

# Artful Seed – 3 dots

## 3 Creative Simple Steps for Mental Wellness

**Art making is a choice for all.** Making art opens the opportunity to embark to an imaginary journey full of insights. The process of art making itself is relaxing and often soothing and transformative. **You don't have to be good at art or to know how to draw.** These Artful Seeds are art therapy-based directives. They can help you experiment with materials, play, self-reflect, become mindful of your emotions, discover new perspectives, freely express and observe without judgment. We call them Seeds, because they often plant seeds of personal discoveries.

### 1 Tools

A white **piece of paper**, A4 is fine.

**A pencil.** Any other art materials you may have at home, such as markers, or crayons, or color pencils, or watercolors, or charcoal, or acrylic paint, or pastels, or old magazines and glue for collage, is a bonus.

At least **30' of privacy** in your own space.



### 2 Create & Play

**On a white piece of paper draw 3 dots. Connect these dots in any way you want and complete the image.**

At this moment you may have questions such as what size of line, big, small, straight, curly? Where should I place it, do I need to do it by hand or with a tool? All good questions. All for you to decide.

Use any mix of materials you want. **Don't overthink**, just start. **Don't judge.** Allow to be playful. **There is no right or wrong.** Don't hesitate to do the same directive again and again. It will never be the same experience.

### 3 Discover

Observe your image. **What do you see?** There is no right or wrong on what you see. How does it make you feel? Give your artwork **a title.** Chose and keep aside the one special word of the title.

Join one of the **On-line Artful Groups** to share artworks and enrich the experience with the exchange of different new perspectives.

We borrowed these Artful Seeds from real-life Retreat's "warm-up" directives. They cannot replicate the experience of participating in a real-life retreat but they can help you express freely and reflect.