



Supporting Our Community
to Cope with Coronavirus



Art Support

Holding On / Letting Go Hands Activity

Reflecting on your thoughts and feelings through creativity is a great way of allowing yourself to hold onto cherished memories and let go of negativity.

Materials

1. Card - White or Coloured (size is your choice; this exercise can be captured on A4 but you can create on a bigger scale if you wish to)
2. Pens - Gel pens, glitter pens, sharpies and fine liner pens
3. Mixed media - Different types of paper,
4. Watercolour paints
5. A jar for water
6. Paintbrushes

Method

1. Draw around your hands, side by side with your palms resting flat on a surface.
2. Start to reflect and doodle your thoughts to capture memories
3. Inside of your right hand doodle, write and draw words and images on reflection of things you would like to let go of.
4. Things you want to capture about your loved one can fill the page your hands are drawn on so if you want to extend doodles and words coming from your hands- let your creativity be free. However you may wish to draw swirls down the middle of the paper if you do this so you can distinctly see what you want to hold on to and what you would like to let go of.