
Flow

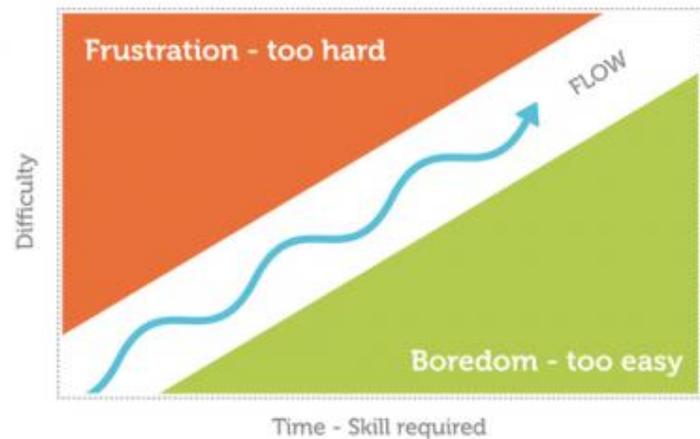
Flow, coined by *Mihaly Csikszentmihaly* in 1975, is a mental state in which a person becomes fully immersed in doing an activity.

Qualities of flow:

- Focused energized focus on the present moment
- Altered sense of time (“Time flew by”)
- Loss of self-awareness (“I wasn’t aware of my thoughts”)
- Merging of action and awareness (effortless effort)
- Feeling a sense of control over the activity
- Experience is intrinsically rewarding (worth doing just for the sake of doing it)

Conditions that encourage flow:

- Knowing what to do
- Knowing how to do it
- Knowing how well you are doing
- Having a good balance between perceived challenges and skills
- Freedom from distractions



When have you experienced flow?

Benefits of flow:

- Focuses attention on what’s important and positive
- Accelerates learning and skill-building
- Teaches you to rise to challenges
- Increases enjoyment and creativity (the flow state) creates natural pleasure-inducing and performance enhancing chemicals
- Creates eustress experiences (a positive response to stressors); leads to a greater sense of fulfillment, meaning, hope, and happiness.

Warm-Up Art Directives

Scribble Drawing

- Scribble or doodle.
- Scribble to music.
- Draw with your breath. Draw a line as you inhale or exhale.
- Scribble with both hands on a large sheet of paper. (Tape the paper to the table to keep it from moving)
- Close eyes or look away from paper as you scribble.
- Scribble with your non-dominant hand.
- Explore drawing different types of lines... flowing, straight, jagged, segmented.
- Crumble your paper. Open the paper, and begin tracing lines and adding to your art.
- Make 3 or more shapes on your paper. Turn the paper and overlap shapes if it feels right. Continue doodling and see what emerges.
- Create a drawing of at least 3 overlapping shapes. See if you can find a new shape in your drawing.
- Draw with a paint brush and water on black paper.
- Fill a mandala (circle tracing) with color, lines, shapes, patterns, or images.

Find an Image

- Find an image in your scribble. Use art materials to bring that image out more.
- Make several dots on your paper. Connect the dots with lines. Find an image to bring out.

Collaboration

- Fold your paper into 4 sections. Take turns saying aloud a line, shape, or symbol to add to the drawing. Each person then adds the item into each of the 4 sections creating a kaleidoscope-like drawing.
- Draw a simple image using 6 shapes or lines. Take turns describing each drawing to the group – as group members try to draw the image based on the verbal description.

Pass/Draw Collaboration

- Scribble Drawing. Doodle or scribble on your piece of paper until the facilitator says “pass”. Then, each person passes their paper on and receives a new drawing. Add to this drawing, again until the facilitator says “pass”. Continue around the circle till everyone has contributed to each drawing. Variations: use white paper and markers/pencils, use black paper with pastels
- Draw a creature. In partners or small groups, each person takes turning adding line or shape to drawing – creating an imaginary creature. Lines should connect verses being off in the corner

and isolated. When drawing is complete, each person takes a turn writing a letter to give the creature a name.

- Folded Creature. Fold paper into three equal sections. Participants will work together to draw an imaginary creature. Participants will take turns drawing in a section, bringing a few lines into the next section, folding their section back (so the next person can't see it), and passing it to the next person. The next person will work with the few lines provided to draw in the next section. (1st section: draw a head and neck, 2nd section: draw a torso, wings, or arms, 3rd section: draw legs, feet, fins, tail, ect.)
- Collaborative Poem. Each person writes a word or phrase on their paper (put initials on bottom of paper), then passes it. The next person adds a line to the poem and folds the top line back. Pass around the group adding lines to the poem. Each person only sees one line at a time. Each person adds first and last line of their poem.

Blind Contour Drawing

A blind contour is a drawing process that encourages mindful observation. It is a line drawing that is created *without looking at your paper*. Your drawing will appear messy and abstracted, yet full of interesting lines!

The goal is to see your drawing subject in a new way and to practice letting go of any pre-conceived ideas of how your drawing should look.

How to:

1. Choose something in your environment to draw (ie a portrait, your hand, a plant, a chair).
2. The drawing is done with one long line. So you won't pick up your pencil from the paper AND you won't look at your paper!
3. Begin following the lines that you see that make up your object (edges, creases, shapes). Move slowly! Imagine a path an ant might take if it were crawling around the object.
4. You may like to explore this process a few times to get more comfortable with it. *Remember, this is a practice of looking! The drawing doesn't have to look any certain way.*
5. Once you're done, you can add additional colors or textures to your drawing with art materials of your choice (watercolor, pastels, colored pencils).



