

# LET'S GET MESSY!

Today's activity aims to tap into our inner child and rediscover the joy of playfulness by getting messy. By letting go of our inhibitions and embracing the freedom of being messy, we can explore new ways of expressing ourselves and rediscover the joy of simple pleasures.

So let's get ready to have some fun and embrace our playful selves!

## DID YOU KNOW?

*According to research, persons who play often are better able to control and regulate themselves in stressful situations by using adaptive coping strategies. They feel they have the inner resources to persevere in the face of adversity. (Magnuson & Barnett, 2013).*



Get a sheet of paper and some paints and start expressing yourself on paper. The trick is that you can't use brushes, pens, or any other tools to do that. You can pour, blow, splash the paint, and use your hands and fingers, even your feet if you feel like it!

Don't worry about staying in the lines, using proper technique, or creating a perfect picture - just focus on joy!

Allow yourself to express whatever you want on paper, without holding back and using all the creative means possible - let your creative juices (or paints!) flow!



This activity is a great way to get in touch with the childlike parts of us and focus on the therapeutic process of creation without emphasizing the end product.

**Let your artwork be a reminder that art is for everyone and you don't need lessons in the art to be able to create it.**

All you need is your unique sense of creativity and curiosity!