

## Weekly Art Therapies to do at Home

I hope you enjoyed last week's activities and found them helpful. These activities are for children and adults so you can either do them together or by yourselves at different times in the day.

For each of the activities find a table where you can draw. If you haven't got a table that you can use, perhaps you can make space on the floor. If possible close the door and let anyone in the house know you are having some 'quiet time' doing some art making. Or if you choose to do these activities together that's OK too. Just check with each child/adult what they would prefer and if you can use all materials.

Here are two more for you to try.

### 3. GROUNDED LIKE A TREE

Sit in a chair, back straight and place both feet on the floor. Place one hand on your chest near your heart and then the other on top and close your eyes. Do some deep breathing and notice your chest expanding and your feet rooted on the ground. When we say 'deep breathing' we can also say 'belly breathing' which is breathing in through your nose to your belly and breathing out through your mouth. Try and slow your breathing down and you could say to yourself the word 'belly' as you breath in and 'breathing' as you breath out. Imagine how your feet are connected to the earth and roots like a tree expand out from your feet into the earth.

Open your eyes and draw yourself as a tree with long, firm roots and healthy green leaves full of life and energy. Take your time and notice how it feels to be grounded to the earth and centred whilst drawing.

### 4. LETTING GO AND HOLDING ON

Take 2 pieces of paper and draw around both your hands on each page. Inside one hand write things that you would like to let go of, thoughts, worries, habits you do that you don't like ..' then fill the spaces between the words with your least favourite colours and notice how you feel. After you have finished this hand you can pick it up and physically drop it and let it go onto the floor and then perhaps crumple or rip it up and throw it away, saying to yourself 'I am willing to let these negative or worrying things go.' Inside the other hand write out things that you want to hold onto that are calming, soothing and helpful for you right now whilst you are staying at home and fill this hand with your favourite colours. Keep a hold of this positive hand image and you could choose to stick to on the wall somewhere in your home.

I hope you enjoy these activities, just create and notice how you feel, this is a special time for you to tap into your creativity and play.