

The background of the slide features a textured, abstract design. It includes large, expressive watercolor washes in shades of pink, orange, and yellow. Gold leaf or glitter is scattered throughout, appearing in various forms such as long, thin shards and larger, circular pieces. Small, dark blue and black circular elements resembling marbles or dots are also scattered across the surface.

Psych. CCA

Experiencing *Art Therapy #2*

A Relaxing Session :)

What we will be doing today:

01

Paint to music

Draw as it flows while listening to the music

03

Past, Present, Future me

Draw self-portrait of past, present and future yourself!

02

Collage your worries away

Tear off all your worries right now!

04

Debriefing

How was the activities?
Can you compare it to activities of session 1?



01

Painting to music

*Draw as you listen to the
music – anything!*





02

Collage your
worries away

Instructions

Collage all your worries together on
a piece of paper.

Now get rid of it – you can tear, cut or
whatever you want to do with it!



The background of the slide features a textured, abstract design. It includes large, irregular shapes in shades of beige, cream, and light brown. There are several dark, organic shapes resembling leaves or petals in black, dark orange, and reddish-brown. Gold leaf is applied in a vertical band on the left side and small, scattered spots elsewhere. A large, circular, textured shape in a reddish-pink hue contains the number 03.

03

Past, Present, Future me

Instructions

Divide paper into 3 parts:

First piece – where you have been in the past

Second piece – who you are today

Third piece – how you see yourself in the future



The background of the slide features a textured, organic abstract design. It includes various organic shapes like circles, ovals, and irregular blobs in earthy tones such as gold, silver, copper, and dark grey. There are also some smaller, darker shapes resembling leaves or petals scattered across the surface.

04

Debriefing



Recall the memory of previous
session:

1. What do you find most effective to you?
2. Any comment to be made?