Reflection:

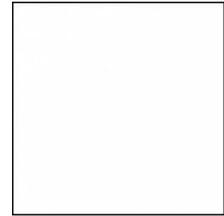
- What did you notice about the process? Was this easy, difficult, enjoyable, frustrating? Were you tempted to peek while drawing?
- What was it like observing your finished artwork? Did any judgements arise?
- How was this activity different than your everyday experiences? Did your relationship with your drawing subject change or deepen?

Zen Doodling

Try this mindful drawing activity. Allow yourself to move slowly and invite an attitude of openness and non-judgement.

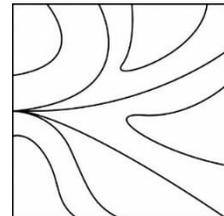
Step 1

Draw a border using any shape (a square, circle, a flower, ect.)



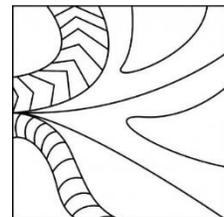
Step 2

Next divide your shape into several sections



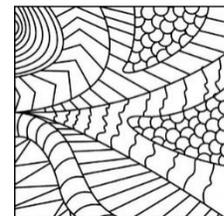
Step 3

Fill in each section with a pattern. Don't spend time planning a pattern, just draw.



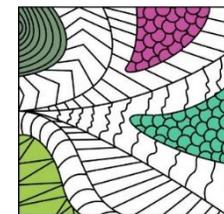
Step 4

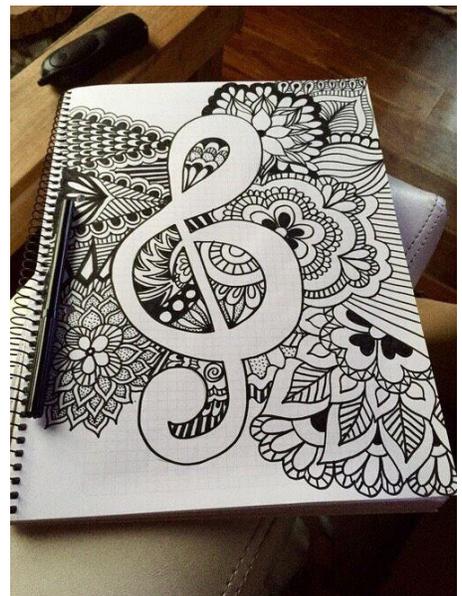
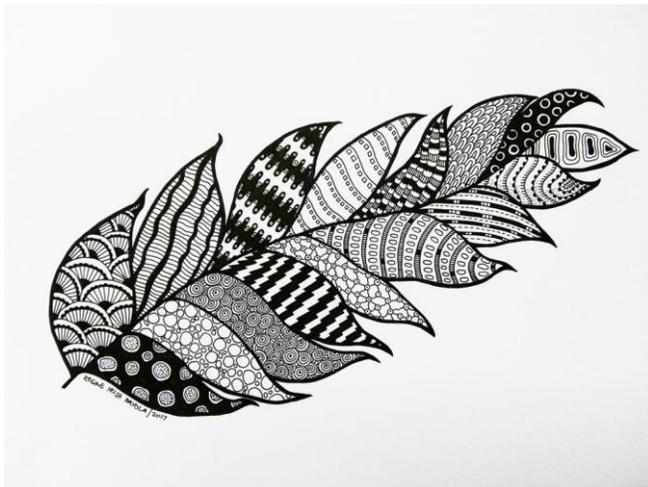
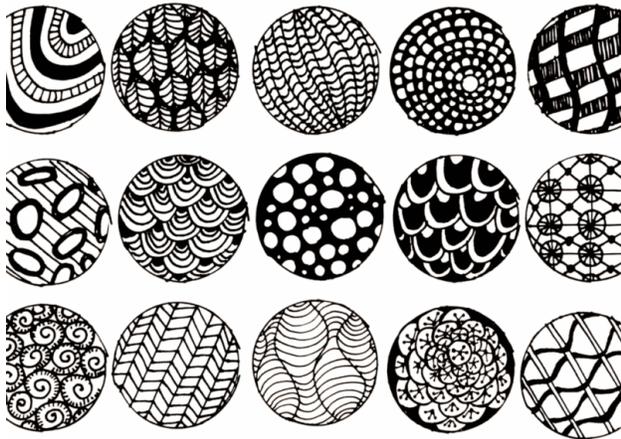
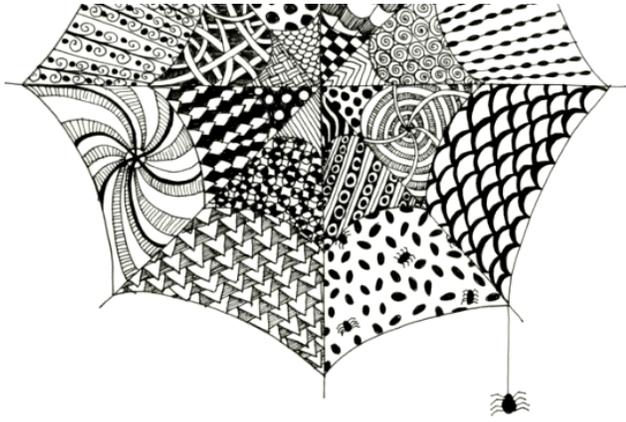
Repeat step three for each section. Play with different patterns!



