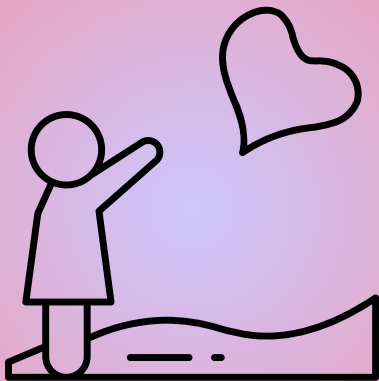


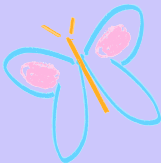


LETTING GO

MATERIALS PROVIDED:

1 THICK PAPER

PACK OF 3 WATER SOLUBLE CHALKS



INSTRUCTIONS:

Water-Soluble Chalk Drawing

1. Get your chalk: Use the water-soluble chalk to draw on your paper.

2. Draw anything you like: You have 10-15 minutes to create your masterpiece!

3. Add water: After drawing, use a wet brush or sponge to gently apply water to your chalk lines.

4. Watch it blend: See how the colors mix and change as the water spreads!

Don't worry if some contrasting colours mix together, its all about your imagination!



NON-JUDGEMENT



MATERIALS PROVIDED:

1 A4 SHEET

1 SET OF COLOUR PENCILS

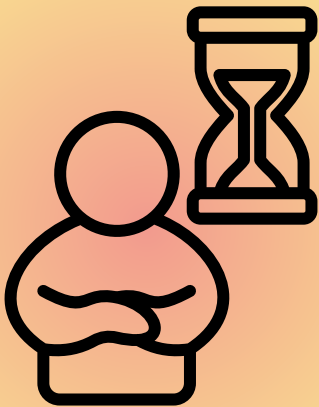
1 PEN

INSTRUCTIONS:

Scribbling Exercise:

1. Take an A4 sheet of paper and any pen, or crayon.
2. Start scribbling on the paper. There are no rules – just let your hand move however it wants.
3. Once you're done, take a look at this list of 10 emojis.
4. Pick 4 that best describe how you felt yesterday.
5. If you'd like, you can jot down or share why you chose them





PATIENCE

MATERIALS PROVIDED:

ART PAPER

ONE CUP (FOR THE WATER)

1 SMALL SET OF WATER COLOURS WITH 2 PAINT BRUSHES



INSTRUCTIONS:

Wet-on-Wet Watercolor

1. Wet the Paper

2. Use a brush to lightly paint thin strokes of clean water all over your A4 paper.

Prompt: What does it feel like to brush only water? Can you hear any sounds as the brush moves?

3. Pick a color and gently apply it to the wet paper. Watch how the color spreads and blends on its own.

Prompt: What do you notice about the way the color moves? Can you guess where it will go next?

4. Let the colors flow and mix naturally. You can add more colors, blend them, or watch what happens when they touch each other .

Prompt: What shapes or feelings do the colors remind you of? Can you name your painting?

5. Try adding color without knowing what you're making. Let the brush and colors decide!

Prompt: Can you paint to the rhythm of music? Or match a feeling to a color?

6. Step back for a moment. Watch how the water dries and the colors settle.

Prompt: How does your painting change as it dries?

Remember to be patient!!



TRUST

MATERIALS PROVIDED:

1 A4 SHEET

5 STENCILS

1 ROLL OF TAPE

3-4 CRAYONS OR COLOUR PENCILS

INSTRUCTIONS:

1. Choose 3 stencils: Pick your 3 favorite stencils and place them loosely on the A4 paper. Use tape to hold them in place, but don't press too hard.
2. Blindfold yourself: Put on your blindfold so you can't see.
3. Follow the stencil: Without looking, use a crayon or colored pencil to color inside the stencil shapes.
4. Have fun: Don't worry about staying inside the lines perfectly—just enjoy the experience!

Let your creativity flow, even without seeing it!





ACCEPTANCE

MATERIALS PROVIDED:

1 A4 SHEET

1 MAGAZINE (PREFERABLY AN ARTSY ONE)

1 GLUESTICK

INSTRUCTIONS:

Torn Paper Collage

1. Take the Magazine

2. Place the magazine in front of you.

Prompt: What kinds of images or colors do you like?

3. Tear Your Favorite Parts

4. Open the magazine and tear out pictures, words, or shapes that you love

Prompt: Choose what you like -not what's "perfect."

5. Arrange on the Paper

6. Place the torn pieces on your A4 paper and move them around. Try different layouts until you find one that feels right.

Prompt: Can you create a story with the way you put the paper?

7. Glue It on the paper

8. Once you're happy with your design, glue each piece onto the paper gently.

Prompt: What are you going to name this collage?

