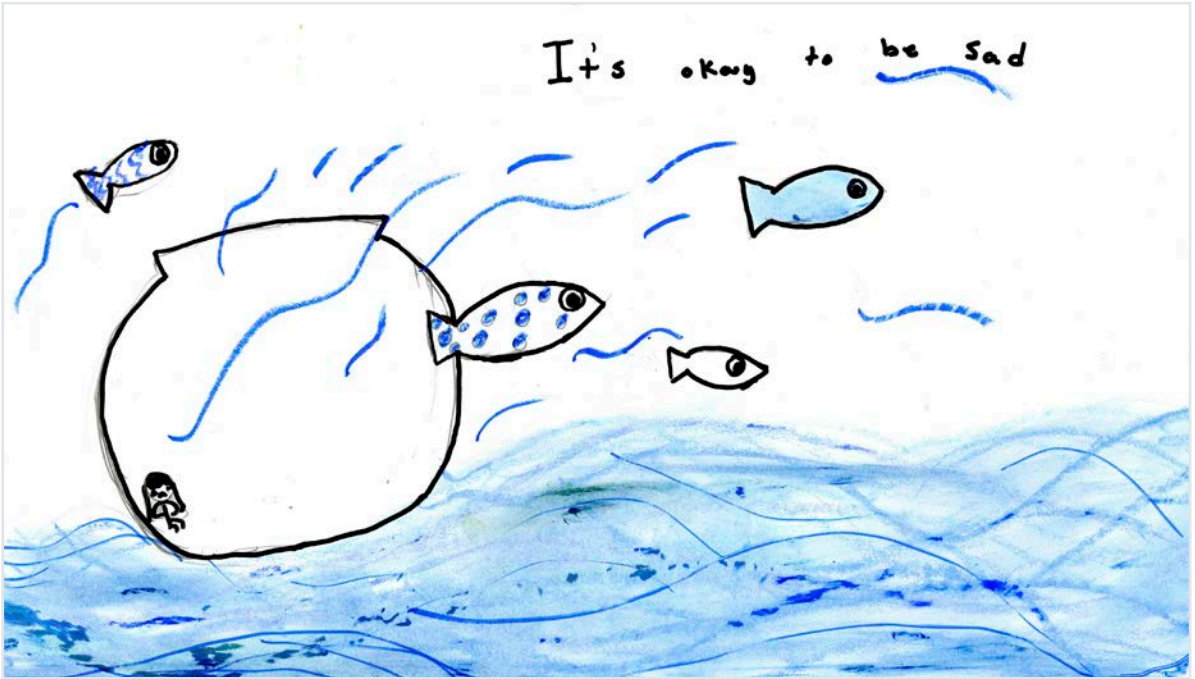
"Calm."

– Denisse



“Mis emociones. Calm.”

– Ariadne



"It's OK to be sad."

– Dissan



“I chose pink, green, red and yellow because I have feelings of love.”

– Emry



“I chose different colors because I wanted to show different feelings like happy, calm and angry.”

– Aaron



"I chose rainbow colors because it makes me feel good and happy."

– Ainhoa



“I chose green with black because it makes me feel calm and very happy.”