Step 5

If you choose, add color or shade the areas you'd like to define.





Mandalas

Mandalas are circular and often radiate from the center. They can often be seen everywhere... our cells, flowers, and tree rings. *Where in nature do you observe mandalas?*



Mandalas can be found in many cultures and often represent 'wholeness'. The creation of mandalas through art can promote mindfulness, grounding, and self-expression.

Carl Jung believed mandalas represent our 'unconscious self', and the very nature of creating a mandala can be therapeutic and symbolic.

The shapes and colors you create in your mandala reflect your inner self at the time of creation. Therefore, allow your instinct and feeling to inspire and guide you through the creation process.

Art Activity:

Trace a large circle on your paper. Notice what art materials, colors, and textures you are drawn to. Then fill your mandala with lines, shapes, colors, patterns, images, and/or words. Work inside the circle but know you can also move outside the circle if you want.

Release any judgements or expectations as they arise during the art process and just allow the artwork to evolve as it does. The artwork then becomes an intuitive response of the moment. Allow space for it to be what it is (i.e. messy or orderly, colorful or subdued).



Mandala Art Directives:

- Choose a dialectical theme (Willingness vs Willfulness, Connection vs Disconnection, Acceptance vs Resistance)
- Choose one color you like or have a preference towards and one color that you dislike or are indifferent towards. Create a mandala using mostly these 2 colors.
- Consider your current energy. Represent that through colors, shapes, and textures.
- Choose a symbol that represents your recovery.
- Collect nature objects outside. Arrange them in a mandala pattern.
- Self-compassion is an important part of mindfulness. Create a mandala that represents “mindful awareness” on one side and “self-compassion and non-judgement” on the other side.
- Visually represent what judgement mind feels like in your mandala. Then place tracing paper over your mandala. Consider how can you soften your judgement mind with compassion and represent this visually on the tracing paper.
- Create an image depicting a release of stress and anxiety.

Group Mandala Directives:

- Encourage group to fill in a large mandala together without talking
- Encourage a group to come up with a theme and represent that theme together in the circle
- Provide different art photographs. Encourage each person to pick one and identify an element from that art piece (such as colors, lines, mood, subject) that they are connecting with. Have them use that element to create art in their section of the mandala. Then explore how to connect the artworks in the circle to make a cohesive mural.

Reflection Questions:

- What did you notice during this process?
- What words describe the mood of your drawing?
- What lines, shapes, or colors help you identify that mood?
- Does the drawing stay inside the circle or extend outside?
- How does that add to the mood created?

Nature Mandala

Nature encourages us to connect with our senses, to slow down, and to be mindful. As we do this activity, notice what you enjoy in nature and what senses are awakened.

Art Activity:

First practice mindful observation by spending time outdoors collecting nature objects that you are drawn to.... leaves, flowers, rocks. Notice colors, shapes, textures, and smells. What is unique to this landscape? Or this time of year? How do you feel being outside?

Use these objects to create a mandala, using a paper plate or piece of colored paper as the background. Arrange the objects in a pleasing way and glue them down. If you like, incorporate additional art materials such as tissue paper, paint, or pastels.



Supplies: plain paper plates, colored paper, tissue paper, paint, nature objects, glue sticks, hot glue

Reflection:

- What textures, colors, patterns, or smells did you observe?
- Which objects do you connect with most?
- What was it like arranging these nature objects into a mandala?
- How was it to practice mindfulness outdoors?
- How could this way of being mindful be helpful in your daily life?

Mindful Creative Response to Music

How has music been helpful to you during your life or during your recovery? What type of music do you enjoy? Do you find yourself moving or singing along at times? Does music ever inspire or validate different moods that you're feeling?

Art Activity I

Tape a large newsprint paper to your table. Choose 2 colors of **oil pastels, crayons, or markers**. Hold one with each hand. As the music plays, scribble on your paper in response to what you hear, as if dancing to the music with the drawing tools. Notice the flow, rhythm, or energy of the music. Let go of expectations to make something and just scribble. If this is difficult, try closing your eyes or looking away from the paper. *What were you mindful of during this process? Was it easy or difficult to just scribble? How did you respond to the music with your scribbles?*



Art Activity II

Make art responses on **small pieces of paper** while various instrumental music is playing. Explore scribbles, lines, colors, shapes, and textures that are inspired by the music using **various art materials**. Check in after each song as a group. *What were you most mindful of during the songs? What lines, colors, shapes best represented the feel of the song for you? Did the song evoke specific emotions? How are artworks similar or different? Did this activity deepen your experience of the music?*

Song Examples:

- ✓ Cello Song – Piano Guys -serene, focused
- ✓ Clair de Lune: Debussy -calm
- ✓ Carnival of the Animals: Aquarium – calm, enchanting
- ✓ The Entertainer: Scott Joplin -fun, mischief
- ✓ Yossel Yossel: Minor Mishap Band - somber to playful
- ✓ Symphony No. 5 in C Minor: Beethoven -anger
- ✓ William Tell Overture: Rossini - excitement
- ✓ Adagio for Strings Op. 11: London Philharmonic - sad
- ✓ The Comedians: Pantomime - power, frustration
- ✓ No 13 Dance of the Knights: Prokofiev - power, confidence
- ✓ Flight of the Bumble Bee (Piano Version) - anxiety

String Painting

This activity encourages mindful observation and letting go of control.

