



Draw what you are feeling; angry, sad, worried, fearful, etc. This allows free expression, mastery and understanding of that feeling.

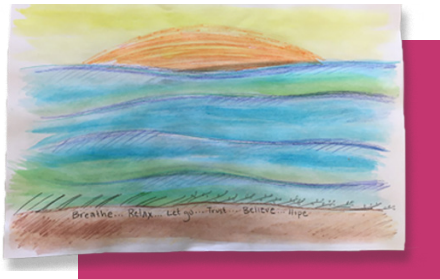
Materials:



Paper



Pens, pencils, markers, etc.



Use paint to create a relaxing image, using relaxing music in the background. This will help to decrease anxiety.

Materials:



Watercolor paper or art canvas



Paint



Paint brush



Relaxing music playlist



Create a collage of things you like about yourself and your life, things you are grateful for, your past accomplishments. This helps create a counterbalance and perspective when you are struggling with failures and low self esteem.

Materials:



Poster board or large sized paper



Scissors



Magazines



Personal photos



Pens, pencils, markers, etc.



Glue or glue sticks



Create a collage of what you want to see in your future and create a plan on how to achieve these goals. This helps to increase motivation and sense of hope.

Materials:



Poster board or large sized paper



Scissors



Magazines



Personal photos



Pens, pencils, markers, etc.



Glue or glue sticks



Use clay to pound out anger/frustration and create a symbol of what you want to use your anger for.

This provides a safe, cathartic release of feelings.

Materials: *Clay*

Make your own clay:

Make your own clay:

- *2 cups salt*
- *2/3 cups water*
- *saucepan*
- *1 cup cornstarch*
- *½ cup cold water*

Directions

- *1. Stir salt and water in a saucepan over heat 4-5 minutes.*
- *2. Remove from heat; add cornstarch and cold water.*
- *3. Stir until smooth; return to heat and cook until thick.*
- *4. Allow the clay to cool, then shape as desired.*
- *5. When dry, decorate with paint, markers, glitter*
- *7. Store unused clay in a Ziploc bag*

