

# CREATIVE THERAPY

## Well-being Worksheets

Fill in the coloured balloons or doodle in the big one while you think. I've attached a few options for you depending on what you feel like doing.

## Creative Release

These are additional creative ideas for you to do with your own resources. They're the sort of exercises you may do with me in creative therapy sessions. It's about the process of being creative and not the end product. The aim is to help you process your thoughts, let your subconscious out and release feelings.

1. Use paint or pastels and a big piece of paper.
2. Make marks that are roughly the shapes of balloon's. (Don't try to be exact or neat, this is not going on the wall). It might be that your balloon shapes become different shapes, just go with it until you think you've finished.
3. Now send your 'balloons' up high into the sky by making marks that start at the bottom of your page and whoosh them up. Keep doing that until you are done. (Extra points for making the whoosh sound!!)

## Creative Connection

An opportunity to take your creative therapy further.

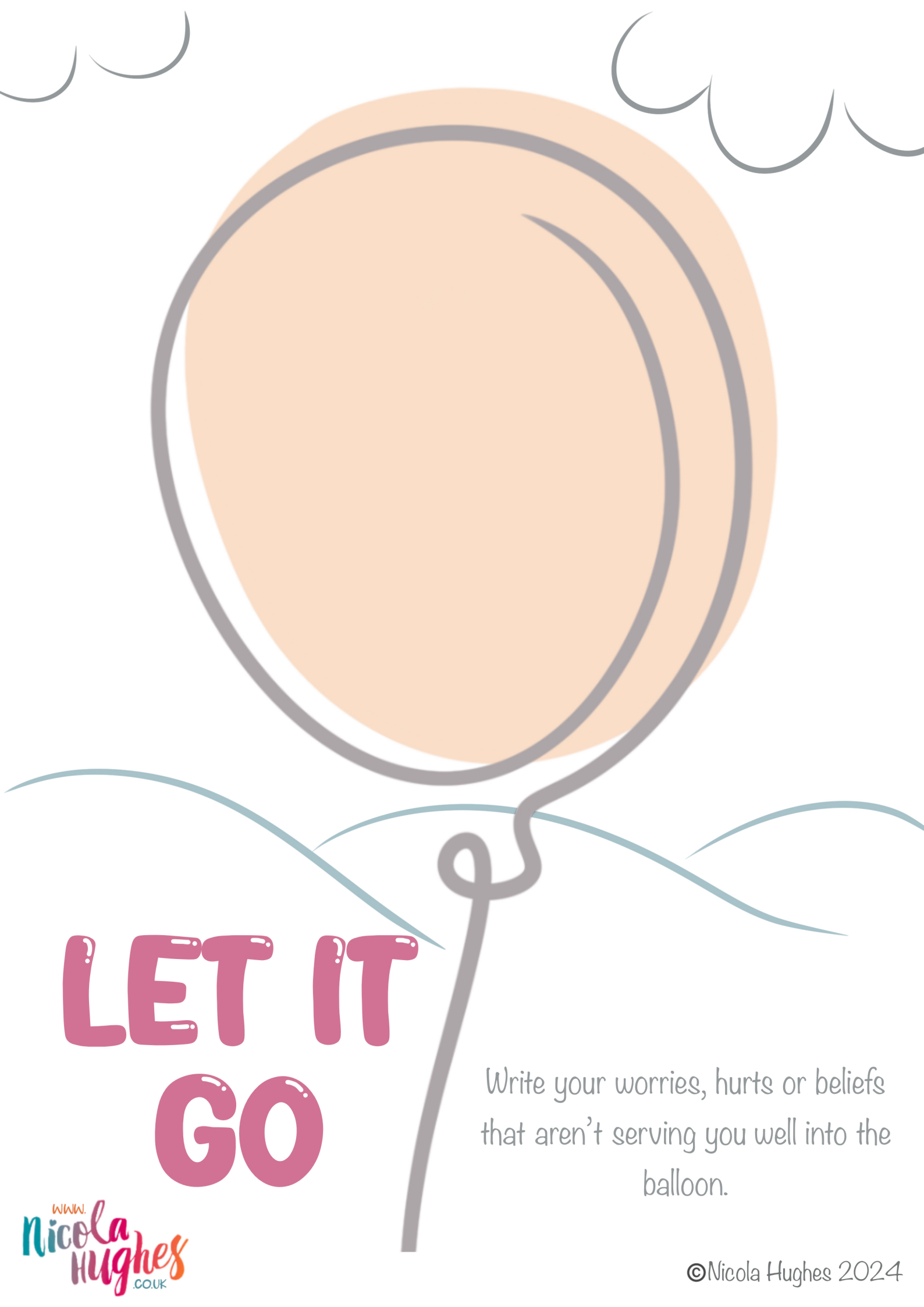
1. Look at your work and write down 5 feeling words that come to mind, let each word flow from one to the next.
2. Write a short piece starting "I am the balloon..." Go with whatever comes to your mind, and use your non dominant hand as this can take the pressure off you and open your unconscious more.
3. Spend some time reflecting





