



Therapeutic Art

Compiled by Shellee Burroughs, Art Psychotherapist

During this challenging and unprecedented time, it is easy to feel worried, unsure and disconnected. Using creative approaches can really help us relax and feel calmer during times like this. Our brains love to be kept busy and with extra time to think can end up going around and around in circles-which can often result in feeling stressed and not in control.

One way in helping to manage these feelings (which are a normal response to what is a very new experience for us all), is to do some drawing, colouring and creating. Here are a variety of activity sheets which are for:

- All ages
- All skill levels-these are for everyone and anyone!
- You don't have to be "an artist" to enjoy these activities.
- The point is to relax and enjoy doing something different.
- There is no set order or time limit-any order, any amount of time is perfect
- Basic materials are all you need-felt pens, pencils and even writing pens are good for these activities. Try other materials if you have them.
- Do what feels right for you!

We would very much like to reach out to Topsham residents during this time and want to provide both online and printed versions of these activities for all members of our community. More activities will be made available in the future and we only request the following:

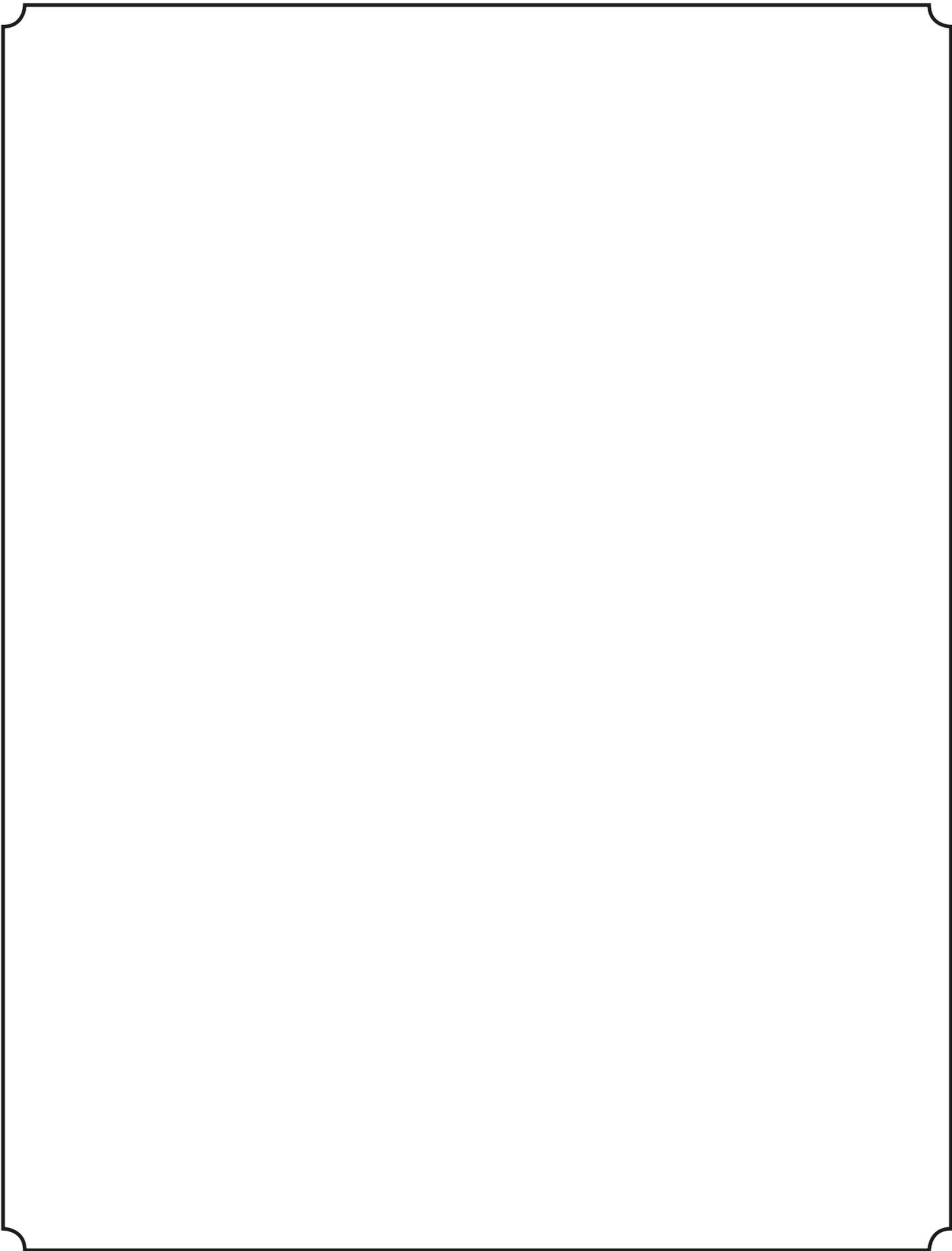
- If you are able to keep your artwork and would like to share any of them then please keep them together and we will arrange to meet and share together later this year.
- If you wish to take part, the choice is yours and you won't be asked to share anything if you would rather keep it private.
- If you want to take part or otherwise, these images will play an important part in remembering this unprecedented event in all of our lifetimes.
- Naming and dating each piece of work on the back would be helpful-feel free to add a few comments as it can help to remember what you were thinking at the time.
- Everyone's work is different and they are all important.
- If you want to share, any image or images are gratefully received.

