

Art for Resilience: A Creative Expression Exercise

Welcome!

I invite you to take a moment to honour your resilience and inner strength through the power of creative expression. This gentle art activity offers a space of self-care—a moment to pause, breathe, and connect with your emotional landscape.

Materials You'll Need:

- Paper or journal page
- Pen or pencil
- Paint, coloured pencils, or markers in shades of grey, stone, or concrete.
- Scissors
- Glue or tape
- Drawing materials (for vines, leaves, flowers)

Step-by-Step Instructions:

1. **Reflect and Write:** Begin by thinking of a tough situation you've experienced. Let the memories, feelings, and thoughts rise gently to the surface. Write freely—words, phrases, or even a stream of consciousness. Let it flow naturally, without judgment.
2. **Coat with Colour:** Once your words are on the page, cover them in colours that represent stone, concrete, or metal. This symbolizes the weight of experience, the strength in survival, and the resilience built through challenges.



3. **Cut and Rearrange:** Carefully cut or tear your page into several pieces. Then, rearrange and glue them onto a new surface in a random order. This step honours how life's difficulties can disrupt us, and how healing can be a nonlinear process.
4. **Grow Through the Cracks:** In the spaces between the pieces, begin to draw signs of new life: vines, leaves, flowers, or any form of growth. Let your imagination guide you. These symbols represent the transformation and beauty that can emerge from struggle.

A Gentle Reminder: There is no right or wrong way to do this. Your page is yours alone, and every mark you make is a step toward honouring your journey. Allow yourself space to feel, release, and grow.

Find your space, your breath, and let's begin.