

# 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](mailto:CampErinPortland@providence.org) or by text to Christi at 503-953-6745.  
We will share some of the projects out in future newsletters.