

## Weekly Art Therapies to do at Home

Art is good for our mental health and can be a special time to be with yourself and take some time out of your normal thoughts and concerns that you may have right now. These activities are for children and adults so you can either do them together or by yourselves at different times in the day.

Art Therapy isn't about being good at art, it's not an art class and you may not want to stick your art on the wall for everyone to see after and that's fine. It's about being creative, about noticing how you feel and calming the mind. There is a lot of research about the benefits art has on our wellbeing.

For each of the activities find a table where you can draw and have your art materials around you. If you haven't got a table you could use the floor (check with an adult first) and don't worry if you haven't got lots of different pens/pencils/crayons - the activities can be done with just a few things. If possible close the door and let anyone in the house know you are having some 'quiet time' doing some art making. Or you might choose to do these activities quietly together and that's O.K. too.

### 1. Connecting right and left brain

Choose two colours & use both right and left hands to draw circular movements on the paper at the same time, after about 7 seconds start doing circular movements in the opposite direction. Notice your breathing in and out as you create the circles and pay attention to movements and flow of your arms. After you have completed circular lines in both directions colour in the gaps and shapes that the lines have made. Take your time to be in the present moment, noticing your breathing whilst colouring, moments of calm.

### 2. Let the light come through

(You will need some glue for this activity, if you don't have glue perhaps you have a needle and thread and you could sew the strips of paper to your page you or use a stapler you must check with an adult before using a needle or a stapler as you may need to be supervised). Find an old magazine or a newspaper lying around your home. Rip up some pages into long strips, pay attention to the sound and the way the paper tears. Notice how sometimes you have no control over the way the paper rips just like we don't have control over some things in our lives. Choose pages that have a pattern or colour that appeal to you. Take your time with ripping up and gather a pile of strips that you can choose from. Choose your favourite strips and glue them (or sew/staple) onto a white sheet leaving gaps in between each strip. Once all strips are stuck down fill in the gaps with a colour pastel/pencil that represents calm.

Thinking of the famous quote: **'There is a crack in everything, that's how the light gets in.'**

I hope you enjoy these activities and find freedom in knowing they don't need to look pretty, just create and notice how you feel, this is a special time for you to tap into your creativity and play.

Mrs Tait