

# MAKE ART OUT OF CURIOSITY



Curiosity is that spark that makes us want to try out new things and learn more.

(This creative session was held live on October 22, 2024)

If you'd like to revisit this art activity on your own, you can find guided visualization sessions on YouTube.

## STEP 1 : GUIDED MIND WALK

### STEP 2: CREATIVE WRITING PHASE

**1st row:** What is it that you took with you from the walk? (Thoughts, Objects, Ideas?)

**2nd row:** What are you feeling at the moment? It can be physical or mental, Write down a word or sentence.

**3rd row:** Feel the floor with your feet, Write down a sentence about its qualities (for example: The floor is warm and soft.)

**4th row:** How can you sum up in 1-2 words where your mind walk has lead you ?

### STEP 3: DRAWING PHASE

Read through your sentences, take 15-20 minutes and highlight the words you like.

Now take your pens and draw over the rest of the words, coloring over them with patterns or just doodling and scribbling. Don't think too much about it, just try to fill in the whole page.

### STEP 4: EXTRA

Choose a song for your finished drawing and write or draw it onto the page



# How we can work together



## Reach out to me:

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



## Regular Online Sessions:

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



**Instagram:** @atkatharina

**Website:** [www.katharinvait.com](http://www.katharinvait.com)



## About Me

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



## Benefits of Art Therapy

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