Creating, keeping and being able to share and have a community record of this time is incredibly valuable and if you want to share and take part, we are extremely grateful and look forward to connecting face to face later in the year.

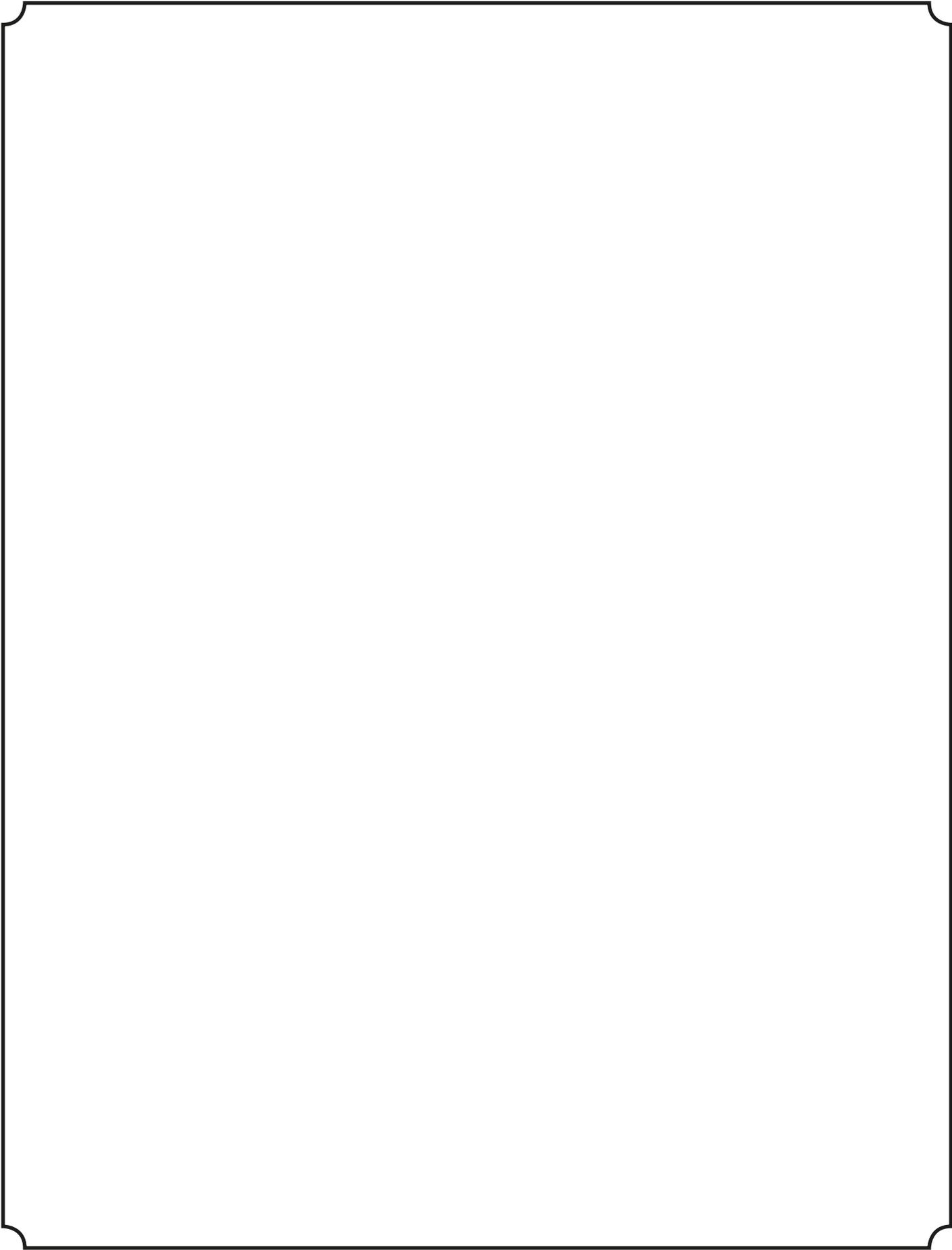


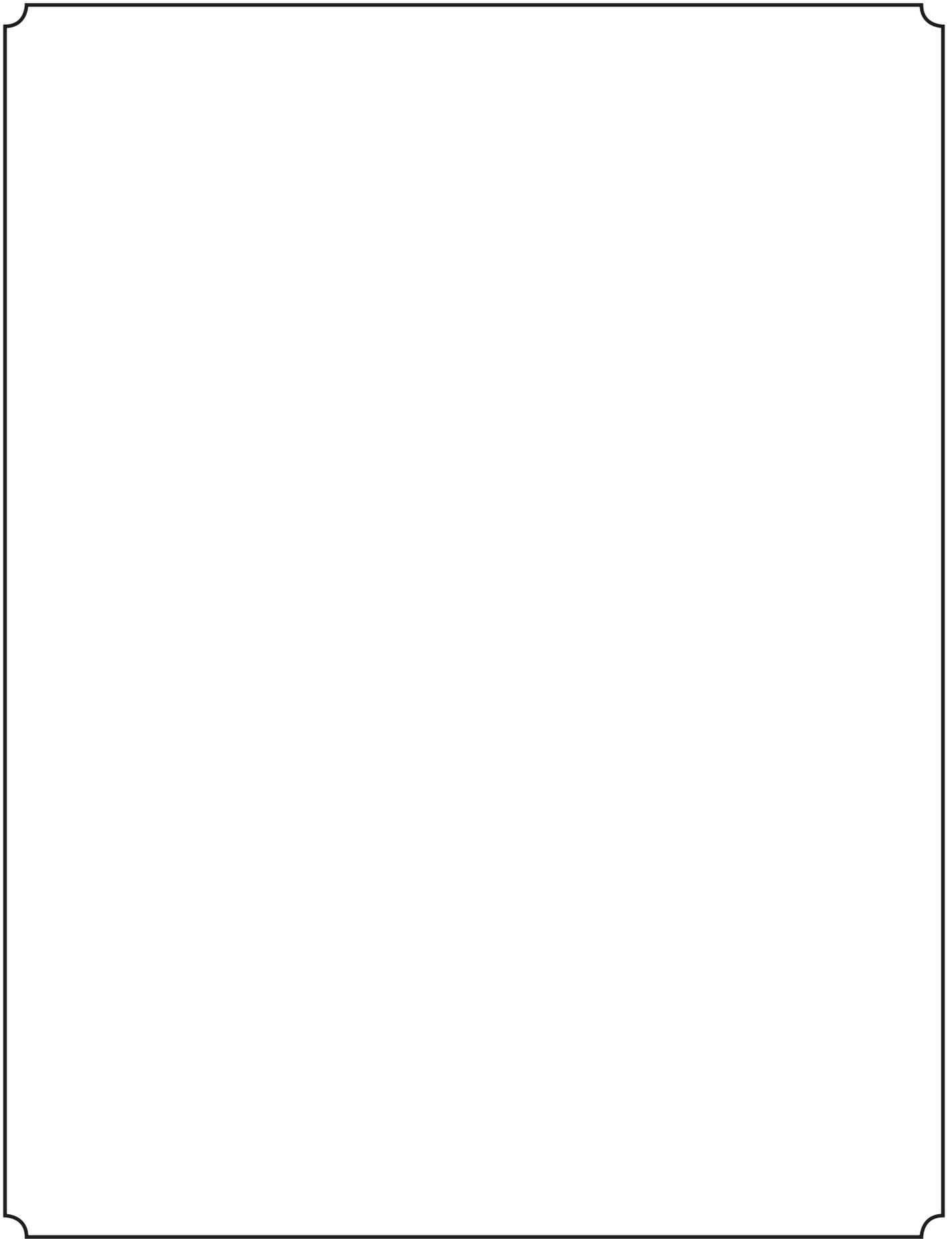
Keep up-to-date with Covid-19 news and support at

