



**Virtual Activity:
TAPS Good Grief Camp at Home**

Activity Created/Presented by Ange Marie Dwyer

Activity Name Week 7 : Tell Your Story - Mixed Media Art Project

Age Group While this activity could be adapted for a variety of ages, the videos and explanations provided will be geared toward kids & teens age 10 and up working independently with the listed materials in a safe creative space.

Description Art journaling is a powerful form of creation. It allows us to express ourselves in a unique way by mixing paint, papers, words, thoughts and intentions. During this project I will guide you thru creating your own personal art journal canvas or page that can tell your story. This is a quick easy self reflection art project that should only take about 15 minutes to complete.

Supplies Needed Canvas or Art Journal, 1-2 Washable crayons, pencils or markers, Piece of Paper, Scissors, Permanent marker/pen, Damp Paper Towel or Baby Wipe

Adaptations

Reference/s