– Andy



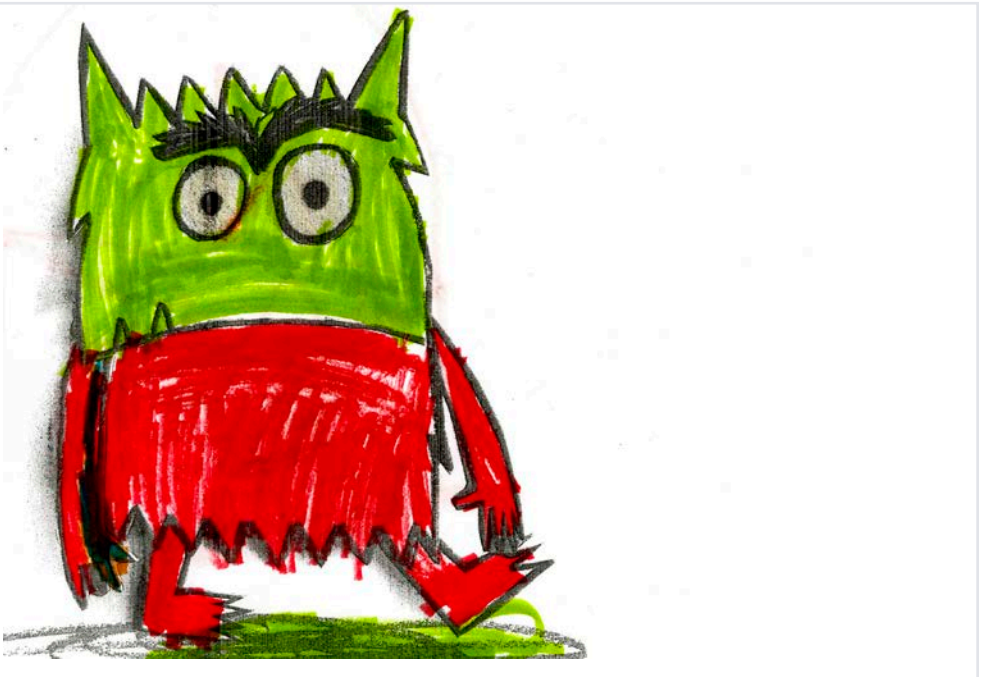
“I chose the pink color because it makes me feel happy.”

– Aylin



“I chose the color blue because the monster was sad and added colors to make the monster happy like yellow and green.”

– Beatriz



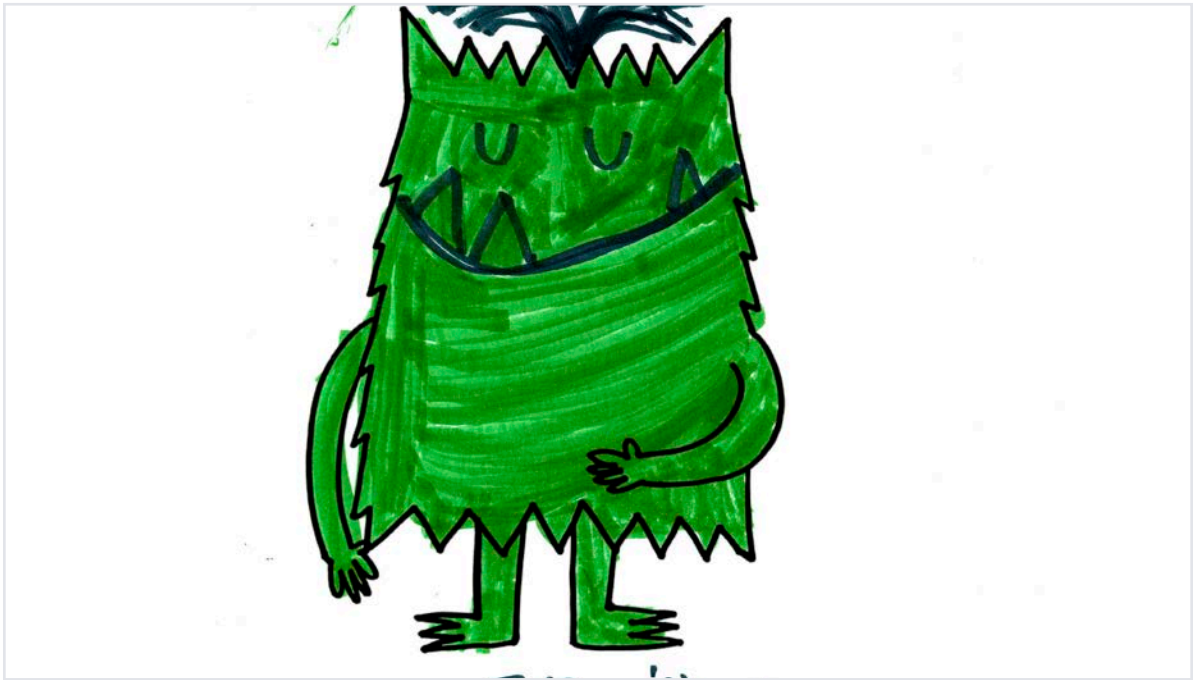
"My monster is angry sometimes and calm, too."

