

Calming Collage



Materials: paper, soft embellishments, glue, markers.

Directions: take the piece of paper and glue on soft embellishments and draw other calming things.

Exploration:

What colors, textures, and senses are calming for you?

How do you feel when you are engaging different senses?

What part of the collage could you imagine yourself being in, and why? When might you want to go to that spot?

Are there words or anything else you might add to this collage as a reminder to help you feel calmer ?