

ART THERAPY ACTIVITY #5

Blackout Poem

Goal for activity: To express your voice creatively.

Medium: Writing.

Time frame: 20 minutes.

Materials: Pencil, page from a recycled book or magazine or printed page of text, black marker.

May help with: Exploring feelings and needs, increasing awareness, and self-reflection.

INSTRUCTIONS

- Using a pencil, lightly circle all the words on your printed page that stand out to you.
- Black out the rest of the text with the black marker, leaving just the circled words visible.
- Now, read the words as a poem.

EXPLORATIVE QUESTIONS

- How is your poem similar or different than the original content of the page?
- Does your poem express something that you're feeling? Was that feeling apparent to you before you did the activity?

