

# ART THERAPY ACTIVITY #6

# I HAVE A SUPERPOWER!

**Goal for activity:** To appreciate your personal strengths.

**Medium:** Sculpture.

**Time frame:** 30 minutes.

**Materials:** Polymer modeling clay, paper plate, and sculpting tools (like a toothpick).

**May help with:** Empowering yourself, increasing awareness and satisfaction about your life, setting intentions, and soothing anxiety.

## INSTRUCTIONS

- Think of qualities this superhero possesses.
- Can you represent this visually?
- Make a small sculpture using the clay and sculpting tools.

## EXPLORATIVE QUESTIONS

- What are some of your strengths and weaknesses/superpowers?
- In what situations are your strengths most apparent? Is there a strength/superpower you wish you had? Can you do something to move in that direction?