Art Activity:

Dip the end of a string in watered down acrylic paint. Then explore making marks with the string on the paper. *How many different effects can you come up with? What movements with the string are enjoyable?*

Once dry, you can continue to add to your art with watercolors, colored pencils, pastels, or markers. Work abstractly or maybe find and bring out image you see.



Supplies: Mixed media paper of various sizes, black acrylic paint watered down in small container, yarn

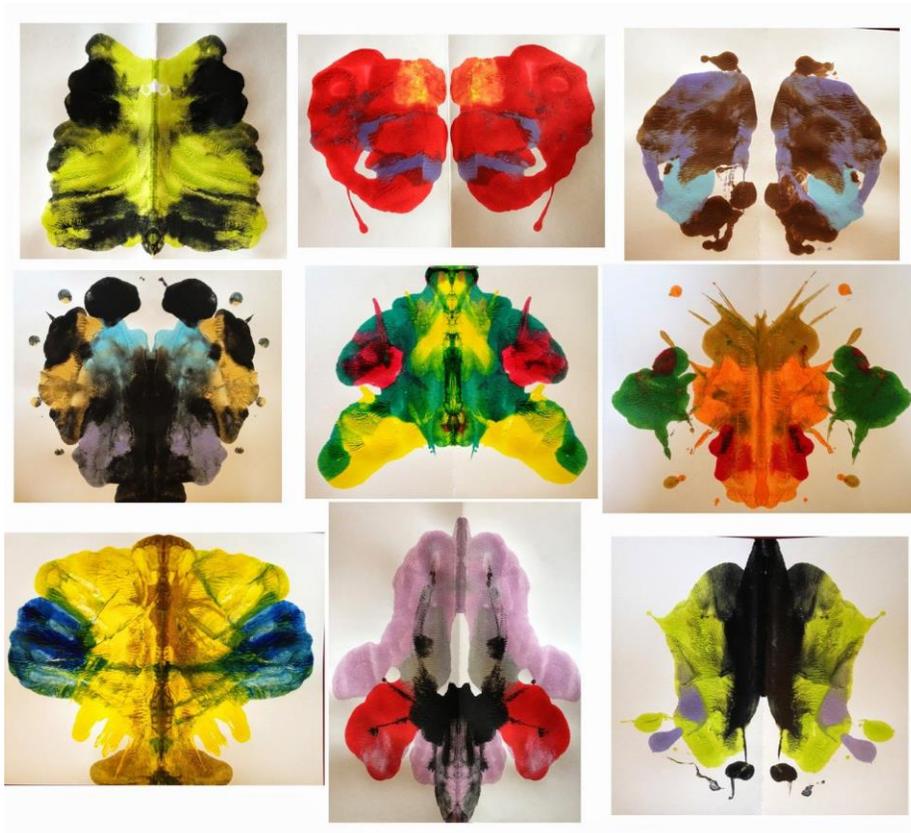
Reflections:

- Did you hold the string close to paper or further away?
- What was it like having less control?
- What different ways did you explore making marks with the string?

Paint Blots

Art Activity:

Drop thick dabs of paint on paper and then fold paper in half. This may be done with black paint or various colors. Open the paper back up. Continue to add to your image with paint or drawing materials if you like.



Supplies: *Mixed media paper, acrylic or tempera paint, paint brushes, table cover, paper towels*

Reflection:

- What did you notice about this process?
- What words best describe your art? (flowy, messy, chaotic, balanced, ect)
- Do any images appear to you in the ink blots?

Painting without brushes

This activity encourages beginner's mind, flexibility, and non-judgement.

Art Activity:

Create a painting without using a traditional brush. Use sponges, cardboard, leaves or flowers, sticks, paper towel, a straw and so forth.



Supplies: Variety of objects (i.e. sponges, cardboard, found sticks), acrylic paint, table covers

Reflection:

- How was this different than painting with a brush?
- What was it like to have less control of the paint?
- What was your favorite application of paint?
- What senses did you connect with?

Finger painting

This activity encourages sensory awareness and embodiment as well as non-judgement. Connecting with one's senses in this way may feel soothing and grounding. However, these experiences can also lead to heightened sensitivity and emotions. Move slowly and work at your own pace.

Art Activity:

Begin with one color of paint and a small piece of paper. Explore using your fingers to paint. You have the option to wear gloves. Be mindful of your senses – how the paint or paper feels.

Transition to larger pieces of paper as you're ready and explore adding additional colors. Be playful and just connect with colors and movements that feel most satisfying.



Supplies: *Mixed media paper, tempera paint, paint pallet or cups, gloves (optional), table cover*

Reflection:

- What senses were you aware of during this process?
- What was it like to be messy? To play?
- What did you notice working on larger or smaller paper?

Watercolor

The fluidity of watercolor offers us an experience of having less control – which may be enjoyable, freeing, stressful, challenging, messy, and/or beautiful. When approached with an attitude of non-judgement and play, watercolor invites us to practice “letting go” and to just be present with our experience as it is.

