

## \*Ideas for Expressive Arts\*

### Emotions

1. Draw or paint your emotions.
2. Create an emotion wheel.
3. Make a meditative painting.
4. Put together a journal.
5. Explore puppet therapy.
6. Use line art.
7. Design a postcard you will never send.
8. Create a family sculpture.
9. Paint a mountain and a valley.
10. Attach a drawing or message to a balloon.

### Relaxation

1. Paint to music.
2. Make a scribble drawing.
3. Finger paint. Make a mandala.
4. Draw with your eyes closed.
5. Draw something HUGE.
6. Use color blocks.
7. Let yourself be free.
8. Only use colors that calm you.
9. Draw in sand.
10. Make a zentangle.
11. Color in a design.
12. Draw outside.

### Happiness – *Appreciating the Good*

1. Collage your vision of a perfect day.
2. Take photographs of things you think are beautiful.
3. Make a collage related to a quote you like.
4. Create a drawing that represents freedom.
5. Document a spiritual experience.
6. Make a stuffed animal.
7. Build a "home."
8. Document an experience where you did something you didn't think you could do.
9. Think up a wild invention.
10. Make a prayer flag.

### Portraits -- *a way to get to know self and your relationships with others*

1. Create a past, present and future self-portrait.
2. Draw a bag self-portrait using outside vs inside.
3. Choose the people who matter most to you in life and create unique art for each.
4. "I am" Collage.

5. Create an expressive self-portrait.
6. Draw yourself as a warrior.
7. Create a transformational portrait series.
8. Create a body image sketch.
9. Draw a mirror self-portrait.
10. Draw yourself as a superhero.
11. Trauma and Loss -- *face some unpleasant aspects of life, with the goal of overcoming them.*

1. Draw a place where you feel safe.
2. Create a mini-diorama/important moment.
3. Collage Your Worries Away.
4. Draw something that scares you.
5. Turn your illness into art.
6. Art journal through a loss in your life.
7. Make art that is ephemeral.

### Collaging -- *If you prefer to cut and paste rather than draw or paint, etc.*

1. Create a motivation vision collage.
2. Create a face collage on a mask.
3. Create a clutter vs. cleansing collage.
4. Create a calming collage.
5. Collage a symbolism project.

### Self -- *examine aspects of who you are and how you see the world.*

1. Draw images of your good traits.
2. Draw yourself as an animal.
3. Create a timeline journal.
4. Put together a jungle animal collage.
5. Sculpt your ideal self.
6. Paint different sides of yourself.
7. Make art with your fingerprints.
8. Draw yourself as a tree.
9. Design a fragments box.
10. Paint an important childhood memory.
11. Write and illustrate a fairy tale about yourself.
12. Design a visual autobiography.
13. Create your own coat of arms.
14. Draw a comic strip.
15. Build your own website.
16. Create a box of values.

### Gratitude -- *help you be happy about what you have and express your gratitude for it.*

1. Document your gratitude visually.
2. Create a family tree of strength.
3. Make something for someone else.
4. Make anchor art.
5. Draw all the positive things in your life.
6. Sculpt your hand in plaster.
7. Paint a rock.
8. Create a gratitude tree.
9. Create a life map.
10. Create self as a snowflake and write why you are unique
11. Build a personal altar.

### Inside the Mind -- *take a look inside your mind to see what's going on.*

1. Create blot art.
2. Mind Mapping.
3. Make a dreamcatcher.
4. Draw your dreams.
5. "Flip & Rip" (Flip through magazines and rip what stands out to you without thinking about it. Collage together and then journal what you make of it.

### Miscellaneous -- *looking to empower help or soothe you, etc.*

1. Use natural materials.
2. Explore archetypes.
3. Use your body as a canvas.
4. Sculpt spirit figures.
5. Make art out of recycled items.
6. Collage with old photographs.
7. Create your own interpretation of a famous work of art.
8. Work collaboratively.
9. Use a found or made object as a paintbrush.
10. Make crayon stained glass.
11. Paint a window.

#### *See For More Ideas:*

- ❖ <https://intuitivecreativity.typepad.com/expressiveartinspiration/100-art-therapy-exercises.htm>
- ❖ Pinterest
- ❖ Local Art Workshops
- ❖ Community Art Classes