

Psych. CCA

Experiencing *Art Therapy*

A Relaxing Session :)

What we will be doing today:

01

Collage Making

02

Drawing Mandala

Expressing emotions
through art

The background of the image is a collage of various textures and colors. It includes a large circular element on the left with a yellow and grey marbled pattern, a dark grey irregular shape, several orange and red brushstrokes of varying sizes, a gold leaf texture, and a white textured area with a blue-grey smudge. A large, semi-transparent orange circle is positioned in the upper right quadrant, containing the number '01'.

01

Collage Making



Collage Making:

Creating collages using images, photographs, or magazine cut-outs
Allow individuals to communicate and represent their experiences or aspirations symbolically.



The background of the image is a light beige color, featuring abstract organic shapes and textures. There are several large, irregularly shaped organic forms in various colors: a large grey circle with yellow and orange highlights at the top left; a dark grey/black shape resembling a flower or a cluster of leaves in the upper center; a large red/orange shape on the right side; and a large blue/grey shape at the bottom left. Smaller organic shapes include a small white circle with a grey center, a small red circle, a small blue circle, and a few smaller red/orange shapes scattered across the surface.

02

Drawing Mandala

Instructions

Let's paint Mandala!

Download this app: 나를 위한 컬러링 북