– Chase



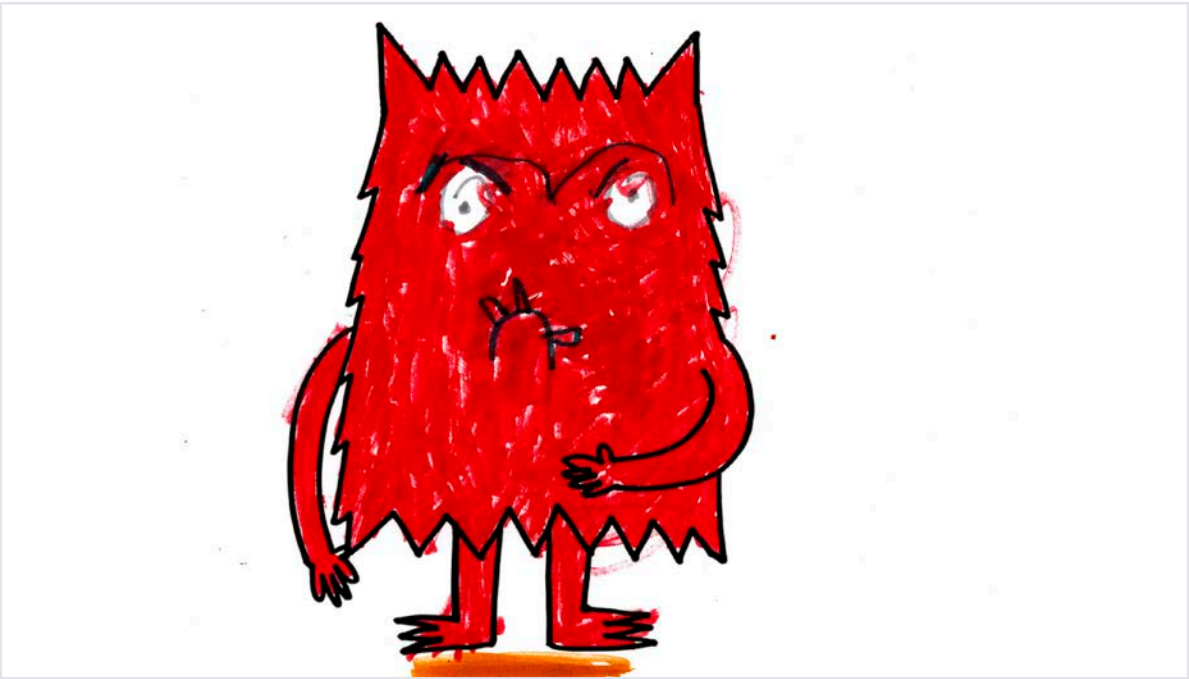
“I chose the color pink because it makes me feel loving and the color yellow because it adds happiness.”

