

## *The Scribble Chase*

### SUPPLIES:

This exercise is best completed with markers, crayons or any art material that will hold its shape and dry quickly.

The exercise involves 2 people creating at the same time so wet supplies may hinder the participation of each person.

### ART EXERCISE:

This task is centred around the scribble chase exercise which begins with the therapist drawing a line with a marker and the client chasing the line with their own marker.

Once the scribble drawing component of the exercise is completed, the client is then encouraged to find images within the scribble and create their own picture using the scribbles as a guide.

Once the picture is completed, the client then tells a story about the picture and what it means.

### OUTCOME:

Through this exercise, the client undertakes the 4 levels of ETC:

- Kinesthetic/Sensory - the scribble drawing task
- Perceptual/Affective - finding the images within the scribble drawing
- Cognitive/Symbolic - explaining the meaning of the picture
- Creative - creativity is expressed at all levels above while undertaking the exercise

