

## **Creative Expression Project for October**

This month we would like to try combining art and poetry. Write a poem or prose and find an image or create an artwork to go with it. The sky's the limit!

Here's a suggestion for a poetry template to try, but please feel free to use your own poetic license.

### **Color Poetry**

1. \_\_\_\_\_  
(color-feeling or feeling-color)
2. \_\_\_\_\_  
(2-3 adjectives that describe the feeling)
3. \_\_\_\_\_  
(one good thing that feeling does for you)
4. \_\_\_\_\_  
(same as line #1)

Example:

**Red Anger**  
**Slow Burn, Sharp Jab**  
**You tell me it's time for change**  
**Red Anger**



Try any combination of expressive writing and art. Create your work ahead of time and then sign up to share it in one of our Creative Zoom groups. This group is an open, supportive environment to explore your creative side and make new connections. There is no wrong way to do the project.

We will focus on sharing and talking about how our feelings are a healthy guide to support our needs and self-awareness. Led by art therapist, Holly Smith, and art therapy intern, Mallory Harden.

Cost: Free!

When: Saturday 10/17 from 12-1pm, OR Monday 10/26 from 7-8pm.

Registration required please. You do not need to be an active client to attend. This group is open to anyone. [www.clarityohio.org](http://www.clarityohio.org)