

The Art of Self Care

Name:



Introduction

Stressed?

Have you ever felt a little scared?
Maybe nervous or anxious for a

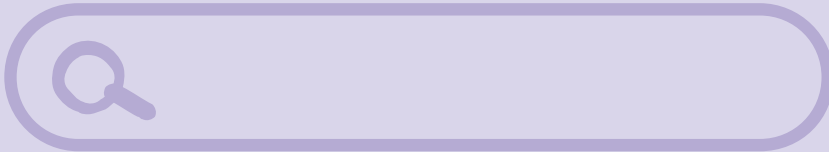
a test or quiz from school, or something at home? Sometimes we all feel a little stressed out, because of whatever's going on in our lives, and that's totally normal.

But, if you get stressed more than once in a while, something like daily or even weekly, then that can start to impact how happy you feel, your health, and a lot of other parts of your life. This is why, when we get stressed, we want to stop, take a break, and do something else for a little bit instead.

You can try any activity you want, but if you aren't sure where to start, let me take you through some of the art activities I like to do when I'm stressed.



Sensory Bottles



Items:

- Clean and empty water bottle
- Glue
- Warm Water and Oil
- Decorations (glitter, food coloring, etc.)

Steps:

1. Choose a theme for your bottle (the ocean, a certain animal, Percy Jackson, anything!).
2. Fill one-third of the bottle with oil.
3. Fill up to three-quarters of the bottle with water.
4. Decorate with whatever you have at home (food coloring, glitter, pom-poms, etc.)
5. Screw the cap back on and test to see if it is to your liking.
6. If you are happy with how it looks, pour the rest of the water in, and put the cap back on.



Leaf Printing



Items:

- Leaves
- Paint
- Paper

Steps:

1. Go hunting for leaves outside. Gather a wide variety and then arrange them how you like.
2. Choose a paint color you like, and paint a thin layer on your leaf, then immediately flip the leaf over, and press onto your paper.
3. Leave on for a minute and peel off. It's okay if the lines aren't defined, or the print doesn't come out right immediately, just keep trying with your other leaves!
4. When you finish, you should have a full piece of art!



Origami

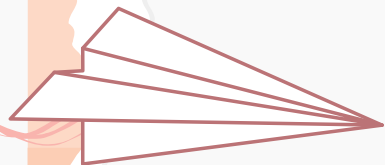
Items:

- Paper (patterned or white)
- Optional: Markers



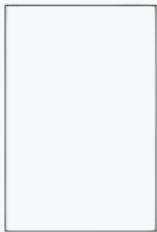
Steps:

1. Take paper, either patterned or plain, and cut into a square (if plain, you can use patterns to decorate).
2. Then choose what you would like to make (an origami crane, butterfly, etc.)
3. On the next few slides, there are some instructions for how to make a few types of different things with origami. Choose one (or a couple) that you would like and make them! Don't worry if it isn't fully correct the first time, instead focus on the actual process of folding the paper and making the art.

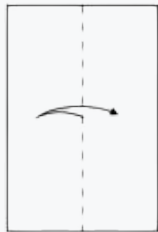


Origami

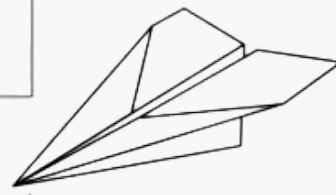
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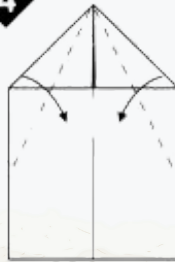
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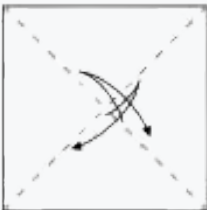
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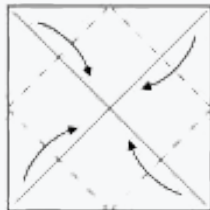
Paper Airplane

