



**Auckland Unitarian Church**  
*Love beyond belief*

## **Art Therapy Exercises**

Lyn Farhi © 13th November 2022

These exercises are for your own personal use. You can put them in a folder, a journal or on the wall. (Journals are my personal favourite.)

However if you would like to show me photos of your mask or ask any questions, please email Lynn at [lynfarhi@hotmail.com](mailto:lynfarhi@hotmail.com)

### **Exercise 1**

**(Private to you, and to only those with whom you would like to share)**

**Draw the outline of a mask (plain, fancy, whatever you feel works)**

**Designate one side as the outer persona (the person people see on the outside)**

**Draw, paint, write or glue (etc) pictures, words, symbols to represent your interests, characteristics, relationships, occupation age, lucky numbers favourite sayings, poems etc etc Colour or leave plain.**

**The reverse Side is for the hidden self (the inner self others do not see)**

**Draw, paint, write or glue images to reflect the hidden you. (Often this includes emotions, personal mantras, aspects of your nature that make you feel vulnerable, personality issues, doubts.) Colour or leave plain.**

## Exercise 2

- a) Take a blank sheet of paper.

At the bottom draw a picture of your situation, problem or mood. Use symbols and metaphors if preferred.

At the top of the paper (as if in the distance) draw where you want to go. Draw how you will get there. Put your signposts and directions on the way.

OR

- b) Start with a large piece of blank paper and rule a line across it. Make a timeline of your life. Draw symbols or representations of the high points of your life above the line and the low points below the line. Leave room to add extra events after the present time.

## Exercise 3

Draw an animal to represent you. It can be a fantasy or a real animal. Think about this animal's strengths and its weaknesses. Make a list of the animal's strengths and weaknesses.

## Exercise 4

Create a montage.

This can be patchwork form of irregular shapes or squares. A 6 x 5 matrix often works well.

Top left hand space is for your birth. Fill in squares with photos or representations of times during your life.

### **Exercise 5**

Draw a building which is a representative of you/ your family when happy. (A house, castle, tower, cottage, office tower, church, temple pyramid.) Add a garden, trees, water if appropriate. Add people, pets, wildlife if wanted.

Consider what changes are needed if necessary to attain this type of happiness in your life.

### **Exercise 6**

Draw a large circle on paper or cardboard.

Construct a mandala from repetitive shapes in a pattern around the circle

An example from online <https://www.art-is-fun.com/how-to-draw-a-mandala#:~:text=The%20key%20is%20to%20take,all%20the%20designs%20drawn%20in.>