



My B&W Story

Stress Leave- Time Out ArtyAnswers

Designed to give you a break from perceived realities, stresses, emotional traumas. It enables expression, communication, release, relaxation and FUN!!!

1. Have a buddy draw in your profile or trace a profile photo onto paper in pencil or use a mirror.
2. Draw in the eye, eyebrow and nose detail in black.
3. Tear or cut paper, using darker bolder print for background and lighter print for face as shown. My name is also in the one above!?! Use a magazine and/or colour print if desired.
4. Start gluing...very relaxing indeed.

Suitable for individual and group exploration, these Wise Arty Answers offer time out for participants who are actively present in the creative process. Use as is, or get in contact if wanting to make a booking.

