



Art and Grief
**Utilizing Art to Help Process
Your Grief Journey**

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Introduction

Grief is not a linear journey.

Grief is full of ups, downs, and layers. This lesson was created to help individuals utilize art techniques to further navigate their personal grief journey.

I hope this lesson is a stepping stone to finding comfort, peace, or a brief distraction to gather your breath.

Art Techniques in this Lesson

Kintsugi- A Japanese art form where a ceramic vessel is broken and mended with gold accents. This technique emphasizes how something can be made stronger when embracing the imperfections and brokenness of a situation.

Color Symbolism- how colors can evoke emotions and other ideas/messages.

Automatic Drawing- drawing shapes and lines without thinking about the end product.

Collage- using different materials to create a new whole.

Materials Needed



**Acrylic Paint Colors:
Grey, Blue, Red, Black if you dont
have a black canvas, and Yellow.**

**An 8x10 black canvas or paint a
canvas black**

Blank sheet of paper/pencil

**Small, Medium, and Large
Paint Brushes**



**Daddy Brush- this is what the large
brush will be referred to as.**

**Mommy Brush- this is what the
medium brush will be referred to as.**

**Baby Brush- this is what the small
pointed brush will be referred to as.**

Step 1:
On the blank sheet of paper, write down what you are grieving about. You can write it down in detail or use keywords of events/emotions of the situation.

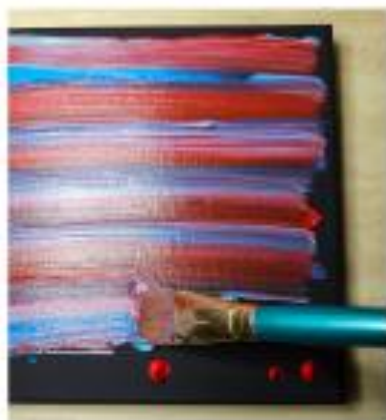


Step 2:
Once you have everything written, rip the page into multiple strips.



Step 3:
Continue to rip the paper into pieces. In this step you can make your words unrecognizable or leave some words and sentences intact to show in the painting.





Step 4:

Add dots of the Red, Blue and Grey paint onto your canvas.

Thinking about the emotions you have felt or are currently feeling, add more of that represented color.

For example:

Red- anger

Blue- sadness/depression

Grey- Denial

Using the Daddy Brush, start to sweep the colors across the canvas.



Step 5:

Continue to combine your chosen colors with the Daddy brush in upward and downward strokes. The colors will look combined but not totally blended at this point. This is representing how in grief, you can be feeling many different emotions simultaneously.



Step 6:

Without letting the background dry, add your paper pieces to the canvas. The wet paint acts as the glue.

In this step, you can choose to have your handwriting visible or layered/rotated on top of one another. Add small dots of paint to any corners or areas that didn't get completely adhered to the canvas. This process is imitating the initial steps of Kintsugi.

Step 7:

Once your paper is in place, start to add the yellow paint using the Mommy Brush. In this step, you can choose to cover your words with paint or allow some to show through.

In this process you'll be using yellow to represent acceptance of your grief journey. This will hopefully represent how one day you'll feel somewhat at peace with the situation.



Step 8:

Continuing with the Mommy Brush, add yellow shapes, lines, dots, whatever you choose, to the remainder of the canvas.



Step 9:

Your canvas should now have yellow designs all over. Don't worry if the yellow mixed with some of the wet background. This shows how there can be moments of acceptance with glimpses of grief emotions simultaneously.





Step 10:

Let your piece dry by fanning it, air dry, or use a blow dryer to speed the process up. Once your canvas is dry, add more of the yellow accents so it's brighter and not muddied.

This bright areas of yellow represent true moments of contentment and acceptance in your journey.



Step 11:

Continue to add moments of the brighter yellow if you choose.



Step 12:

Allow this step to dry completely before moving on to the next step.

Using the metallic gold marker, we are going to start with the Automatic Drawing process. Using a metallic gold marker represents the mending process in Kintsugi of binding the imperfections and cracks to make a new whole.



Step 13:
You can add wavy lines on or in between the yellow designs you made.



Step 14:
You can also color in doodles and shapes



Step 15:
Continue to add lines, shapes, doodles, or whatever you choose with the metallic gold marker.

The nice thing about Automatic Drawing is that you don't have to make it look pretty or have it make sense.

This process is to help you get lost in creating without needing to think of how it looks in the end. It's about the process, or journey, in itself.

