

ART THERAPY ACTIVITY #4

Tissue Paper Tear

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

Medium: Mixed media.

Time frame: 20 minutes.

Materials: Tissue paper, mixed media paper or card stock, paint brush, and decoupage medium like Modge Podge.

May help with: Increasing mindfulness, relieving stress and enhancing relaxation, and soothing anxiety.

INSTRUCTIONS

- Tear tissue paper into pieces to combine into a layered abstract image over paper.
- Notice how layering changes the color combinations.
- Cover with a decoupage medium to seal.
- While you work, tune into your breath, and tune out your brain.
- Let go of expectations of how the art will turn out and simply enjoy the colors and shapes.

EXPLORATIVE QUESTIONS

- How did it make you feel to let go of how the tissue paper was tearing? Was that easy or difficult for you?
- If you view your artwork from a distance, does it change the way you see it?
- If you gave your artwork a title, what would it be?

