



# **Creating Connections:** Art Making for Mental Health

# What We're Doing

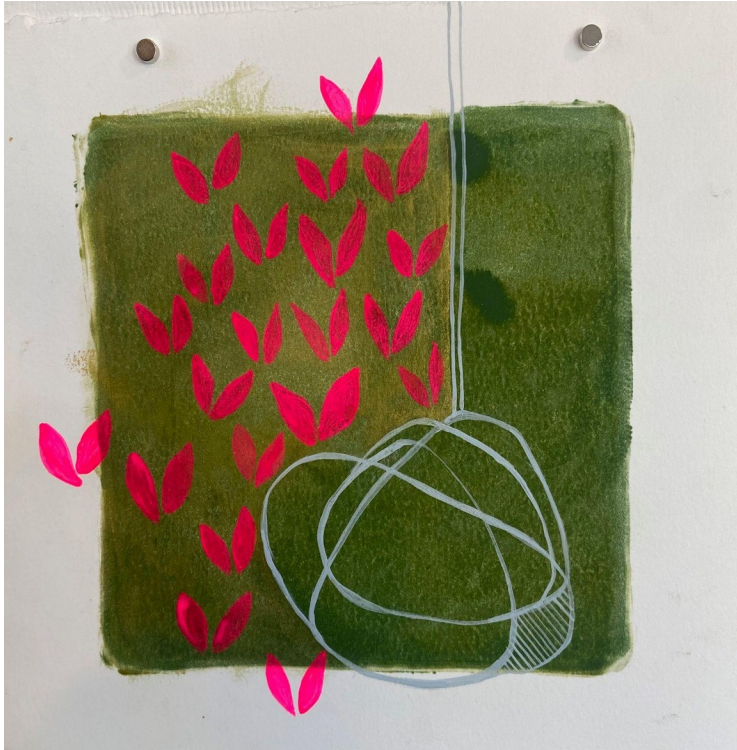
1. Introductions
2. Workshop Description
3. Workshop Norms
4. Exquisite Corpse
5. Artist Trading Cards
6. Share Out



# Workshop Description

- ★ This workshop is a hands-on, interactive workshop designed for mental health professionals to explore the transformative power of art.
- ★ You will engage in creative expression while discovering how art can enhance your own self-care, deepen connections, and support emotional well-being.
- ★ No prior art experience is required—just an open mind and a willingness to engage in making.



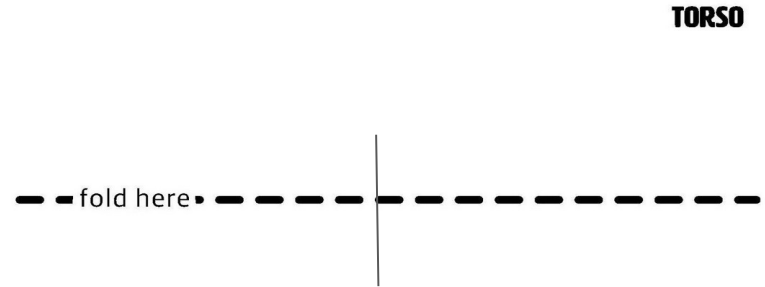
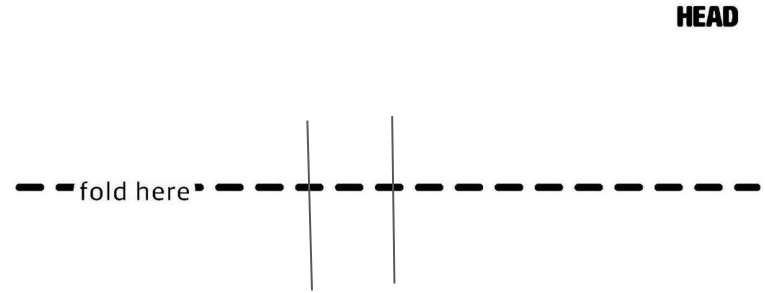


## Workshop Norms:

- ★ Be kind to yourself and others
- ★ Step up and step back
- ★ Don't yuck my yum
- ★ Explore openly
- ★ Ask questions
- ★ Take risks
- ★ Engage with your community
- ★ Sharing is caring

# How to Exquisite Corpse

1. The HEAD: Draw a magical creature making sure the neck finishes at the two lines.
2. Fold the top third under so that now the blank middle section (TORSO) is visible
3. Pass your drawing to the person on your right
4. Repeat for TORSO: Draw your favorite shirt on a human
5. Repeat for LEGS: Draw an aquatic animal
6. Once finished, unfold and see what strange creature has emerged and have a laugh. Share!



# Making Artist Trading Cards

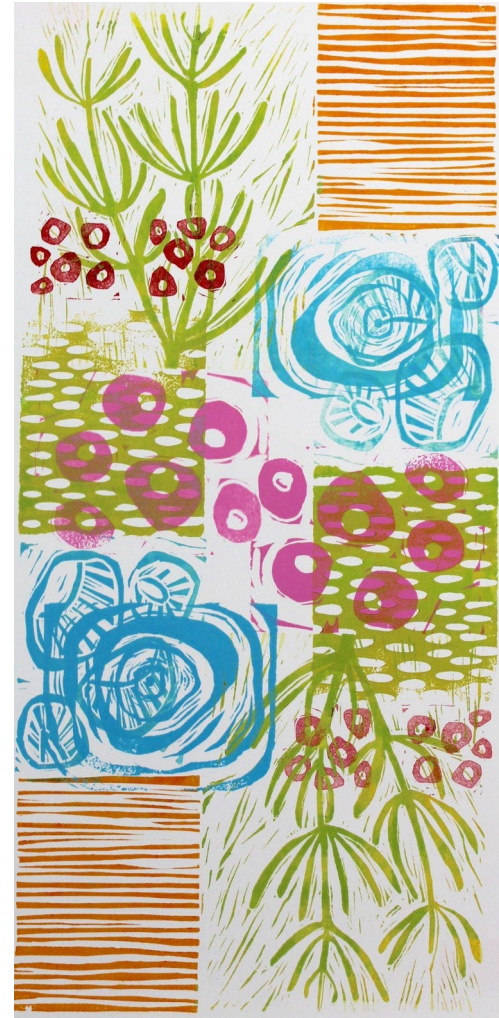
## Artist Trading Card Rules:

- ★ ATCs are traded not sold.
- ★ Sign and date on the back. You can even add your contact info.
- ★ Do NOT trade other artists cards. Must only trade your own

## Prompts:

- ★ What brings you joy?
- ★ What is home to you?
- ★ What calms your mind?
- ★ A place you find solace

Use images, words, poems, colors, lines, pens, colored pencils, collage, etc





# Share Out and Trade

- ★ Please share your process with the group
  - What did prompt did you use or did you make up your own?
  - What did you like?
  - What did you learn?
- ★ Trade your ATC's if you choose
- ★ Clean up materials

# Thank you!!!

Please connect:

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