– Emily



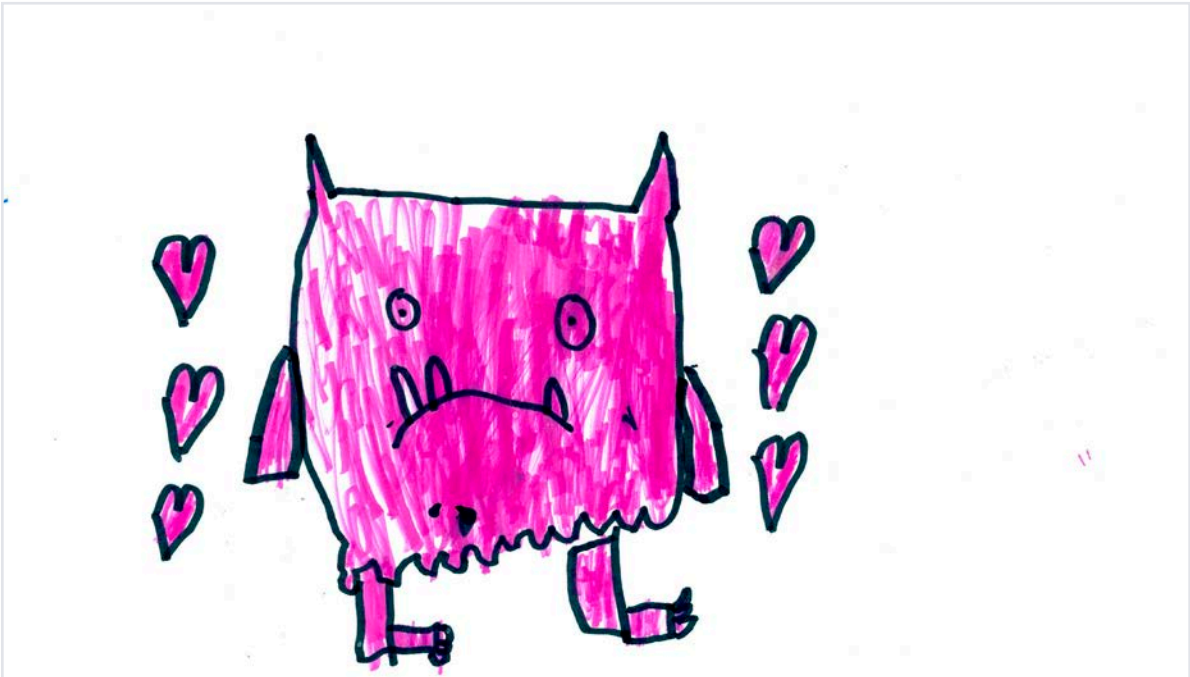
“I chose to color my monster green because it makes me happy and calm.”

– Jeremiah



"My monster feels angry sometimes, so I colored mine red."

– Judah



“I chose the pink color because it makes me happy and smile. I added hearts because it looked cute.”

– J’yahni



“I chose green because it’s like when a star shines.”

– Karina



"I chose pink for my monster because he represents love."

– Khailanni



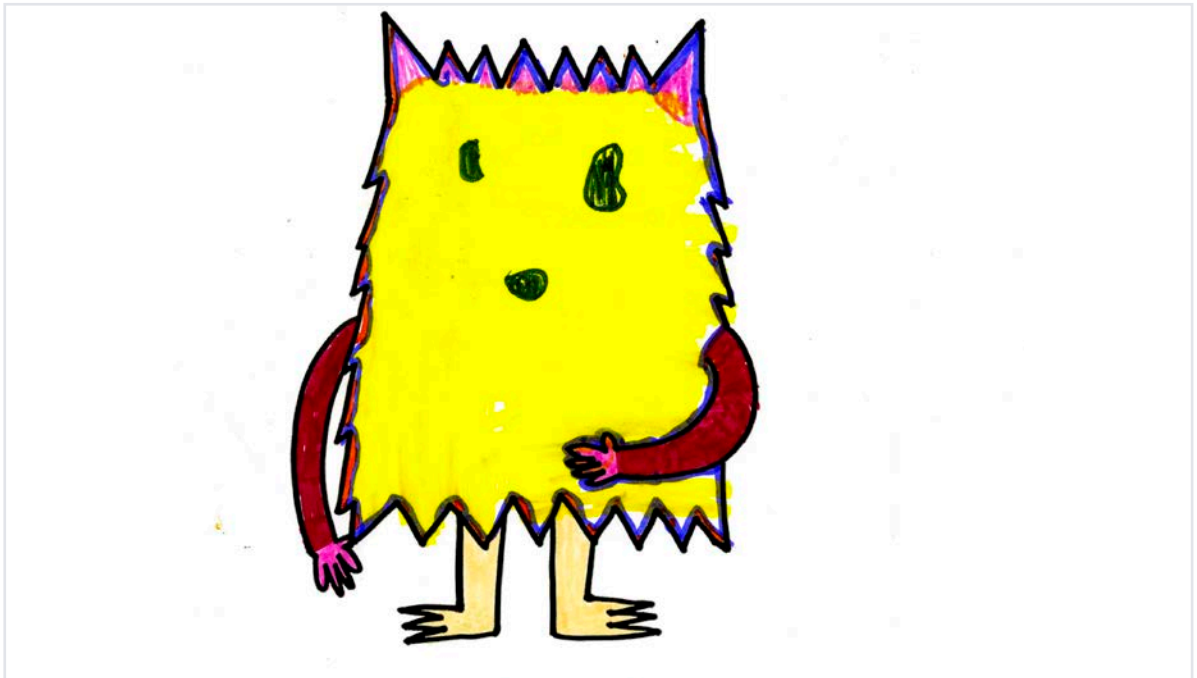
“I chose a colorful monster because it makes me feel happy.”