Fortune Teller

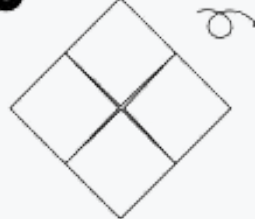
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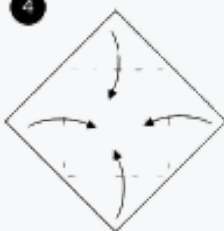
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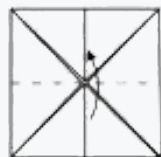
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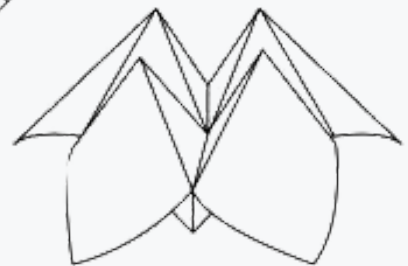
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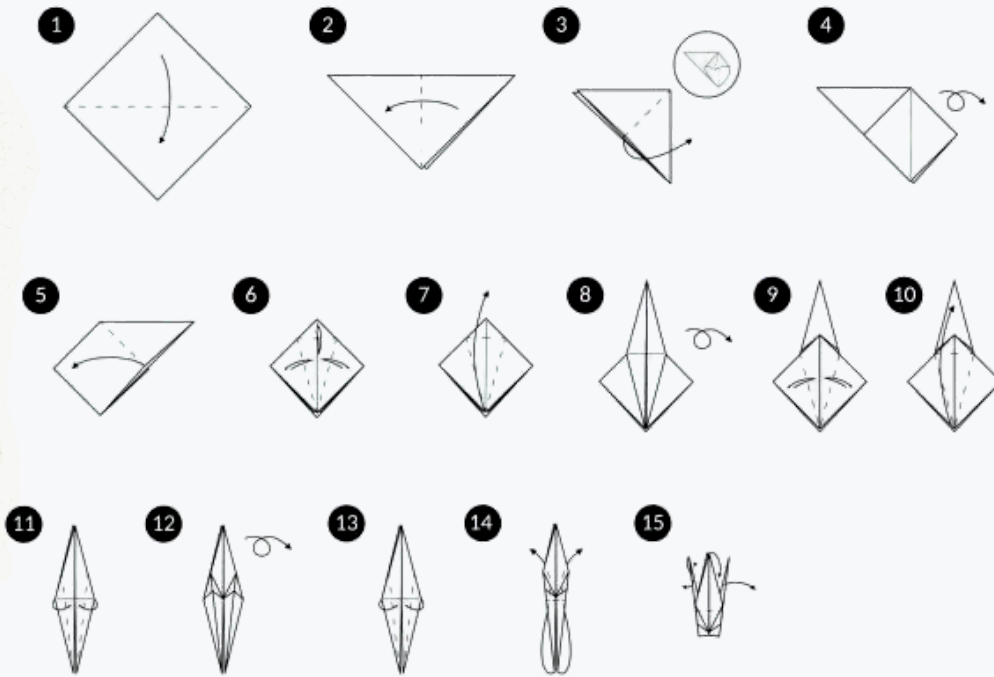
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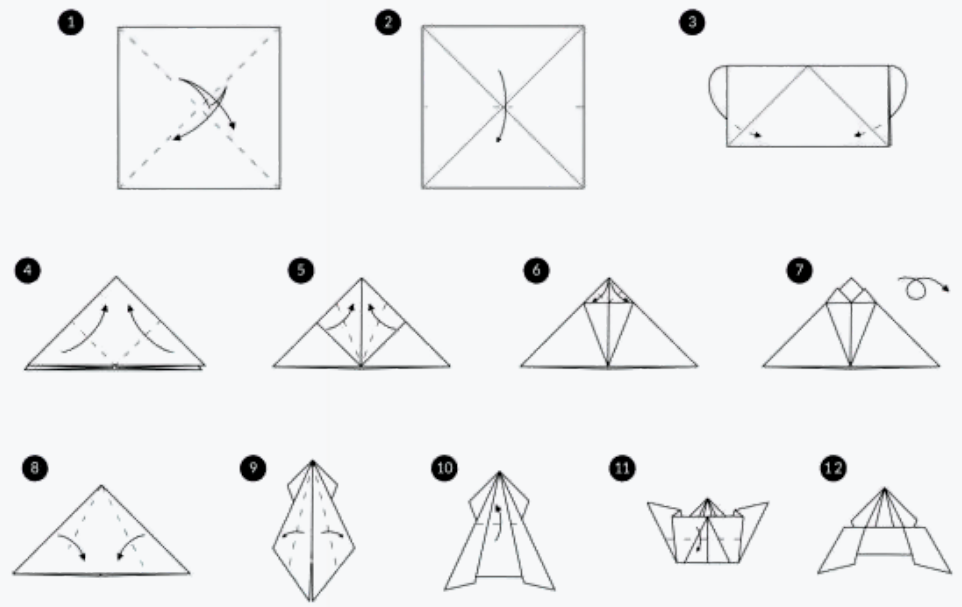
Origami



