

ART THERAPY ACTIVITY #2

Remind Me!

Goal for activity: To coach yourself and give yourself guidance.

Medium: Watercolor painting.

Time frame: 30 minutes.

Materials: Scissors, mixed media or watercolor paper, pen, watercolors, and paintbrush.

May help with: Building self-reliance, exploring inner knowledge, increasing awareness, and regulating emotions.

INSTRUCTIONS

- Cut out a small piece of paper about the size of a baseball card.
- Draw a circle in the middle.
- Ask yourself, "What do I need to tell myself today?"
- Write the answer inside of the circle.
- Add watercolor to the card, as you reflect on the message you've written.
- Once it has dried, carry the card with you and look at it when you need a reminder.



EXPLORATIVE QUESTIONS

- Is this something you've needed to hear before?
- Where could you carry this or place it to remind you?
- How might your day/life change if you followed this advice?