– Rebecca



“I drew my monster and gave him calm colors to make him feel happy.”

– Santiago



“I chose a yellow color because it makes me feel good and happy.”

– Valeria



Artist statement not available.

– Liam



"For my project, I chose the emotion disgust. I showed it through the facial expression of my bobblehead. I designed the character with its tongue sticking out and its face twisted in a way that clearly shows it reacting to something unpleasant. The exaggerated expression helps communicate that feeling instantly. A healthy way to deal with disgust in real life is to create distance from things that make you uncomfortable or that you strongly dislike, whether that means stepping away, taking a break or removing yourself from the situation. This helps you stay calm, protect your boundaries and respond in a way that feels safe and controlled."

– Estrella



"I showed empowerment in my design by creating a clay bobblehead that looks playful but confident. The bobblehead's steady movement represents staying strong and believing in yourself, even when things feel uncertain. A healthy way to deal with empowerment is to set small goals and celebrate your progress. When you recognize your own strengths, it helps you feel even more confident and motivated. "

– Mariah



"I was assigned the emotion "irritation" for my bobblehead project. I decided to show irritation with a stiff posture and tense look. The bobblehead seems as though its "over everything". The colors and shapes intentionally don't match because when you are irritated, your mind is out of wack and your thoughts are uncoordinated. When I experience irritation, the best thing I can do is to take a step back and breathe, so that my actions are coming from me and not only my emotions."

– De'Genae



"The emotion that I chose was anger. The way that is shown on my bobble head is by the facial expression and the color of the shirt. One healthy way to deal with this emotion is by doing something that helps you calm down."

– Isabell



"Eros explores the intensity and vulnerability of love. Inspired by Greek sculpture, the figure combines a simple, classical form with modern elements like a heart-shaped head and single eye to represent passion and awareness. The bright red color and moving head reflect how love can feel powerful, emotional and unpredictable."

– Giselle



"For my project, I chose the emotion embarrassment. I showed this by giving my bobblehead closed eyes, pink cheeks, and a shy pose that makes it look like it wants to hide. These details help show that uncomfortable feeling people get when something awkward happens. One healthy way to deal with embarrassment is to take a deep breath and remind yourself that everyone feels this way sometimes. The feeling doesn't last forever, and being kind to yourself helps it go away faster."

– Jennifer G.



"I choose to portray the emotion of insecurity through my bobble head project. I expressed this emotion in my design by making my bobble head a turtle, using its shell to symbolize protection and fear. This correlates to people who are unsure of themselves putting up emotional and social barriers to protect themselves from judgement or rejection. I also used shades of blue for my bobble head to represent the melancholy state one is in when experiencing insecurity. A healthy way to deal with insecurity is to acknowledge your strengths and participate in activities that you enjoy to boost your self-esteem."

– Jennifer V.



"For my design, I chose the emotion of hope, because it's something everyone deserves to hold onto, even in the darkest moments of their life. I showed this emotion through gentle, uplifting imagery that symbolizes light, comfort and the feeling of being watched over. One healthy way to deal with this emotion personally is to remind myself that hope grows when I take small steps forward, talk to people I trust and remember that God is always watching over us, guiding and protecting us no matter what we're going through."