# LET IT GO

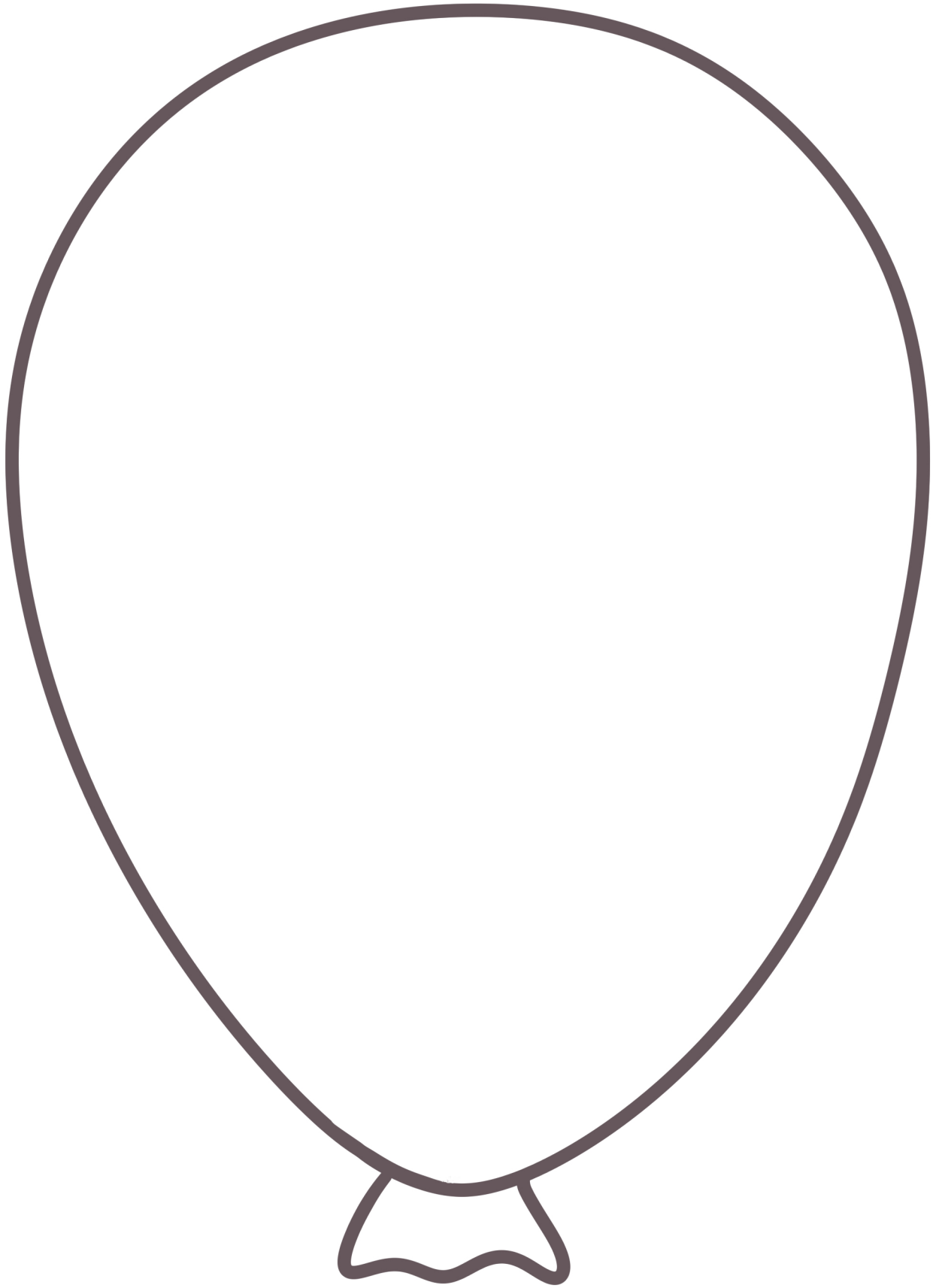
Write your worries, hurts or beliefs  
that aren't serving you well into  
the balloons.



# LET IT GO

Write your worries, hurts or beliefs that aren't serving you well into the balloon.

# LET IT GO



## ABOUT ME.

I'm a creative counsellor, outdoor therapist, supervisor and creator of helpful resources.

I love helping people turn their chaos into calm



If you'd like to work with me please get in touch for counselling, therapeutic ADHD coaching, couples counselling and SEN parents support



## SPECIAL OFFER

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**wbw10**

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