Paper Crane

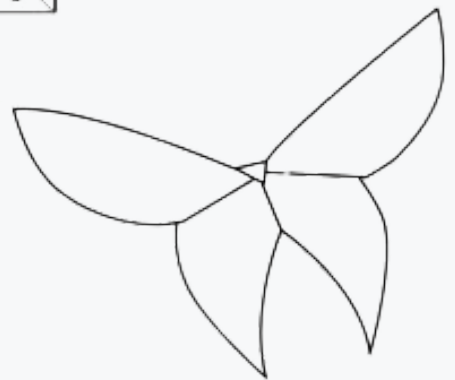
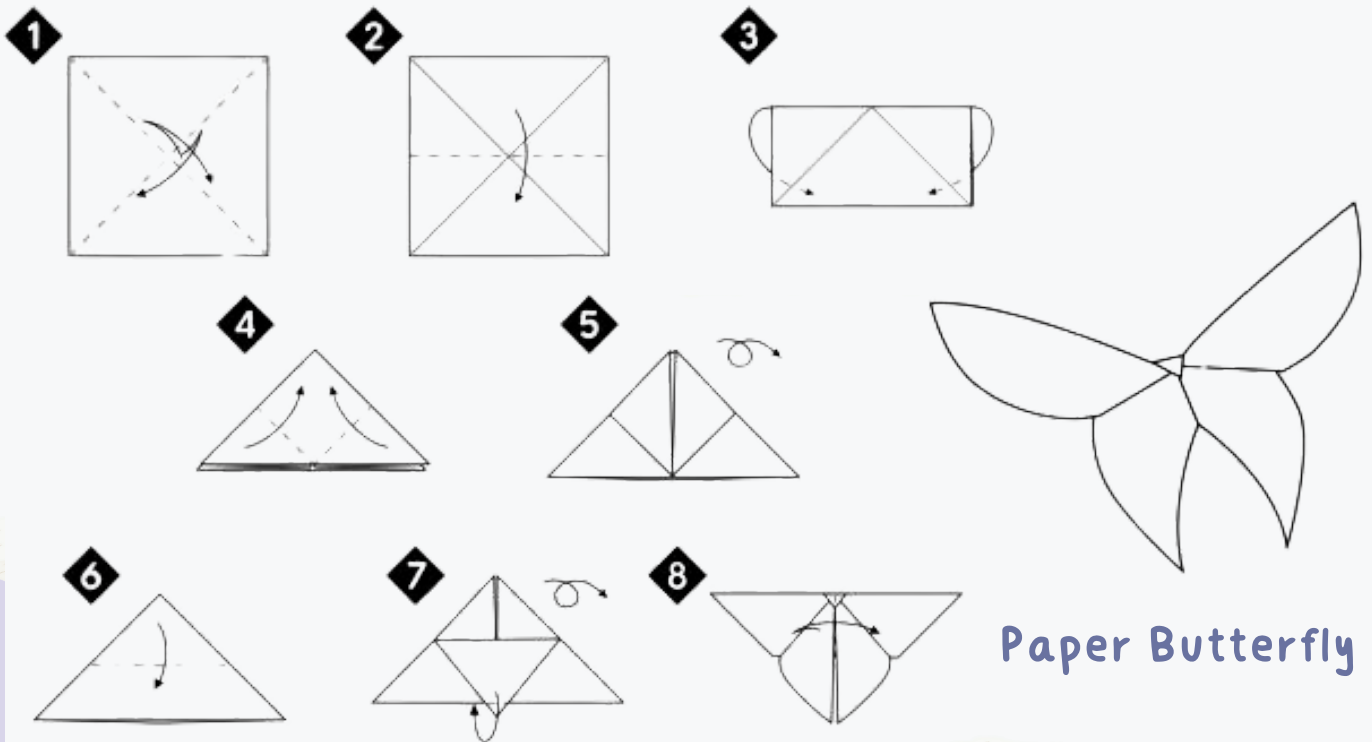
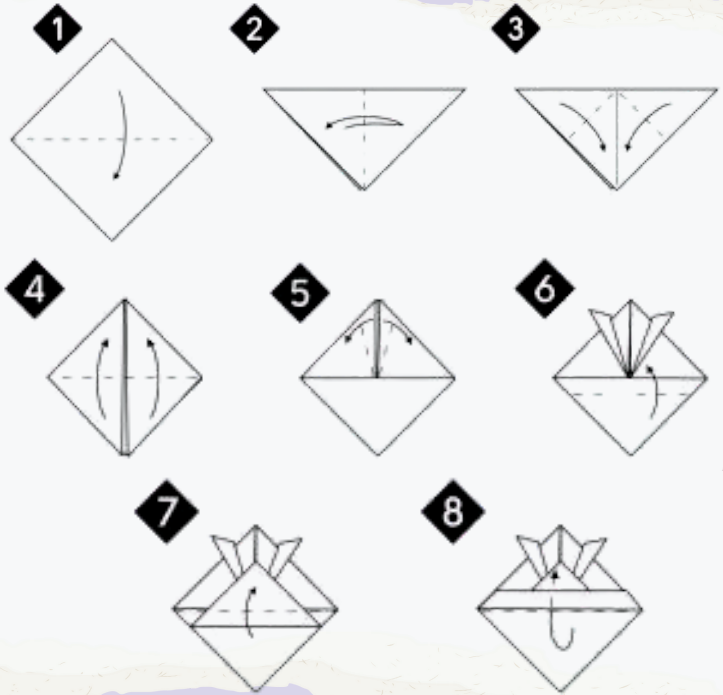
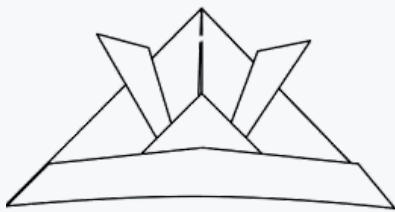


