

ART THERAPY ACTIVITY #1

Temporary Arrangement

Goal for activity: To increase self-reflection and mindfulness.

Medium: Mixed media.

Time frame: 45 minutes.

Materials: Found objects in nature, a piece of colored construction paper or felt, and small bags for collection.

May help with: Exploring your artistic tastes, increasing happiness, and tapping into memories.

INSTRUCTIONS

- Take a walk outside and collect items in nature that you feel a connection to.
- Set the items in your work space.
- Then arrange the items on your paper or felt in a way that is pleasing to the eye.
- Temporary art isn't meant to last forever.
- Ask yourself, "What are some things I enjoyed in the moment that didn't last forever?"

EXPLORATIVE QUESTIONS

- When you consider that this artwork is not forever, how does it make you feel?
- When you think of things you've enjoyed that weren't permanent, what feelings come up?
- How could this art process encourage mindfulness for you?

