

Art Therapy



Take a picture on your iPad of something that makes you happy. Draw the picture yourself and then paint it.

Draw yourself as a warrior or a superhero. Many people like superhero stories. We resonate with the themes in the stories, with the dilemmas and problems that superheroes face, and we aspire to their noble impulses and heroic acts.



Make a mandala



With your eyes closed, blindfolded, draw a picture and ask a family member to guess what you are drawing.

Make a time capsule. Fill up lots of things in a box and bury it in the garden or hide it somewhere in your house.



Create a drawing of something that matters to you.



Think up a wild invention. This invention should do something that can help make you happier- no matter what that is.

Make a prayer flag. Send your prayers for yourself or those around you out into the universe.



Create a past, present and future self-portrait. This drawing or painting should reflect where you have been, who you are today, and how see yourself in the future.