

Scribble Drawing

Materials: crayons, markers, and/ or colored pencils

Instructions: This is a good warm up to get your creativity flowing! You can close your eyes or choose not to, but for 30 seconds make one big scribble all over the paper without lifting up the tip of your marker/crayon/colored pencil. After 30 seconds stop drawing. Look for any forms, shapes, or pictures you can see in your scribble and color them in! This is similar to finding shapes when cloud watching. Let your imagination run wild.

Look at your scribble drawing from different angles, turn the paper around sideways or upside down and see what you find!

Discussion: Share the images that you found within your scribble drawing with someone! Ask them what they see? They may see different images and shapes. Let your imagination and creativity flow.

Variations: Once you have found several images within your scribble drawing, try to redraw them on a different piece of paper and create a story with only the images you found!

Holding On and Letting Go

Materials: Markers, No. 2 Pencil, crayons, colored pencils, any other drawing materials you own.

Instructions: Think about what you need to keep or hold onto in your life and what you need to let go of or keep out of your life. Then trace your right and left hands next to each other on the paper. If both of your hands won't fit on the same paper then trace each hand on a separate sheet of paper. Choose one hand to be the one holding on and the other the one letting go of things. Use images, shapes, colors, or words to fill on your hands with the things you are letting go and holding onto in your life.

Variations: You can also draw a large heart on the paper, on the inside of the heart write and draw the things you want to hold on to, and draw and write outside of the heart the things you are letting go.

Discussion: Ask yourself these questions, or discuss them with a parent:

Which things do you expect to be the hardest to let go of or keep out?

Which things do you expect to be the easiest to hold on to?

Which things have you already been able to let go of?

Have there been experiences or people who have brought some of these things into your life?

Which things do you need help with letting go or keep hold of?

How will your life/emotions/well-being change if you are able to hold on to and let go of these things?



Cope-cake

Materials: Cope-cake worksheet (see next page), markers, crayons, colored pencils, and any other drawing materials you may own.

Instructions: Design your own cope-cake with things and people that help you feel better when you are feeling anxious, sad, or frustrated/mad. Color in the rest of your cope-cake with designs or colors that you like. Fill in the questions on the worksheet.

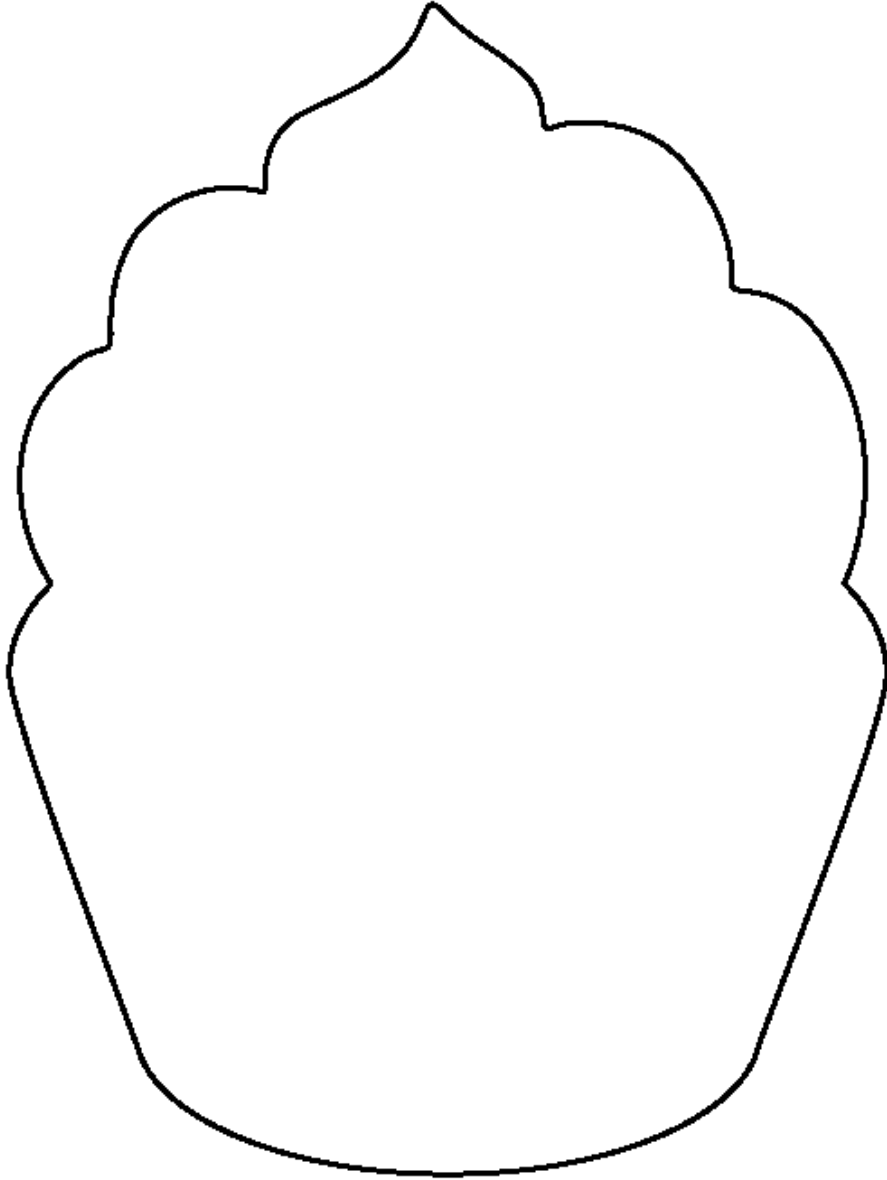
Discussion: Talk with a parent, sibling, or therapist about the things you choose to include into your cope-cake. Here some questions to talk about:

How did it feel to think about your cope-cake and design it?

How was it to think about the people and things that help you cope?

What flavor is your cope-cake? Are there sprinkles on your cope-cake or special frosting? If you were to take a big bite of your delicious cope-cake, how would it make you feel?

MY COPE-CAKE



Things that help me feel calm:

I am:

Places where I feel calm and safe:

Positive thoughts: