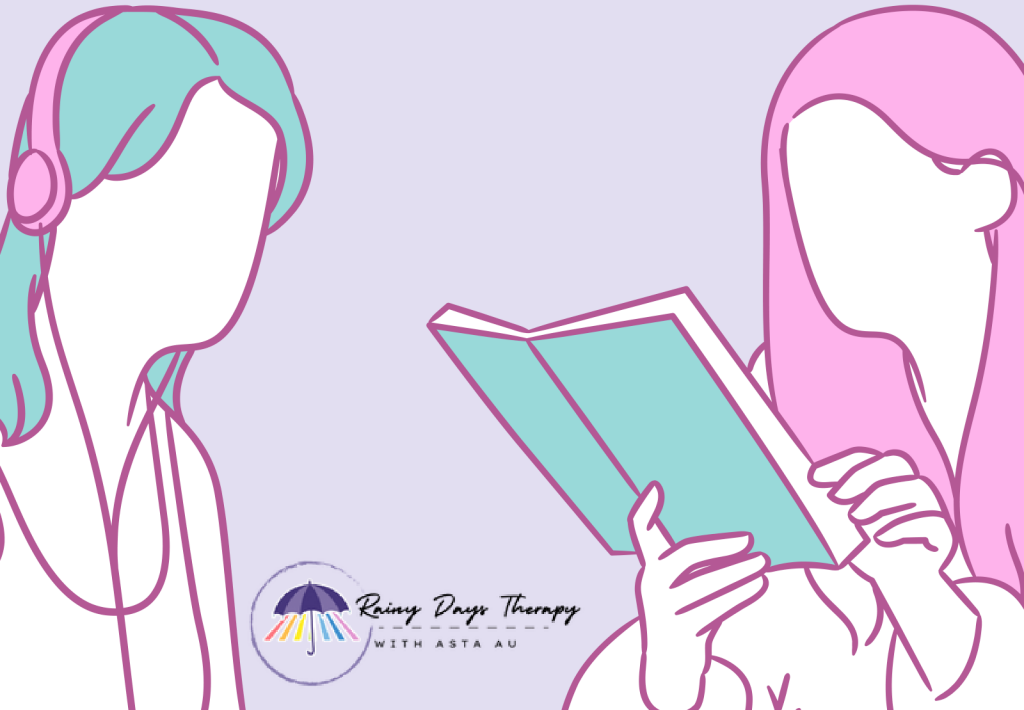


Asta Au | Rainy Days Therapy

INTRO TO

# *Expressive Arts*

**FIVE EXPRESSIVE ARTS ACTIVITIES  
FOR SELF-CARE AND EXPLORATION**



*Rainy Days Therapy*  
WITH ASTA AU

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# 01

## LINE DRAWING



# Line Drawing

Line drawing exercises help bring ourselves back into the present moment. It is taking maybe 5 mins out of your day to reflect and take note of your body, your emotions and your thoughts. This is an activity that is especially useful for people who are just starting and learning how to connect with themselves again.

The two exercises are:

- Draw Your Day
- Self Portrait

# Draw Your Day

## Materials:

- a mark making tool (pencil, pen, paint etc.)
- a surface to draw on (paper, notebook, sand etc.)

## Steps:

1. Begin by sitting in a comfortable position. As you become comfortable, gently close your eyes or lower your gaze. It is best to avoid looking at the paper.
2. Place your writing tool onto your paper. Without looking at it, draw a continuous line, ensuring the pen does not lift from the paper.
3. As you're drawing the line, reflect on your day. Take note of the events, the feelings, and the body.
4. Just let the hand move without thinking too much.
5. Open your eyes when you're ready. Take a look at the line.
6. Does it reflect your day? How did you feel when you were drawing the line? What did you notice while doing the activity?

## Extension:

Use your body to move according to the line you drew.

## Alternatives:

Instead of drawing your day, you can draw the last year or from your birth to the present. Any time frame is possible.

# Self Portrait

## Materials:

- a mark making tool (pencil, pen, paint etc.)
- a surface to draw on (paper, notebook, sand etc.)

## Steps:

1. Begin by sitting in a comfortable position. As you become comfortable, gently close your eyes or lower your gaze. It is best to avoid looking at the paper.
2. Place your writing tool onto your paper. Without looking at it, draw yourself in a continuous line, ensuring the pen does not lift from the paper.
3. As you're drawing the line, try to visualize yourself, from your eyes, nose, lips, hair etc.
4. Just let the hand move without thinking too much.
5. Open your eyes when you're ready. Take a look at the line.
6. How is your self-portrait?

