

ART THERAPY ACTIVITY #3

On the Other Hand

Goal for activity: To let go of perfectionism and unreasonable high expectations.

Medium: Drawing.

Time frame: 15 minutes.

Materials: Pen and mixed media paper.

May help with: Exploring senses, increasing mindfulness, relieving stress and enhancing relaxation, soothing anxiety, and taking an optimistic view.

INSTRUCTIONS

- Use a pen to make a drawing with your non-dominant hand.
- Make as many drawings as you like.
- This is meant to be a quick activity to wake your brain up and get you to see things in a new way!

EXPLORATIVE QUESTIONS

- How did it make you feel to draw less comfortably? Did it surprise you?
- How does it feel to make art that isn't intended to look perfect?
- Do you feel more awake after this exercise?

