

ART THERAPY RESOURCES



FEELINGS COLLAGE

ART THERAPY EXERCISE

Objective: To help a child process and express emotions related to their grief in a safe, creative, and non-verbal manner.

Materials Needed:

- A large sheet of paper or poster board
- Magazines, newspapers, or printed images
- Glue sticks
- Scissors (child-safe)
- Colored markers, crayons, or pencils
- Stickers or decorative elements (optional)

Instructions:

1. Introduce the Exercise

- Begin by explaining the activity in simple terms. For example:
"Today, we're going to create a special collage about feelings. You can use pictures, colors, and words to show how you're feeling inside, and there's no right or wrong way to do this. It's all about you and what you want to share."

2. Create a Safe Emotional Space

- Set a calming environment with soft music if the child finds it soothing.
- Let the child know they can take breaks or stop if they feel overwhelmed.

3. Help the Child Brainstorm Themes

- Prompt the child to think about different feelings they've experienced, such as sadness, love, anger, or happiness.
- Ask them to think about memories of their loved one or symbols that remind them of the person, if appropriate.

4. Gather and Select Images

- Provide magazines, newspapers, or pre-printed images for the child to browse.
- Encourage them to cut out images, colors, or words that resonate with their feelings or remind them of their loved one.
- Offer assistance with cutting if needed.

5. Assemble the Collage

- Ask the child to arrange their chosen elements on the paper in a way that feels meaningful to them.
- Let them use glue to secure the pieces and decorate the collage with markers, stickers, or drawings.



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6. Reflect on the Artwork

- Once the collage is complete, invite the child to share their thoughts about their creation. Use open-ended questions like:
- “Can you tell me about this part of your collage?”
- “How does this picture make you feel?”
- Be attentive and validate their emotions without judgment.

7. Close the Session

- Thank the child for sharing their artwork and emotions.
- Offer to keep the collage safe or let them take it home, depending on their preference.
- End the session with a calming activity, such as deep breathing or a short story, to help the child transition back to their day.

Therapist Notes:

- Be mindful of the child’s emotional state throughout the session and offer reassurance as needed.
- This activity can be repeated over multiple sessions to explore different aspects of grief or emotions.
- If the child expresses distress, gently shift the focus to comforting imagery or memories.

This exercise aligns with the principles discussed in the blog post by providing a creative outlet for emotional expression while fostering a sense of safety and understanding for grieving children.