

Coloring Art Therapy

Activity Name: Creative Coloring for Emotional Expression

Category: Art Therapy / Emotional Expression

Goal: To help students express their feelings through coloring and calm down in a creative way.

Therapeutic Value:

This activity helps students relax, focus, and express feelings without needing to talk. It supports emotional regulation and reduces anxiety.

Age Group:

Grades 9 and young people

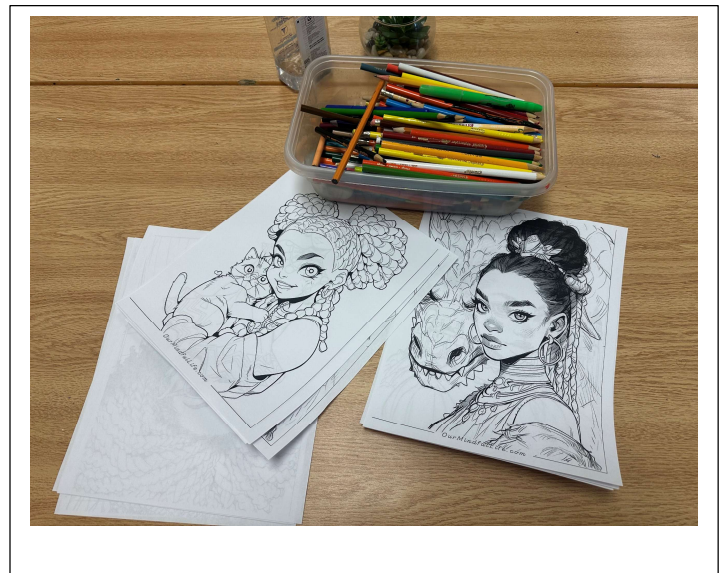
Timing:

- Preparation time: 10 minutes
- Activity time: 20–30 minutes
- Debrief time: 10 minutes

Materials Needed:

- Printed coloring pages (objects, animals, cartoon characters)
- Colored pencils, markers, or crayons

Description of Activity:



Students are given printed pages with different objects or cartoon characters. They choose one page and color it based on how they feel.

They are encouraged to use colors that match their emotions. The environment should be calm and quiet to help students relax.

Students can share their artwork if they feel comfortable, but sharing is optional.

Debrief Questions:

- Why did you choose those colors?
- How did you feel during the activity?
- What does your drawing represent?

Pitfalls and Precautions:

- Avoid judging or correcting artwork.
- Do not force students to explain their drawing.
- Be sensitive to emotional reactions

Adaptations:

- Allow free drawing instead of coloring.
- Provide different difficulty levels of images.
- Use music in the background for relaxation.