## Extention:

You can choose to decorate the portrait or create a character and put it in a story.

## Alternatives:

Instead of drawing yourself, you can use this in a group and draw each other.

# 02

S H A P I N G  
W O R D S



# Shaping Words

Words have the ability to crystalize our thoughts in ways speaking cannot. Words are powerful because it is a form of expression and connection.

The two exercises are:

- Journal to Poems
- Collaborative Storytelling



# Journals to Poems

## Materials:

- a mark-making tool (pencil, pen, paint etc.)
- a surface to write on (paper, notebook, sand etc.)

## Steps:

1. Begin by writing a journal on any topic. It can be about your day, feelings, identities or anything you wish to write about.
2. Once you are done, take a look at the journal and circle words that call to you or words you gravitate towards. There is no limit to how many words you circle although it is recommended to circle at least five words.
3. Use those circled words to create a poem. Free-verse poems suit this activity the best. The poem does not need to rhyme or require any particular structure. You are not limited to the words you circled nor do you have to use all the circled words.
4. Once the poem is complete, read it out loud twice. We read it twice because the way we read it can be different each time..
5. Give your poem a title.
6. If your poem could speak, what would it say to you?

## Extention:

Play around with the way you read your poem. Change the tone of voice, elongate some sounds or change the volume.

## Alternatives:

Instead of journalling, you can open a book or article to find the words.

# Collaborative Storytelling

## Materials:

- 2 or more people
- Slips of paper with random words on it (i.e. egg, eraser, kapow etc.)

## Steps:

1. You will need a partner or a group for collaborative storytelling.
2. Each person will choose two or more slips of paper. The words on the paper must be used in the storytelling. One slip of paper is used per turn and cannot be used again.
3. Each person will say a part of the story and pass it on to the next person and so on. The group can gauge where the story comes to an end.
4. Begin the story with: Once upon a time, in a faraway land...

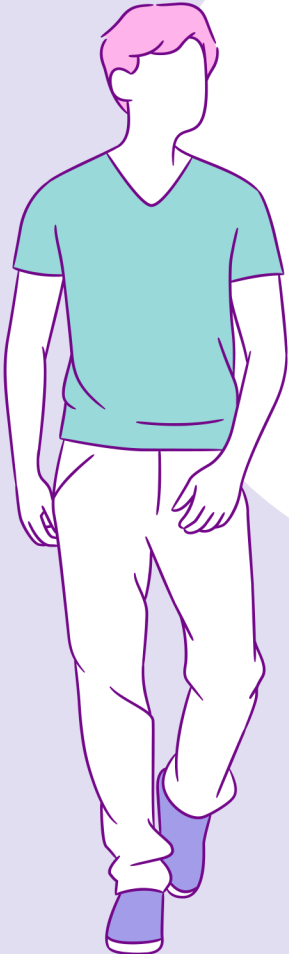
## Extention:

Act out your scenes as you tell the story.

## Alternatives:

If in-person or video is not available, it is possible to do the same activity through messaging/chat. You will need to be clear on the order of your group before you begin.

# 03



**M O V E  
Y O U R  
B O D Y**

# Move Your Body

Our bodies are the most direct form of expression we have. We react to feelings, thoughts and experiences through our bodies. Yet, we may forget or neglect to notice when our bodies' are trying to speak with us.

The exercise is:

-Walk Fast, Walk Slow

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# Walk Fast, Walk Slow

## Materials:

- A space where you can move and walk in

## Steps:

1. Begin by standing and noticing your feet touching the floor. (It is best to do this activity barefoot)
2. Walk as you normally would and pay attention to your breathing, the moment your feet touch the ground, the smell and what you are feeling at the moment. (There is no need to change your breathing. Just notice it)
3. Once you have walked for a minute or two, try speeding up and walking as fast as you can. Pay attention to how you feel as you walk quickly. Do this for about one minute.
4. Come back to your regular, normal pace. Let your breathing return to normal.
5. Now try to walk as slowly as you can. Pay attention to how you feel as you walk slowly. Do this for about one minute.
6. Come back to your normal pace. Switch between your normal, fast and slow pace as you like.
7. Reflect on the experience..

## Extention:

Try exaggerating your movements as you walk. How does this change your experience?

## Note:

Only walk in a way that your body allows. Do not try to overextend or overexert your body. Do the activity in a way that is safe and comfortable for you. Everyone's bodies are capable of different things. Be gentle with yourself.

This workbook can be used freely.

I ask that you credit me when you use it  
in facilitation, groups or with other  
people.

Thank you!

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