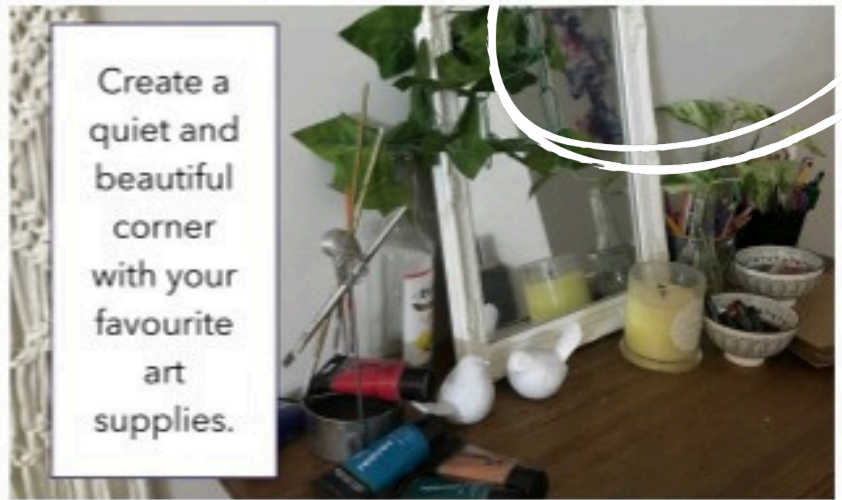


Visual Journaling

Ideas to inspire creativity and reflection to support emotional wellbeing for parents and children.

Create a special space with supplies that you love being in. Preferably with natural light and some peace & quiet. Play some music or light a candle.

Create a quiet and beautiful corner with your favourite art supplies.



Take some time to settle in before starting with any activity. Start with something very simple and without any particular outcome in mind.

Slowly fill a page with your favourite colour. Enjoy the feeling of simply covering the page in colour.



Colour a mandala and write a few sentences about what it felt like. What are the boundaries and colours in your life at the moment?