Art Ideas and Activities

Painting (or drawing) Prompts
• Your favorite summer activity
• Self or family portrait
• Paint or draw what you see – inside or outside
• What brings you joy

Grief Related Painting (or drawing) Prompts
• Favorite Memory
• Something that reminds you of the person who died
• Portrait of you and the person who died
• Something that makes you feel better or brings you comfort

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Feelings Map Activity
1. Start by thinking of the feelings you have had (could be for today or this week)
2. Write down those feelings and assign each feeling a different color
3. Using the colors you have chosen, create a painting or drawing that shows what these feelings look like to you – there is no right or wrong way to do this.

Feelings Map Variations
• Create different maps for different days and notice how they change over time and what stays the same
• Focus on one feeling and paint what that feeling looks like to you
• Think back to when your person died and complete a feelings map of how you were feeling at that time. Notice how this is different or the same as the map you created for your current feelings.

Reflecting on Your Map
• What do you notice?
• Did anything surprise you about your map?
• Were there feelings that looked bigger or smaller than expected?
• Are there any changes you would like to see?
• Do you think this map will change over time?
• As a family – share your maps, notice what is the same and what is different.

Watercolor Art Projects
• Watercolor Art Collage: https://www.instagram.com/p/B-iQVM2hO4M/?igshid=16ya3yh58r63k
• Heart Art watercolor project (geared toward younger children but easily modified for any age): https://thediynuts.com/easy-watercolor-art-project-kids-will-love-heart-art/
• 47 Watercolor Projects for kids of all ages: https://www.projectswithkids.com/watercolor-painting-ideas-kids-will-love/

We invite you to send us photos of what you create!

You can send them by email to CampErinPortland@providence.org or by text to Christi at 503-953-6745. We will share some of the projects out in future newsletters.