



Disclaimer



The information in this guide is for self-help and should not replace professional medical advice. If your child is experiencing emotional difficulties or feels unsafe, please reach out to a qualified mental health professional. For urgent support, contact Childline: Call 0800 1111 (available 24/7, and the number will not appear on your phone bill), NHS on 111 or text "SHOUT" to 85258. If your Child is in immediate danger, call 999. Your Child's safety is of the utmost importance, so seek help when needed

Embracing Creativity: A Fun Guide to Brainstorming Through Art!

Hey there, young artist! 🎨 Creativity is all about having fun and being yourself, but sometimes, we might feel overwhelmed or worried about making things right.

No worries—this guide will help you use brainstorming and art to let your feelings out and enjoy the creative journey! Let us dive in!

What You Will Need

Art Supplies:

- 🎨 Blank sheets of paper or your favourite sketchbook
- 🎨 Markers, crayons, or coloured pencils (at least two bright colours)
- 🎨 Optional: Paints, brushes, or materials for collages (magazines, scissors, glue)

Pick Your Special Spot:

- 🎨 Choose a cosy place where you feel comfy. It might be your room, a quiet corner, or even a nice little spot outside. Remember, there are no rules here!

Steps to Get Started

1. Set Your Goal

- 🎨 Think about something you want to achieve today, like “I want to feel happier” or “I want to let go of some worries.”

2. *Grab Your Canvas*

- ✚ Take a blank piece of paper or open up your sketchbook. You can even write the date at the top to remember when you made this awesome artwork!

3. *Let Out the Yucky Thoughts*

- ✚ Grab a colour (like grey) and write down or draw anything bothering you. It could be a word, a quick doodle, or a little symbol. Do not stress about spelling or how it looks—just let those thoughts out!

4. *Imagine Your Worries Floating Away*

- ✚ As you fill the page, try to picture your thoughts drifting away. Think about how you let those worries go with every word or drawing. It can feel great to let them fade!

5. *Think About the Good Stuff*

- ✚ Now, take a bright colour and switch gears! Try to think of something that makes you happy. It could be your family, friends, pets, or anything you love to do. Remember, even one cheerful thought is a fantastic starting point!

6. *Get Creative with Images*

- ✚ Draw pictures or symbols to show those happy thoughts! You can doodle, paint, or even cut out fun pictures from magazines. Let your imagination run wild!

7. *Reflect and Celebrate*

- ✚ Take a moment to admire what you created. Give yourself a big high five for sharing your feelings! Remember, it is brave to express yourself, and your artwork is unique and special.

8. *Wrap Up Your Fun Art Time*

- ✚ Before you finish, sit quietly for a minute and soak in what you have made. Keep your artwork in a special place to remind you of your creative journey and how you can change your feelings.





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Friendly Tips:

- ✚ Be open-minded and have a blast in this no-pressure space!
- ✚ Enjoy the process, and do not worry about what others think.
- ✚ Try drawing, painting, or collaging—let your creativity shine!
- ✚ Trust yourself and share your feelings honestly.
- ✚ Each piece of art reflects how you feel at that moment—be proud!
- ✚ Look back at your past creations to see how much you have grown.
- ✚ It is okay to explore the same feelings again and again.
- ✚ If you feel comfortable, share your artwork with a friend or family member to discuss your feelings.

Have fun creating and letting your imagination run wild! ☀