– Marely



"For this project, I chose the emotion of loneliness. I used muted colors like black, gray, white and dark purple to reflect the feeling, and a curled, self-hugging pose to show self-comfort. This represents the human need for connection. A healthy way to cope with loneliness is to reach out to friends, family or others to feel supported and less alone.'

– Veronica



"This piece captures the sudden, electric feeling of surprise. I sculpted a girl frozen in that moment, with her hands on her cheeks and mouth open in shock. The bobblehead adds movement, showing how surprise can make us physically react. Details like the wide eyes and expressive pose emphasize the emotion, while the bright colors highlight excitement and joy. This piece focuses on the positive side of surprise – the kind that comes from good news – and reminds us of the beauty in unexpected moments of happiness."

– Amarii



"This pink bobblehead captures a moment between irritation and defiance. The exaggerated head movement reflects emotional overload, while the bright pink color contrasts with her bold attitude. The gum bubble represents a pause and a quiet act of resistance. This piece celebrates expressing frustration in a playful, confident and empowering way."

– Kyra



"The emotion I chose was confidence through my bobble head named Bob. A way this is shown in my bobble head is through its cape, its smirk, and having its hands on his hips. A way people can deal with having this emotion in a healthy way is by celebrating the small accomplishments and stop seeking approval from others and get approval from yourself."

– Aleayah



"The emotion I chose was embarrassment. I showed it through my design by putting its hands in front of the face with blushing cheeks, showing how it wants to hide away from embarrassment. One healthy way to personally deal with embarrassment is to change your mindset of only living once, and whatever happened happens, and to just enjoy the humor of the moment."

– Amada



"The emotion I choose is hatred. I show it in my design by including a similar expression that represents the feeling. One healthy way to personally deal with this emotion is inhaling and exhaling and waiting until you feel better to avoid hurting people also if it is needed talk to someone that you feel comfortable with to share how you feel."

– Daniela



"I was given excitement and what's better to excite you than a clown! Cinnamon Sugar represents how I love doing multiple things that make me excited. When I do stuff I love, I hope to excite others with the process and result. The opposite of excitement is boredom. One way I healthily deal with this emotion is by talking to friends to get ideas for something I could do."

– Jasmine



"My Mr. Tops the Cat Love Day bobblehead represents the emotion of love. I used varied textures and proportions to highlight expression and capture a meaningful moment. A healthy way to manage love is to maintain independence by nurturing personal interests, friendships and self-care."

– Khamari



"The emotion I chose was surprised. I chose this because it was included in a fun spin-the-wheel. I showed this emotion by having my bobble cross his arms and have a shocked expression. You can healthily manage this emotion by enjoying the moment. There's always going to be surprises in life that may catch you off guard, but it's better to embrace it instead of suppress it."

– Mia



"The emotion I chose was despair. I showed it in my design by making the girl look curled up in a ball with her head down, showing how upset she was about something. I made her eyes look not realistic, but it is going down and adding a teardrop. Healthy ways to deal with despair include accepting and validating the emotion rather than suppressing it, talking to a trusted person, and focusing on small, actionable steps."

– Unique



"This bobble head represents loneliness as both visible and hidden. The oversized head shows how thoughts grow louder when someone feels alone, while the small body suggests fragility and disconnection. Its constant wobble symbolizes emotional instability and the quiet weight of loneliness. A way to deal with this emotion is by spending time on activities you genuinely love or trying to interact with others."

– Diego



"The emotion I picked was joy. In my design I made a unicorn as they represent happiness. Not only that, but I painted my unicorn rainbow. Rainbows represent joy as well, especially when they are brightly colored. So, I decided to make the unicorns body be the rainbow. I also made her hair cloud-like to represent the clouds at the end of the rainbow. One way to get joy is to think or do whatever makes you happy like doing a hobby or hanging out with friends."

– Selena



"The emotion I chose was insecurity. I chose it because of the ugliness we humans have inside of us and what that looks like. One healthy way I deal with this emotion is to tell others that I feel this way."

