



## *My Cup Overflows*

### **Stress Leave- Time Out arty answers**

Designed to give you a break from perceived realities, stresses, emotional traumas and enable expression, communication, release, relaxation and fun whilst focusing on things you personally love.

1. Use multiple favourite colours to wash, paint and layer the background. Try some stencils and stamps as well.
2. Observe your favourite cup shape and lines, and draw 2 or three stacked on top of each other.
3. Use the background colours and tones to paint them in.
4. Try adding a scripture verse if desired.

Suitable for individual and group exploration, this Wise Arty Answers activity offers time out for participants, and opportunity to connect to how life is full of meaning, joy, connection and hope.

