

self expression story

DIALOGUE WITH art

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Introduction

Most people aspire to be excellent communicators.
Job interviews advertise for good communication skills and
great attitude

Speaking in a particular language is considered a skill

What about Self Expression?

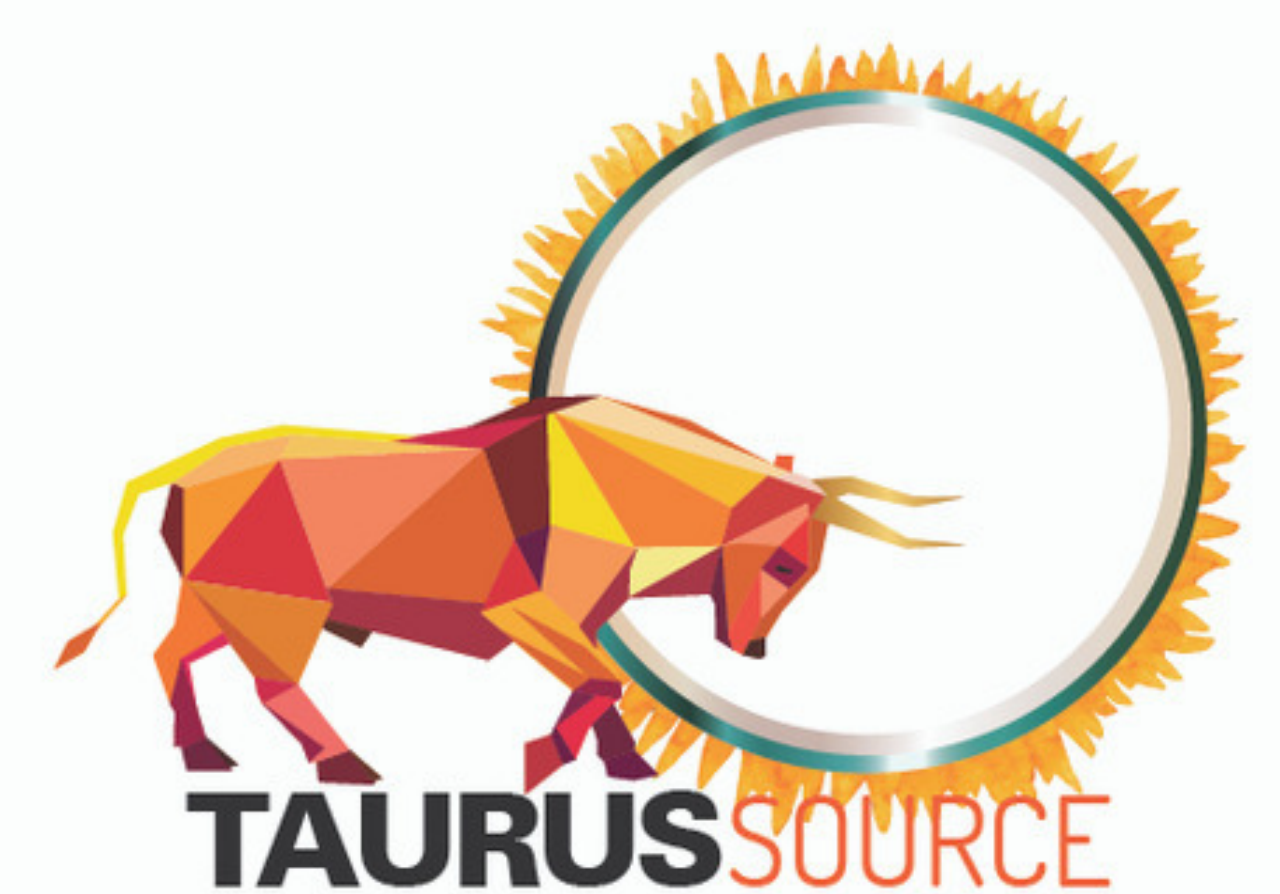


Are you Expressive

Take a white paper and pick a colour pen / pencil/ lead pencil in your NON-DOMINANT HAND, yes, you read right. Use a hand that you normally dont use to write, if you are left hander use your right hand, and vice versa

Remember the last time you were really angry / sad / thrilled and express it in making markings on paper. No Smiley icons or emoticons.

Easy or Struggle?



Unposted Letter

Take a white paper and pick a colour pen / pencil/ lead pencil and write a letter using images, lines, markings, dots and tell your story out loud while drawing it out.

Make stick figures and tell your story, draw your feelings
Dont Post the letter

Tear it up!

Easy or Struggle?