– Turner



"I chose the emotion of hatred and showed it using exaggerated features and details. The bright orange color makes the figure feel intense, while the facial expression and hunched posture show tension and discomfort. The horn represents negative thoughts that grow when hatred builds up. This piece shows how hatred can affect how a person feels and acts. A healthy way to deal with this emotion is to pause, talk it out or express those feelings through something like art."

– Gabriela



"For my design, I chose the emotion of surprise because it's sudden and attention-grabbing. I used bright yellow to reflect that jarring, unexpected feeling. The jagged, radiating lines and off-balance shapes capture the split second when everything changes. To manage surprise in a healthy way, I pause and take a deep breath so I can respond calmly instead of reacting impulsively."

– Lindsay



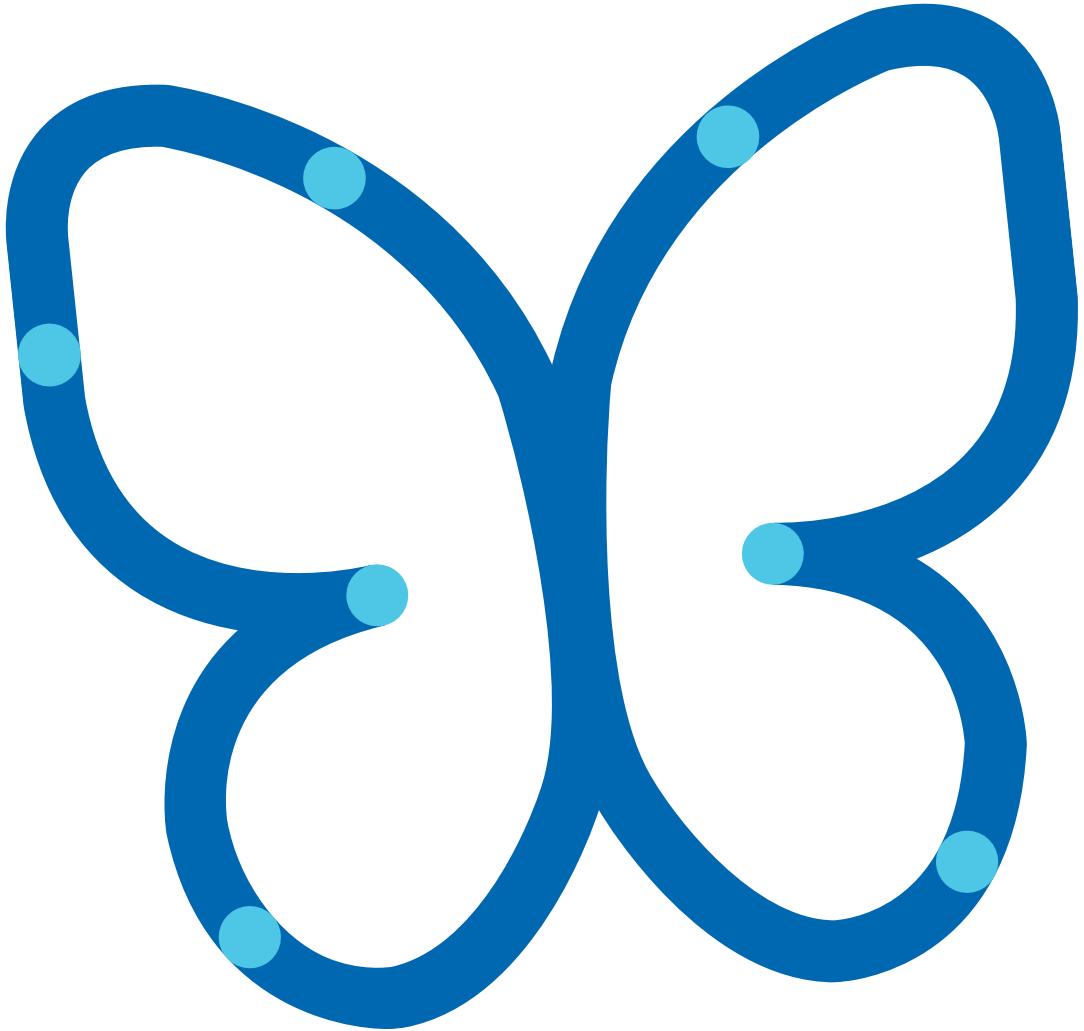
"I chose fear for my bobblehead design, shown through exaggerated facial tension and sharply raised eyebrows to create a wide-eyed, alarmed expression. A single sweat mark highlights the fight-or-flight response. To manage fear, I use controlled breathing, which helps calm the nervous system and allows for clearer, more logical thinking."