Paper Frog



Origami

Paper Samurai Hat



Paper Butterfly

Homemade Playdough

Items:

- 2 cups flour
- 2 teaspoons oil
- Food Coloring, Glitter, Decorations, etc.
- 1/2 cup salt
- 1/2 - 1 cup water



Steps:

1. Whip out your measuring cups/spoons for this one! You'll need them!
2. Mix the flour, oil, and salt in a bowl.
3. To the water, add a drop or two of food coloring (make sure you don't add more)!
4. Add water slowly! Make sure you don't add too much, as it is easy to do that. If that does happen, add flour until it is the correct consistency.
5. All done! Now you have playdough to play with and use as a stress reliever!



Scrapbook



Items:

- Paper
- Old Photos or Newspapers
- Markers
- Scissors

Steps:

1. Take two to three pieces of paper and fold into a book. Place the papers together and staple in half.
2. Decorate this book as a scrapbook! It can be of your life, of a fictional character, or even of pictures in a newspaper.
3. You are done!



I strongly believe that the moment you decide to enter at your chosen career, you'll become more to learn. My job is to learn. My job is to learn. My job is to learn.



Pottery



Items:

- Modeling Clay
- Paper
- Pencil
- Decoration Items (markers, glitter, etc.)

Steps:

1. Make sure the modeling clay you use can be baked. First, take the modeling clay and form it into the shape of a small bowl, a pot, or something similar, where you can put things inside.
2. Bake the clay by following the instructions written on your clay.
3. Once you finish, and once the clay has cooled, write lots of positive things about yourself, and your life, (ex: from a memory to something you are looking forward to, to affirmations). Fill the bowl with them.
4. With that, you are finished! Feel free to decorate your bowl/pot and place near you.