Art Activity:

Explore various watercolor techniques on various sizes of small paper (see “Watercolor Techniques”). Blue painter’s tape can be used to create borders and keep the paper from curling. Try something for a bit and then move onto a new sheet. Set an intention to bring a curious and playful attitude that is non-judging.

See if you can resist the urge to throw any artwork away. Can you practice allowing your art to be imperfect?

When your artwork is dry, if you’d like, go back into the painting with a more controlled medium such as markers, pencils, or pastels. You can add to your abstract design or pull out an image you see hidden in the watercolor. Or use the background for writing positive affirmations.

Supplies: *small pre-cut sheets of mixed media or watercolor paper (various sizes), watercolor paint, paint brushes, painter’s tape, salt, straws*

Reflection:

- What technique did you enjoy the most?
- What was challenging or frustrating?
- What did you notice about your internal experience?
- What was it like to work with an art medium that has less control?

Watercolor Exploration

Wet-on-wet: Use your brush to apply water to the paper. Then dab watercolor paint onto the paper. Watch how the color slowly radiates outward in response to the water.



Straw Painting: Add slightly wet watercolor to the paper. Blow air through a straw, placing the end of the straw near the paint. Move the straw slightly side to side to create different effects.



Wax Resist: Apply white crayon or pastel to your paper. Add paint to the paper and watch your wax design appear.



Salt: In areas of the paper where the watercolor is still wet, add salt. Notice the texture this creates.

Explore! What other methods can you try? Just see what happens!

Clay

Art Activity:

Upon receiving the clay, take a few moments to just feel and work with the clay in your hands, perhaps even closing your eyes for a little while as you work with the clay. Then explore different ways that you can shape the clay – roll it into a ball, a long snake, or a pancake. Squish it in your hands or throw it on the desk. You can also make markings with the clay or make imprints with other objects.

Art Directives:

- Create a symbol or animal that represents you. Perhaps, then create another sculpture that supports your symbol or animal.
- Create two animals that represent dialectic qualities you have. For example: (1) One may be quiet (mouse) and have a wild or playful side (squirrel). (2) One may be kind and loyal (dog) and experience envy or anger towards others (snake).
- Create a vessel that holds your positive memories OR one that can hold any negative feelings.
- Close your eyes and begin working the clay into a shape. Then open your eyes and write down words or phrases that reflect your sculpture. Use these words to create a poem.

Clay Tips:

- Add a little **water** to your clay to smooth areas and avoid dryness.
- When connecting two pieces, scratch the surface of the connecting areas to create a rough texture and apply water to act like glue.
- To make **pinch pod** (a bowl), roll the clay into a ball. Press your thumb in the center. Turn the clay in circular motion to mold the center.
- Air dry clay is fragile so be mindful of delicate pieces might break.
- Use cardboard/plastic under your clay so it doesn't stick to the table
- Air dry clay becomes wet again if re-introduced water



Supplies: Crayola air dry clay, surface to work on such as plastic tarp or newspaper, water cup (if clay gets dry), clay tools (roller, pencil or paintbrush end (for adding marks), narrow wood dowels for connecting clay pieces, ect.

Reflection:

- What do you wish to share about your sculpture?
- What sensory experiences were you most aware of?
- What was your internal experience like?
- What did you enjoy or find challenging about the clay?

Origami Boxes

The art of folding paper can be a mindfulness practice when we bring non-judgemental moment-to-moment awareness to the process. As you are folding, notice how the texture of the paper feels on your hands... notice sensations in your arms and shoulders while pressing down to make creases... notice any judgements that arise during the process and practice allowing imperfections to just be part of the learning and being-human process.

Art Activity:

Follow instructions for building an origami box. Create the lid first; then create the base of box (which is the same process but with slightly smaller piece of paper).



Once completed, the box can be decorated...

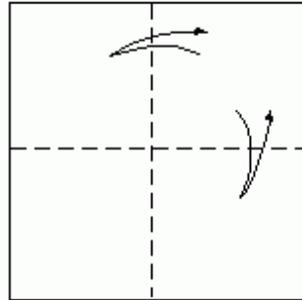
- ...with positive images and words. Write positive affirmation or inspiring quotes to place inside your box..
- ...and used as distress tolerance box. Skills can be placed inside and pulled out when you are feeling stressed.
- ...as safe place – and you can write down any worries and place them in the box to get some distance from them.

Supplies: Large square paper (solid or decorative) or origami paper

SIMPLE BOX

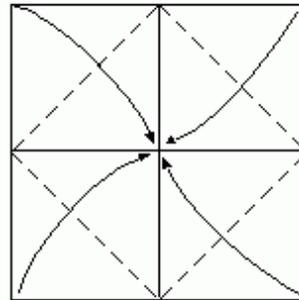
In Japan this model is known as "Masu Box" = measuring box

1



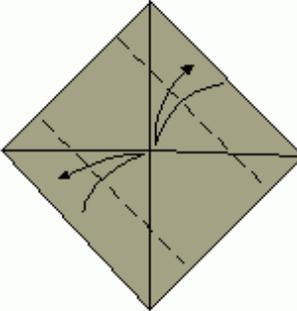
crease and return

2



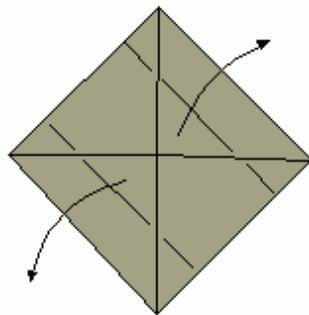
fold tops to centre
this is called a blinz fold
after a Jewish pastry

