

Types of Art Therapy

EMOTIONS

- Paint or draw your emotions.
- Create an emotion wheel.
- Design a postcard that you will never send.
- Coloring books for emotions.



HAPPINESS



- Make a collage related to a quote that speaks to you.
- Draw a wild invention.
- Draw animals you love.
- Draw, color, or paint your idea of the perfect day or perfect home.

RELAXATION

- Paint or colour while listening to music.
- Make a mandala.
- Draw something very big.
- Choose colors that are relaxing and calming to you.
- Draw, paint, or sculpt outdoors.

