



Stress Leave **Attitude**

Time Out arty answers

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

1. Sit in front of a mirror and using a Wax Crayon, take your time to draw the lines & shapes you clearly see in your gorgeous face.
2. Now choose 2 or 3 water colours and wash over the image, feeling the process wash over you with its calming soothing affect.

Suitable for individual and group exploration, these WiseArtyAnswers offer *time out* for participants who are actively present in the creative process. Please contact us if you would like to run this activity.