<https://lovetopsham.co.uk/keep-busy-topsham/>

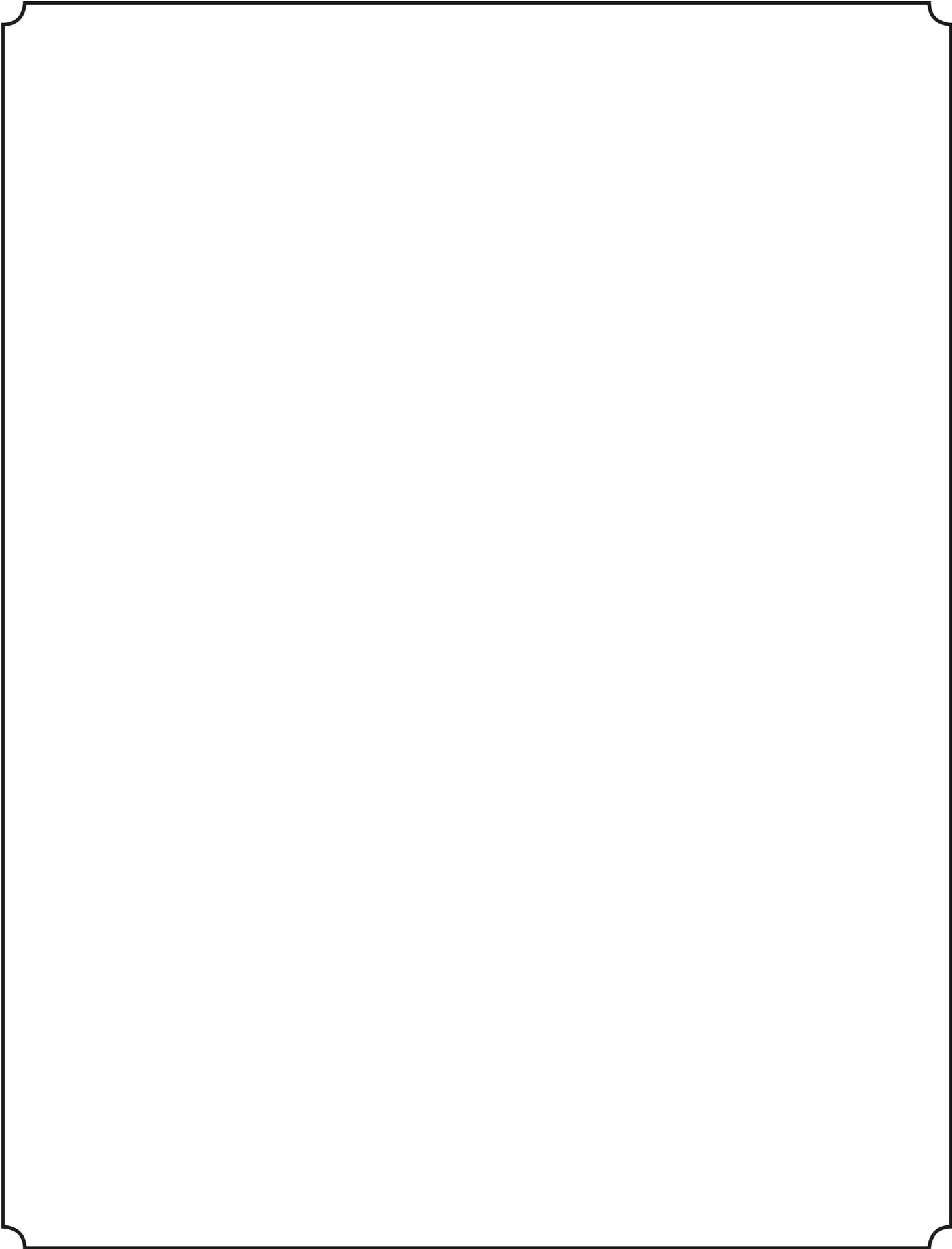


What does your life in Topsham look like?





Design your perfect house



Draw the view from your window.