

Instructions for your own art workshop at home

Find yourself a peaceful place where you have room. Protect the table or floor so it doesn't matter if you make a small mess. Make sure you also have time to work undisturbed. During this time, you do not have to do or think about anything else. Set your mobile to silent mode. You can put on some background music. It can be any type of relaxing music or the music you enjoy most. You may think that you are not good at drawing or painting. Even so, you can look for and combine colours, shapes and things that appeal to you. Using our hands to do anything creative helps us to bring attention to the present moment, to concentrate and to relax. The end result isn't that important.

My 'feel good' picture

Draw things or cut out pictures that make you feel good. They can be things you like or things that you enjoy doing. When you have finished, show your picture to someone, perhaps a friend. Tell them something about the picture or about making it. Tell them why you picked the things that you did.



Safe place

Start by gently warming up. You can stretch your body and roll your shoulders back. If you want to, you can find a comfortable position and softly close your eyes. Imagine you are in a place where all is well. A place where you can relax and feel safe. It can be a place which actually exists or it can be imaginary. Take time to examine the place that you are in. What kind of place is it? What can you see? What can you hear? Is there something you can smell? Focus on the things that make you feel calm and relaxed.

Then, create the safe place you have found onto paper. You can cut out pictures from magazines and draw using different colours. There is no right or wrong way of doing this exercise. When it feels like the picture is ready, look at it for a moment. You can give a name to your picture or to the place you have found. You can hang to picture on your wall. By looking at the picture later, you can return to the place and the relaxed feeling related to it whenever you want.



Beautiful me

Think about things you are good at. What kind of skills do you have? What are your good qualities? What helps you cope and be strong? If a good friend of yours was asked what you are good at, what do you think his/her answer would be?

Make a picture of yourself by cutting or tearing out pictures from magazines. You can also add words or draw. The picture does not have to look like you or even resemble a person. You can also add things to the picture that you would like to have more in your life. What would you like to learn? What kind of hopes and dreams do you have?