3



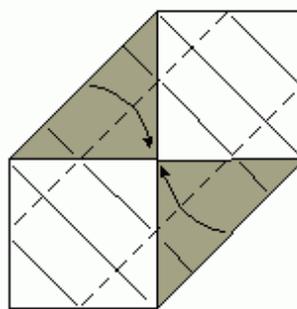
fold sides to centre
and return

4



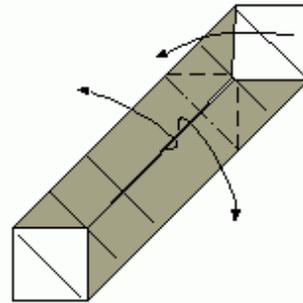
open two corners

5



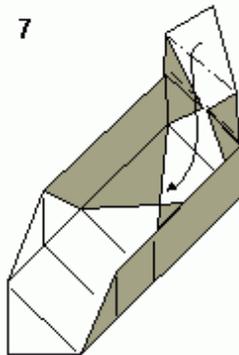
fold sides to centre

6



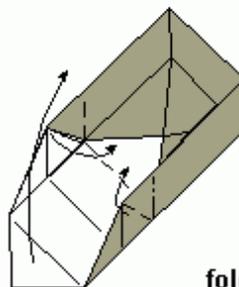
lift both sides and
one end
model becomes 3D

7



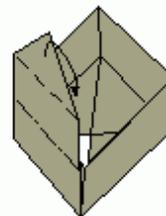
fold flap into centre

8



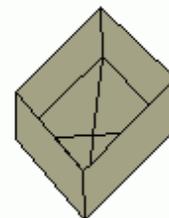
raise end

9



fold flap into centre

10



complete

Traditional model
diagrams © D.Petty

Embracing Imperfection

Reflect on how these quotes speak to you.

- “Life isn’t meant to be lived perfectly...but merely to be LIVED. Boldly, wildly, beautifully, uncertainly, imperfectly, magically LIVED.” – Many Hale
- “At its root, perfectionism isn’t really about a deep love of being meticulous. It’s about fear. Fear of making a mistake. Fear of disappointing others. Fear of failure. Fear of success.” - Michael Law
- “The most dangerous way we sabotage ourselves is by waiting for the perfect moment to begin. Nothing works perfectly the first time, or the first fifty times. Everything has a learning curve. The beginning is just that - a beginning. Surrender your desire to do it flawlessly on the first try. It's not possible. Learn to learn. Learn to fail. Learn to learn from failing. And begin today. Begin now. Stop waiting.” - Vironika Tugaleva

In what ways does perfectionism show up in your life? What function do you think it serves? Are there ways that perfectionism has limited you and your experiences? Are there values that are important to you that contrast with perfectionism?

Art Activity:

This is a practice of being messy and imperfect... on purpose! Choose any art materials you’d like to explore and begin making marks on your paper. Don’t plan and don’t control. Just make marks and try to embrace the imperfection of the process. If you like, you can think of a current emotion that you would like to channel into your art.

Optional: Place transparent tissue paper over art and trace parts of the image that stand out to you. Create a new piece of art on this paper. If you like, you can continue this process with more layers of tissue paper or create a collage with different layers of the image.

-Bess Greene, LPC-AT



Reflection:

- What was it like to work this way... embracing imperfection?
- What were you mindful of during this process?
- What is one thing you can do this week to challenge perfectionism?

Wall Drawing

Art Activity:

Attach a large piece of paper to wall or floor. First take a few moments to ground (mindful breathing, stretching, sensory awareness). Then using pastels begin to scribble on the paper while listening to background music. Explore different mark-making: move quickly and slowly, press hard, press softly, move your whole arm to make big marks, just move your wrist to make small marks.

Options:

- *Pass the scribble line* – have one client begin a scribble from left to right. The person next to them continues the scribble and then hands it off to the third person ect.
- *Walk by scribble* – have clients get in line and with 2 pastels in each hand have them walk by wall in any way they want and make marks (ie can hop, do a twirl, low markings or high, jump, small or large, fast or slow).

Supplies: large mural paper, wall space, pastels, markers, crayons



Reflection:

- What did you enjoy about this process? What felt challenging?
- In what ways did you connect with your physical body? Were you aware of any sensations?
- This could be an example of joyful movement. Are there other activities that help you connect with your body in a joyful or positive way?

Yin & Yang

Yin and yang describes the concept that seemingly opposite forces are complementary and interconnected in the natural world. One example is day and night: there cannot be a shadow without light.

Yang

Sun
Light
Hot
Active
Outward
Intellect
Fire
Energetic
Awake
Expansive
Doing



Yin

Moon
Dark
Cold
Passive
Inward
Intuition
Water
Calm
Sleep
Dense
Being

Yang

Yang energy can be active, assertive, agitated, strong, passionate, and fiery. *What colors represent yang to you?*

Yin

Yin energy is flow: open, accepting, fluid like a river, receptive, soft, and sensitive. *What colors represent yin to you?*

Self-Compassion & Balance

Self-compassion practices can be **yang** (speaking up, saying no, drawing boundaries, providing yourself what you need, motivating yourself) and **yin** (taking breaks, self-soothing, comforting yourself).