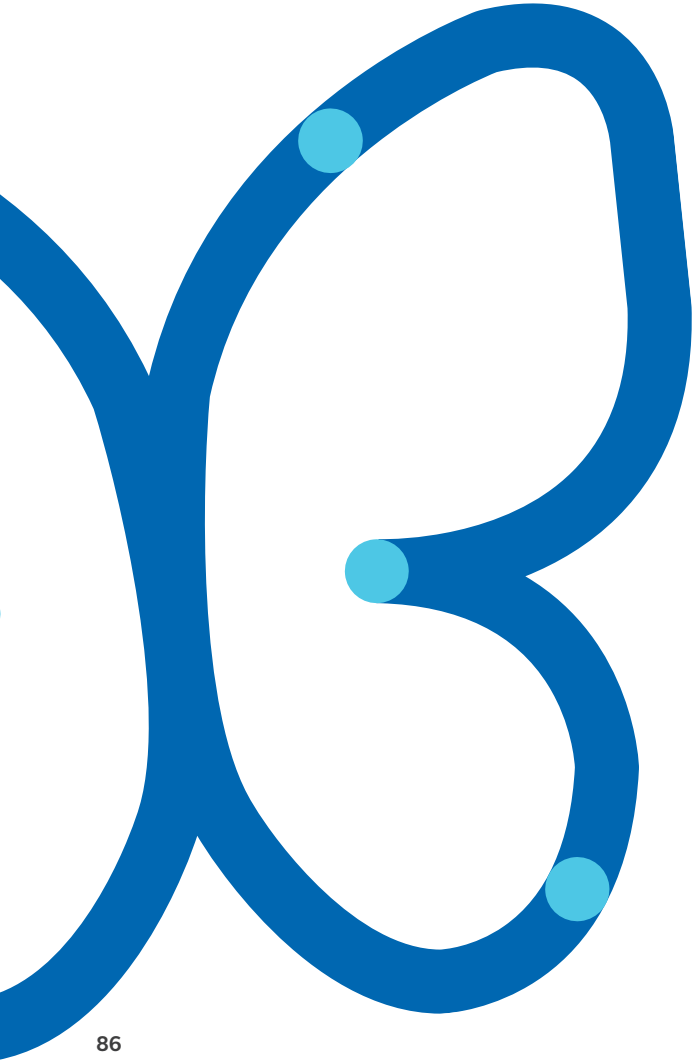
– Stephany



"I chose the emotion sadness because it's something everyone experiences, yet it often goes unnoticed or unspoken. I wanted to explore how sadness can feel heavy, quiet, isolating but also meaningful. I showed sadness in my design through cool, muted colors like blues and grays to create a calm but somber mood. One healthy way to deal with sadness is to talk to someone you trust, even if it's just to say you're having a hard day. Sharing what you feel can make the emotion feel lighter and remind you that you're not alone."

– Maddison





"The purpose of art is washing the dust of daily life off our souls."

- Pablo Picasso

"To create one's world in any of the arts takes courage".

- Georgia O'keeffe





Peaks the Dragon® enjoys the art of expression!

Thank you.

We'd like to extend our heartfelt thanks to our educators – from principals and teachers to the counselors who inspire and encourage our artists to explore their creativity and express themselves.

We are also deeply grateful to you, our parents, for your continued support and encouragement of your student artist. Your partnership makes all the difference.


CookChildren's