

HOW TO
BEGIN A
DAILY

therapeutic

ART
PRACTICE

LITTLEFOOT AND

COMPANY

CONTENTS

01

BENEFITS OF ART MAKING &
ART JOURNALING

02

HOW TO BEGIN

03 - 04

JOURNAL IDEAS

05

THE DAILY THERAPEUTIC ART
JOURNALING RESOURCE SET

06 - 07

SEVEN THEMES

08 - 09

SEVEN ACTIVITIES

10 - 12

NATURE CARDS

13 - 16

COLOUR CARDS

**LITTLEFOOT AND
COMPANY**

THE BENEFITS OF *art* making

Sometimes words are not enough to express ourselves, our emotions may feel too big and our experiences too layered.

Art making can give us an outlet for these emotions, releasing it from the body and helping us organise our thoughts.

Art can allow us to re-focus on positive emotions and build our capacity to move through challenging times with new strengths and perspectives.

Art making can also help access the lower levels of our brain.

The parts that are responsible for our regulation, our heart beat and our breath.

This is powerful in a time of crisis or when we're feeling a little anxious, it means that first we can find ways to self sooth, regulate, and release energy or tension.

This can help us feel grounded, calm and relaxed.

art JOURNALING

Art journaling can be one of the best and easiest ways to bring art making into our lives each day.

By making art each day we can practice mindfulness, express ourselves, process our thoughts, feelings and the world around us.

The more that we put something into practise, the more the brain learns how integrate it into all aspects of our lives.

HOW TO BEGIN

First things first,
no art making experience required!

Remember art making is about expression, process and fun.
Do not put any pressure on the aesthetic outcome of your journal.

Start small.

Begin with 30 days of journaling and don't worry if you miss a day here or there.

You can use a mix of any medium.
Visual art, photography, poetry or written reflections.

WHAT CAN YOU USE AS AN ART JOURNAL?

Get yourself an art book, pad or notebook.

Or get creative.

You can always use an old novel as your journal. Draw directly onto the pages or glue your artwork into the book.

Create artwork on separate pieces of paper and attach them together or place them inside a box.

Create a photography journal on your phone.

WHAT SHOULD I BE EXPLORING IN MY JOURNAL?

Your journal may simply be a day to day outlet for your expressions and thoughts.

OR

To help give structure you may want to choose a concept for your journal.

A few ideas may be...

idea 1 **THEMED**

Choose ONE strength-based theme for your journal.
This may be a theme you want to carry with you or a theme/strength that you want to build on.
Reflect on that theme each day.

OR

Write down a list of different themes or concepts on small pieces of paper.
Each day choose a theme at random and explore that theme for the day.
You may create a piece of art to that theme, write a poem, reflective words or find something to symbolise that theme.

idea 2 **PHOTOGRAPHY**

A photography journal can be an easy and time convenient way to engage in the creative process each day.

Choose a theme for the month or choose a different theme each day.
Take a photo each day that could represent that theme.
Keep it as an album on your phone.
At the end of the month reflect on the photos you have taken.
What do you notice about the images? What have you discovered?

idea 3 **MINDFULNESS**

Use your journal to practice mindfulness each day.

Creating patterns, colouring in shapes, repetitive line making and collage elements are perfect ways to practice mindfulness through your art making, helping you feel relaxed and present.

Try to add to your journal at the same time each day.
10-30mins in the morning can set you up for the day
or 10-30mins at night can be a great way to slow down before bed.

idea 4

NATURE

Spend time in nature each day.

You might do this by simply sitting in the backyard or going for a daily walk.

What do you notice? What do you smell? See? Feel?

Make a reflective piece of art after each experience in nature.

Using nature as part of your journaling can be a great way to find a sense of stillness and calm. Spending time in nature can allow us to regulate and self-soothe by connecting with the natural world around us. Creating a piece of art afterwards can help us to reflect on that feeling of stillness and carry it with us during the day.

idea 5

LISTS & REFLECTIONS

Create a list of themes or ideas that you want to explore each day.

Write them down in the front of your journal.

Some examples;

Your list could be themes such as Gratitude, Community and Mindfulness. Reflect on how you experienced or practiced that theme each day through your art making.

Your list could be linked to your senses. Write down the five senses. Reflect on how you experienced that sense each day through your art making. This is a great way to ground yourself.

What other lists can you think of?

idea 6

FEELINGS & EMOTIONS

Use your journal as place to put all your emotions and feelings for each day.

At the end of the day use art making to express the emotion or feeling of the day. By making art in this way you can give your emotions a place to be that's outside of your body. This can lessen the intensity of the emotion or give you clarity.

You can also focus on positive emotions. You may want to spend time each morning or each night reflecting on a positive emotion and expressing that in your journal.

THE
DAILY
THERAPEUTIC
art journaling
RESOURCE SET

OUR RESOURCE SET IS A COLLECTION OF THEMES, ACTIVITIES AND VISUAL PROMPTS TO HELP WITH YOUR JOURNAL EXPERIENCE.

THEMES

OUR SEVEN THEMES WERE CHOSEN AS THEMES THAT ARE IMPORTANT TO PRACTICE DAILY AND CONSISTENTLY.

THE MORE THAT WE PRACTICE THESE THEMES THE MORE THE BRAIN LEARNS HOW TO INTEGRATE THEM INTO ALL ASPECTS OF OUR LIVES.

THESE THEMES HELP US FOSTER RESILIENCE, RELEASE FEEL GOOD CHEMICALS AND ALLOW US A MOMENT TO SLOW DOWN AND FIND A SENSE OF CALM.

USE THEM AS DAILY PROMPTS OR PROMPTS FOR A THEMED JOURNAL.

ACTIVITIES

THESE SEVEN ACTIVITIES CAN BE USED OVER AND OVER AGAIN!

USE ANY MEDIUM TO EXPLORE EACH OF THESE ACTIVITIES.

THEY CAN ALSO BE USED AS ACTIVITIES TO REFLECT ON OUR SEVEN THEMES.

NATURE & COLOUR IMAGES

USE OUR NATURE CARDS AND/OR COLOUR CARDS AS A STARTING POINT TO REFLECT ON MEANING, SYMBOLISM OR EMOTION.

CHOOSE AN IMAGE/COLOUR THAT YOU RESONATE WITH.

MAKE A PIECE OF ART IN RESPONSE.

YOU CAN PRINT THEM OFF AND CUT THEM OUT!