



Release Me

Stress Leave- Time Out arty answers

Designed to give you a break from perceived realities, stresses, emotional traumas and enable expression, communication, release and relaxation.

1. Imagine you are releasing all your stresses and they fly out of your head like word snakes...list them
2. Start creating them/finding the words in magazines and cut them out, forming a collection
3. On a sheet of paper, roll up, splat or paint in a background in a colour of your choosing.
4. Draw the shape of your head, hair and closed eyes and paint it in.
5. Arrange, rearrange the word snakes into a pleasing array and glue into position

Suitable for individual and group exploration, these Wise Arty Answers offer time out for participants who are actively seeking stress relief or just a creative activity with benefits.

