



Create Exercise 1 I Feel

Materials

~ paint pens ~ crayons or markers ~ 1 sheet of 20"x26" heavy weight drawing paper ~

Steps

- Select a color that symbolizes the emotions you are experiencing today.
- Draw a circle that color.
- Inside the circle, use lines and shapes to draw an image(s) that are associated with how you are feeling.
- Title your art.

Ask Yourself

- How can I describe the image objectively (lines, shapes, objects, colors used)?
- What emotions did I experience as I created the artwork?
- What thoughts led me to deciding on the title?
- How is this artwork relevant to my present life?

¹Mindful + Pratique. (n.d.). Resources. Mindful-Pratique. <https://mindfulpratique.com/>