

# EMOTIONAL DISCOVERY

Choose a color that best represents how you feel right now. Draw a picture of yourself only using the color you chose. In the blank spaces of the page, write down as many words as you can that describe your mood.

OUTLET

# EMOTIONAL DISCOVERY

Draw/ paint what weather best describes your current mood (ie, sunny, cloudy, rainy, stormy...). Name an emotion that goes with this weather.

OUTLET

# EMOTIONAL DISCOVERY

If you could choose one, do you feel like you are: stuck underwater, drifting through clouds, in the middle of a thunderstorm, free falling, trapped in quick sand, or laying in a field of flowers? Draw yourself in this situation.

OUTLET

# EMOTIONAL DISCOVERY

Imagine you can't speak or write but you are trying to communicate how you feel to someone. Without words, draw a picture of how you feel in a way others could understand.

OUTLET

# CREATIVE EXPRESSION

Go outside, find some objects (leaves, rocks, flowers, sticks, etc.) and draw/ make marks with them. Notice what colors they make and which objects you like drawing with best!

OUTLET

# CREATIVE EXPRESSION

Take a pen or marker and wedge it in between two toes. Look at a friend, family member or yourself in the mirror and try to draw them/ yourself with the pen still held by your toes. Try not to use your hands!

OUTLET

# CREATIVE EXPRESSION

Draw shapes that don't have names (lumpy, squiggly, pokey, blobby shapes) then give each shape a face, arms and legs or anything else to turn it into a creature.

OUTLET

# CREATIVE EXPRESSION

Find a magazine or old photos/ books. Cut out some of your favorite things from each and glue them to a piece of paper. Use your imagination to make a fun, creative collage.

OUTLET



# RELAXATION

Grab some watercolor paint and a cup of water. Brush clean water over the page, then take a paintbrush and stroke colors onto the paper. Blend the colors and play around with the movement of paint on the water. Don't worry about whether it looks "good" or not, just relax as the colors flow and blend together.

# OUTLET

# RELAXATION

Put on some relaxing music or sing. As you hear the music, draw/ paint to the rhythm, sound, and beat of the song. Create lines, shapes and use colors that play along with the melody.

OUTLET

# RELAXATION

Sit outside and draw what you see (a tall tree, flowers blooming, a bird in the sky, the shape of the clouds, a house, people walking by, etc.)

OUTLET

# RELAXATION

Using a shape or line, create a pattern that covers your entire page. There is no right or wrong way to make it, just try!

OUTLET

# CONTROL

Using a pencil or pen, draw a dot in the center of your page. Draw a circle around the dot then a triangle around the circle. Next draw a square around the triangle and a circle around the square. Surround the circle with dots then draw little lines around the dots. Fill in the shapes with colors of your choice.

# OUTLET

# CONTROL

Trace your hand with a pencil or pen. Look at the palm of your hand and observe all the lines and curves you see. Draw those lines onto the hand you drew. Trace each line with different colors. On each line write down a kind word that describes you (friendly, organized, thoughtful, artistic, funny, creative, caring, smart...).

# OUTLET

# CONTROL

Use a ruler or a book to draw straight lines going all the way across the page. Make them cross each other and go in all different directions. Using colors of your choice, fill in all the shapes that were created from the lines with solid colors or patterns.

# OUTLET

# CONTROL

Choose your favorite tool: pencil, pen, marker, crayon, paintbrush, etc., and draw a circle over and over again until it becomes as dark as possible. Make as many circles on the page as you can!

# OUTLET