Our mental and physical health are supported when yin and yang are in balance. Self-compassion practices can help us stay balanced and centered. A good practice can be to ask yourself, “*What will help me feel balanced right now?*”

This may be:

- Taking time to rest (yin) during a busy day (yang)
- Asserting your needs (yang) so you can enjoy your time with your friend (yin)
- Listening to calming music (yin) when the mind feels restless and agitated (yang)

Art Activity:

1. Explore yin and yang energy through a scribble drawing.
 - Create a scribble drawing that reflects **yang** energy (bold, energetic, direct). *What colors, lines, textures, materials or movement might you use?* Take 3-5 minutes to work on this.
 - Then, create a scribble drawing that reflects yin energy (flowy, soft). Reflect on how this energy feels different than yang. *What do you notice?*

2. Next, explore these energies further. Using art materials of your choice, reflect on your relationship with yin and yang. You might consider:
 - Which energy am I feeling right now?
 - Do I tend to gravitate towards one more than the other? Do you feel our society tend to gravitate towards one more than the other?
 - Am I feeling depleted in one of these energies? What would balance look like for me?

Create an art piece that explores yin, yang, or a yin/yang relationship. What colors might you use? Lines? Shapes? Images? Words?

Paper Beads Bracelet

Supplies:

- Decorative paper
- Small wooden dowel (slightly larger than string)
- Scissors
- Glue Stick
- Pencil
- Ruler
- Cardboard pattern (pre-made)

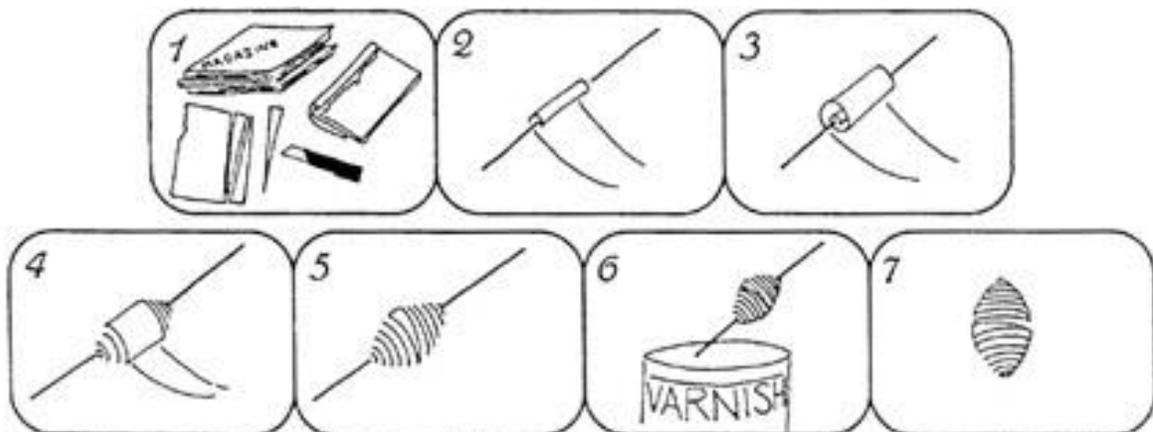


How to make:

Create strips of paper to be your beads. You can experiment with different shapes. Roll the strip around the dowel and glue the end. Add beads to elastic string to create a bracelet.

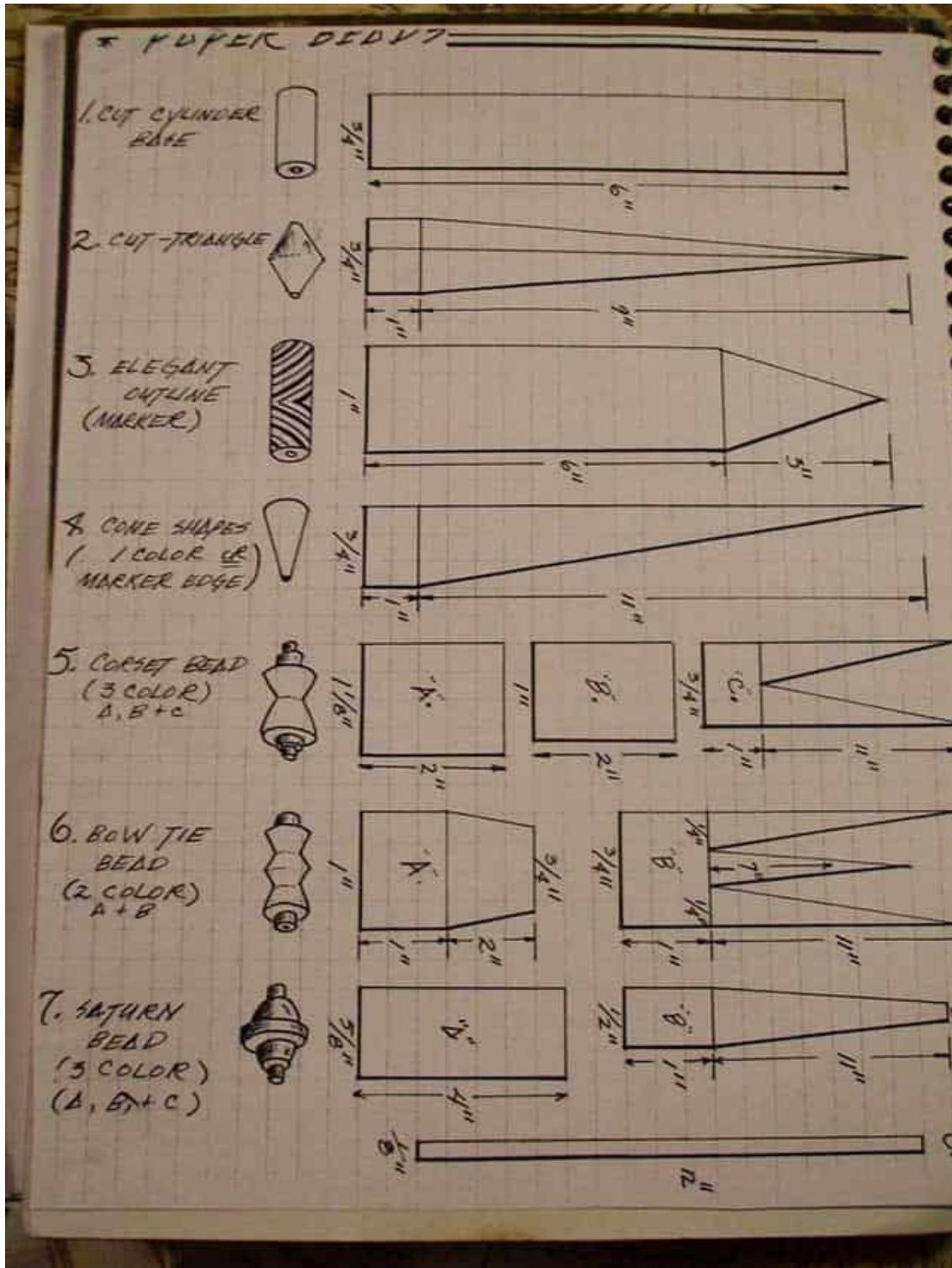
To use:

These beads can be used as a sensory figit when feeling anxious. Simply, rub your fingers across the beads. These beads can also be used as a mindfulness tool. Recite a mantra (a calming word or phrase) or take a breath as you go around the bracelet feeling each bead with your thumb and 2nd finger.



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Bead Shapes:



Mindfulness with Watercolor Lines

This exercise can begin with relaxation practices or gentle stretching. For this activity you will need watercolors and large paper or newsprint.

1. **Horizontal lines** – Explore drawing horizontal lines. Explore light, dark, speed, pressure experiences.
2. **Vertical lines** – Start as light as you can and get darker, heavier. Explore slow and fast. What feels most comfortable?
3. **Breath Circle** – Starting at top and going counter clockwise. Find your own rhythm, breathing in as you draw downwards, and breathing out, as you draw upwards.
4. **Wrist Circles** – Use your wrist to draw circles.
5. **Breath waves** – Make wavy lines that correspond with your breath. Try quick lines, long lines, or different waves.
6. **Wavy Lines** – Use wavy lines to fill up space. Use various colors... match colors with the quality and energy of your lines?
7. **Dynamic Lines** – Explore lines for dynamic expression. Explore horizontal, diagonal, and vertical.
8. **Free Painting** – Take some time to just paint how you like. Notice how this feels.

-Marcia Rosal

Mindfulness with Colors

I. Color Associations

Identify any associations for each of the colors below. For example, associations for green might be 'trees, 'calm', 'green light', 'money', or 'growth'.

Red

Orange

Yellow

Brown

Blue

Grey

Violet

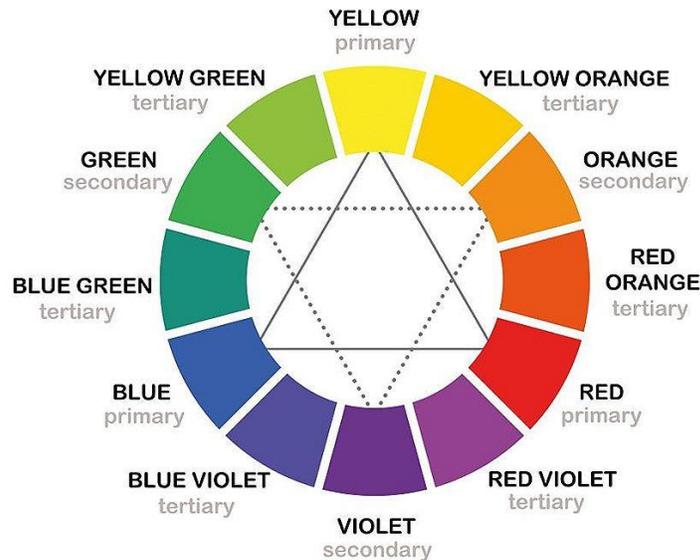
Black

Green

White

II. Painting with Color

Choose a color that you would like to explore further. Using acrylic or tempera paint, mix 3 or more different variations of that color. For instance, if I chose blue, I could see what happens if I add a little purple to the blue, green to the blue, white to the blue, orange to the blue and so forth.



Next, use the colors you mixed to create a monochromatic painting (an art piece that uses variations of only one color). Trace a large circle on your paper to work inside, or paint on a small 8x8" canvas. Use a pencil to first draw any line patterns or images on your paper, *or just start painting and see what happens!*



What are 3 words that describe your painting and how it makes you feel?