Animal Masks



Items:

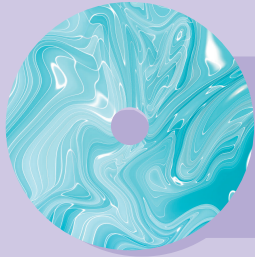
- Paper Plate/Paper
- Decorative Supplies (markers, glitter, construction paper, etc.)
- Scissors
- Straw/Popsicle Stick

Steps:

1. Take a paper plate, then cut it in half.
2. Use one of the two halves and cut out two holes where your eyes go.
3. OR: You can also take normal paper and make an eye mask shape, and then cut two holes as well.
4. Choose an animal to decorate! You can use a rabbit, a fox, a deer, a butterfly, or anything else you would like.
5. Decorate your animal mask to make it look like whatever animal you chose, using markers, construction paper, etc.
6. Stick a straw or popsicle stick at the end to hold your finished mask.



Marbled Paper

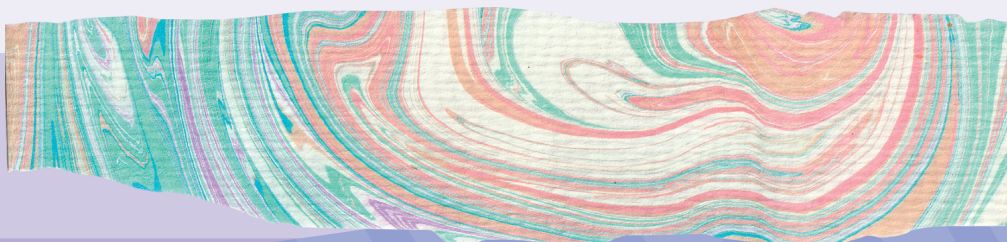


Items:

- Vegetable oil
- Food coloring
- Thick Paper

Steps:

1. Combine the vegetable oil and food coloring (only a drop or two). Repeat for as many food colors as you want.
2. In a plastic pan, or any kind of surface you wouldn't mind getting dirty, place the oil and food coloring in drops, arranging them so that the different colors are in various places across the pan/surface.
3. Once you feel happy with how you placed the color, take a sheet of paper and place it on top. If you don't have thick paper, feel free to use cardstock, or just glue two to three papers together to make thick paper.
4. Remove the paper, and you have your marbled paper!



Happy Clay



Items:

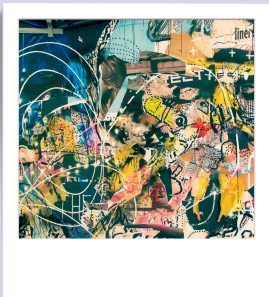
- Modeling Clay
- Decoration Items (paint, glitter, markers, etc.)

Steps:

1. Choose an object (or objects) in your life that make you feel happy (ex: ice cream, your pet, etc.)
2. Now make that item using the clay. Make sure to pay attention to how you roll and shape the dough while you make it.
3. If you can, bake the clay and decorate! You are all done!



Collage



Items:

- Newspapers/Magazines
- Scissors
- Glue
- Decoration (markers, glitter, etc.)
- Paper



Steps:

1. Choose and cut out images from newspapers or magazines that make you happy. Select around 15 (you can do more or less).
2. Arrange them on a piece of paper.

3. Glue the images down to the paper.
4. Decorate using markers, glitter, and whatever other supplies you have.
5. You now have a collage of things that make you happy!

Conclusion

Done!

Thank you for reading this and hopefully following along! I hope

that you were able to develop some new strategies from this, perhaps to manage your test/quiz/home anxiety so that you feel a little more calm, a little more often! Even if you don't find one of these art strategies effective at managing your stress or anxiety, remember there are plenty of others as well. Not thinking about perfection in whatever you are making is key to that! If art strategies themselves aren't as helpful in managing your stress, don't worry! Whether it be dance, music, writing, or anything else, there are plenty of other ways to manage your stress. Art is simply one of the many positive ways to deal with stressful emotions, don't worry if you have to find your own!

