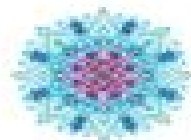


ART FORMS YOU CAN TRY YOURSELF



Doodle with a pencil. Draw whatever comes to your mind. Have a spontaneous flow of drawings to let the emotions flow out.



Try mandala art. It involves drawing a circle and making designs inside or outside the circle.



Draw with an intention to express something; or with an intention of distracting oneself from the event that made you feel angry or stressed.



Line drawings are fun and easy way of putting art together. Creating drawing strips with line drawings can be done too.



Coloring books is also a way to let out one's emotions. One can create random patches of colours or have random droplets of colours over the paper. This way one associates different colours with emotions.



Crayons are associated with childhood memories. Using crayons or colour pencils to colour thus can elevate the mood.



Put on the music you like and try drawing with it. Draw what comes to your mind when you hear the music.



If you don't want to draw, try your hand at photography. Click photos that you like, make a collection and create a journal.

Art Therapy Techniques And Applications

O García



Art Therapy Techniques And Applications:

Immerse yourself in heartwarming tales of love and emotion with Crafted by is touching creation, Tender Moments: **Art Therapy Techniques And Applications** . This emotionally charged ebook, available for download in a PDF format (*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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