

# Art of Wellness Activities

A white plastic bin filled with various art supplies. On the left, there are several tubes of paint in different colors. In the center, there are several markers in various colors. On the right, there are several tubes of crayons. The bin is placed on a light-colored surface.

## **CLAY PLAY**

Listen to relaxing music while using modeling clay to make a fun figurine or piece of art, or just work out your stress by kneading the clay.

## **COLORING FOR ADULTS**

Listen to relaxing music while coloring printed designs using crayons, markers, or colored pencils.

## **CREATE A POSTCARD**

Enjoy our relaxing music and calm space as you choose from a variety of materials to craft a postcard to yourself (or someone else, if you choose). Write an inspirational or encouraging note on the back and address your postcard. Leave it with us, and we'll mail it to the addressee at the end of the semester. Your words of encouragement, inspiration, or celebration will arrive just prior to finals week to give the receiver a final boost to make it to the finish line of the semester!

## **KINDNESS ROCKS**

Bring kindness and compassion into someone's life. That someone might be you, someone you know, or a complete stranger! The goal is to spread kindness and positivity to self and others. Using paint and other materials, turn a rock into an act of kindness.

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A blue storage bin filled with various art supplies. In the foreground, there are several markers in different colors (red, blue, green, yellow). Behind them, there are boxes of colored pencils and glue sticks. One box is labeled 'ADHESIVE WIGGLY EYES'. The background is slightly blurred, showing more supplies.

## **MAKE YOUR MARK**

Need help keeping your place in that textbook or pleasure read? Enjoy our relaxing music and calm space as you choose from a variety of materials to craft a fun and helpful bookmark for yourself or gift it to someone else.

## **PERMISSION SLIPS**

Sometimes a little “permission” is all we need to feel empowered to do something we struggle to do on our own. Do you need permission to take care of yourself, to assert own needs, to have fun, to say “No,” or something else? Enjoy our relaxing music and calm space as you choose from a variety of materials to craft a permission slip for yourself.

## **POSITIVE COLLAGING**

Listen to an audio track of meditative affirmations, and then make a collage that captures positive self-talk and positive self-image.

## **ZENTANGLES**

Listen to relaxing music while completing a type of structured doodling that can sometimes involve coloring.