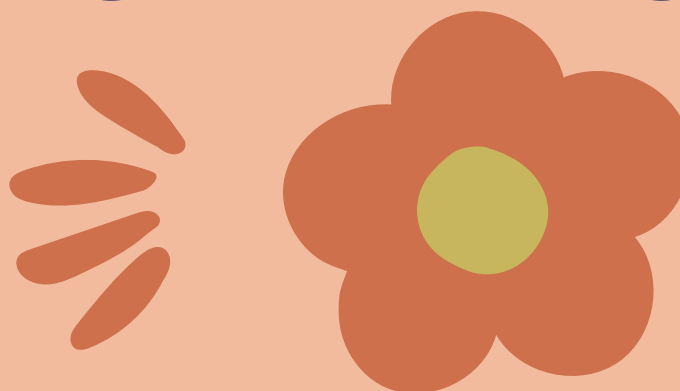
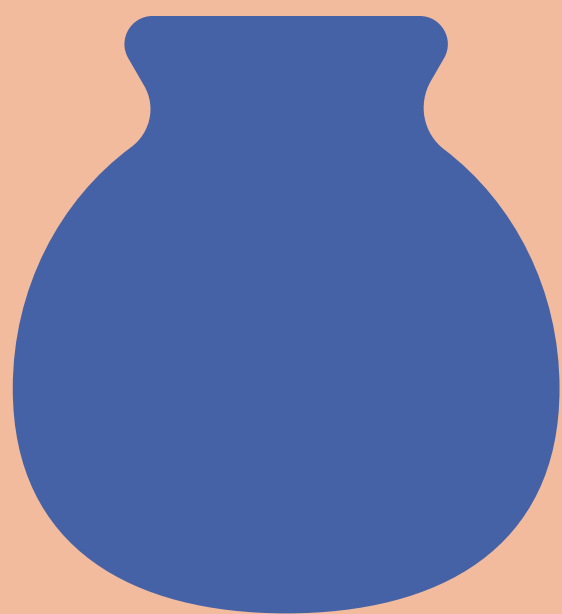


# 5 Therapeutic Art-making Activities



@atkatharina



**Welcome to your Therapeutic Art-Making Discovery Kit! Here, you'll find five simple creative activities to support your well-being. These activities help you reflect, explore narratives and thought patterns, and gain new insights from them. You don't need to be artsy or have fancy art material! Let's get started!**

## Disclaimer

These therapeutic art activities, compiled from various sources, are for personal use and self-exploration. They are not a replacement for professional therapy or medical advice.

## Signs and Symbols



How much time does this activity take



What materials or tools do you need



What are the benefits of this activity

- Place your left hand (palm down) on a piece of paper and trace around it with a pencil.
- Inside the traced hand, write down all the things that are within your control.
- Outside the traced hand, write down all the things that are beyond your control.
- Once you've finished writing, choose your favourite colours and start colouring the artwork however you feel like.
- While you color, reflect on the words you've written inside and outside the hand.
- Consider what actions you can take for the things within your control and let go of the things beyond your control.
- Enjoy the process

◆◆ This activity helps you see what you can control and what you can't. Sorting your worries visually can give you clarity and help you focus on manageable stress.

## Choose & Let go



20 - 40 Minutes



Pen, Paper, (optional: Markers, Coloured Pencils and Oil Pastels)



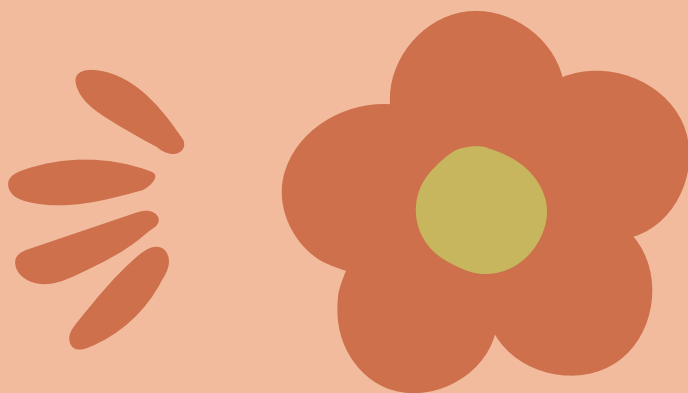
## Select & Reflect



30 - 60 Minutes



Pen, Paper (optional: Smartphone/Camera)



- Take a walk outside.
- Find 1-5 plants/objects/houses/etc. that interest you.

Option 1: Draw them while you're out on the walk. This can be a simple sketch or an elaborate piece with as many details you like.

Option 2: Take a picture of them and draw them at home.

After drawing, reflect - note your reflections next to your drawings or on a separate page:

- Which things did you choose and why?
- How did those make you feel?
- Share thoughts and feelings about the drawing experience.

This activity helps you connect with yourself and nature through a mindful, curious walk. It's perfect for when you've moved to a new city and want to find a fresh way to feel connected.



