



BRAIN ART EXERCISE

INTRODUCTION:

Some of the best art exercises for developing your brain are developed from three primary categories:

- Emotions
- Memory
- Sensory perception

Effective art exercises in these categories might help develop personal insight or lead us to understand the connections between our behaviour and our thoughts or emotions. Other art exercises can connect with our sensory connections to connect our external physical and inner emotional systems.

ART EXERCISE:

This art exercise focuses on our sensory experience. The goal is to make the connection between an understanding of self-compassion and the physical experience we can create when undertaking self-compassion.

- Ask your client to create a collage of physical items that represent the word soft.
- The goal of exploring the word 'soft' is to connect how softness, gentleness, and comfort can be developed by us with a view to creating self-comfort.
- Suggested items to use in a collage of 'soft' might be: cotton balls, fabric, feathers, pipe cleaners, pom poms, felt, foam, wool etc
- As your client is adding items to their collage, they will be making decisions about what items are considered soft. This can help your client explore the perceptions they have of how they might choose what actions are considered self-compassion.
- Touching each item as they create the collage may also help your client experience a relaxing feeling.
- Once your client has created their collage comprised of 'soft' items, ask them to indulge in the physical sensations that occur from touching their collage. They may choose to run their hands over the collection of items or feel the items on their face.
- This collage piece can initiate a conversation about self-compassion and developing a toolkit of activities and thoughts to encourage self-compassion.