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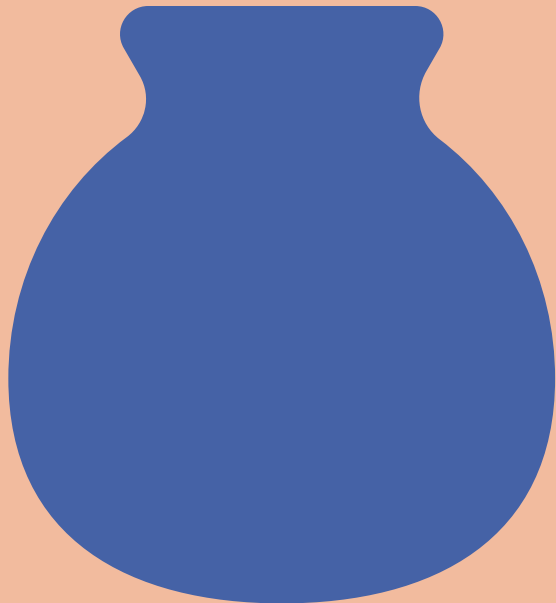
# Dream & Draw



30 Minutes



Pen, Paper, Jar/Container



- Get a piece of paper and something to draw with.
- Start at one end of the paper.
- Take a deep breath in.
- As you breathe in, draw a horizontal line from one side of the paper to the other.
- Exhale slowly.
- As you exhale, continue drawing the lines from one side of the paper to the other.
- Repeat this process for each line, coordinating your breath with the length of each line.
- Focus on your breath and the movement of your hand as you draw, allowing yourself to enter a meditative state.
- Take your time and enjoy the process of creating the lines while staying mindful of your breath.

◆◆ This activity helps regulate your breathing, promoting relaxation and reducing stress through steady breathing.

- Get a jar or container
- Gather notes or ideas that bring you calm or joy, or experiences you'd like to try (like going to the art store and exploring a new art material). These could also be quotes, memories, movies, books, songs, images, symbols, or anything else that gives you a positive, peaceful mindset.
- Write each of them down on a separate piece of paper. Fold each piece of paper & put it into the jar/container.
- Whenever you need some extra care, pick a note or idea from the jar.
- Use the chosen note or idea as inspiration for your art and life. This could be drawing, painting, writing, or an activity that helps you find comfort.

◆◆ This activity promotes self-care, joy, and positivity while also sparking creativity.

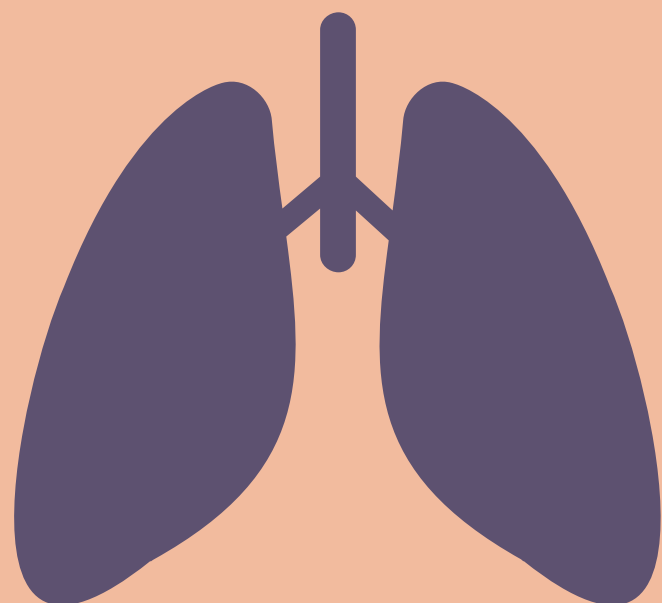
# Breath & Line



5 - 10 Minutes



Pen, Paper (A3 or bigger)



- Fold your zine booklet following the instructions on youtube (search for: how to make a zine booklet- @GetMessyArt has a great video short on youtube)
- Once folded, decorate the booklet with images, drawings, or collages inspired by mountains, valleys, or iconic landscapes from your home country, or anything else you love, like the ocean, sandy beaches, or lush forests. You can depict landscapes, trails, wildlife, or anything that comes to mind.
- Write quotes, poems, or reflections about the theme on some of the pages.
- Add decorations like stickers, washi tape, or ribbons to your liking.
- Your miniature booklet exploring the theme of landscapes is ready! Display it on a shelf or gift it to someone.

✦ ✦ Collecting landscapes helps you feel connected to nature and your roots, especially if you've moved away from home. This connection can ground you and provide a comforting sense of belonging.

# Rise & Fall



30 - 60 Minutes



Pen, (colourful) A4 or A3 Paper, Scissors, Glue, Markers, decorative items (Tape, Newspaper Cut-outs, etc.)



**Congratulations on completing your Therapeutic Art-Making Discovery Kit! I hope these exercises have provided moments of reflection, relaxation, and fun. Therapeutic Art-Making can be a valuable tool for mental well-being. If you're interested in learning more, feel free to follow me or reach out to me. If you found these exercises helpful, I'd love to hear about your experience! Share your creations and tag me on Instagram! Take care!**

Warm regards,  
Katharina

**@atkatharina**



# How we can work together

## Reach out to me:

To schedule a free 15-Minute Discovery call with me scan the code:



## About Me

I'm Katharina, an expressive art therapist currently based in Paris, helping internationals and their families navigating the challenges of living abroad.

## 2

## Regular Online Sessions:

Together we arrange private and secure regular online sessions. No art experience or materials needed!

I have moved frequently- for studies, for work, for love. Each move has been a big change and a journey of adjustment to an entirely new environment. I've witnessed the difficulties of closing old doors, saying goodbye, letting go of familiar habits and patterns, and yet, I've also seen the incredible opportunities that emerge when I said "yes". **Give yourself the chance to explore your creative mindset and how it can help you through challenging times.**



## Benefits of Art Therapy

- Promotes self-regulation
- Reduces stress and overwhelm
- Encourages a creative mindset
- Improves communication skills through visual expression



**Instagram: @atkatharina**  
**Website: [www.katharinoit.com](http://www.katharinoit.com)**