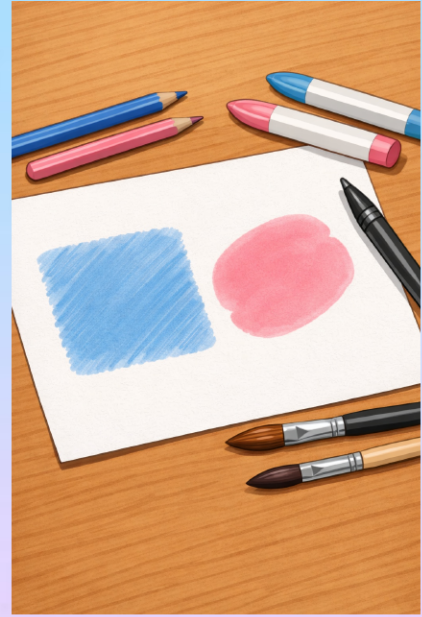


Creative Expression



Free Mark-Making

Make lines, shapes, or marks on paper without planning or trying to create an image. Stop when you feel finished.



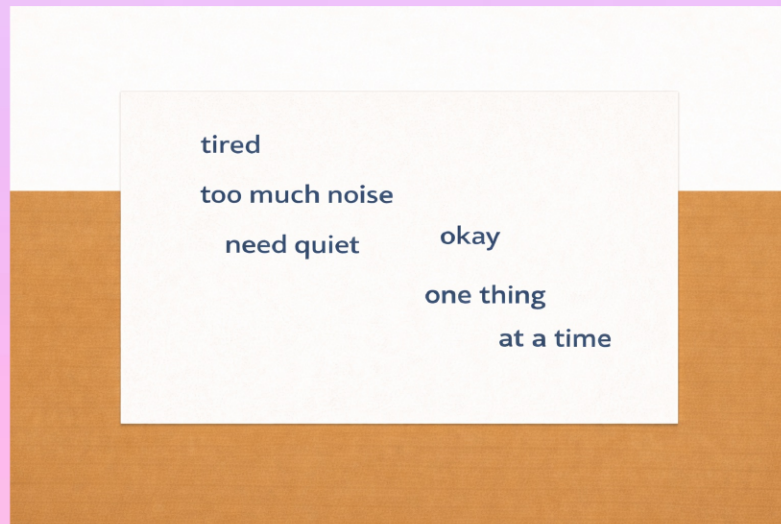
Colour Selection

Choose one or two colours and apply them freely using any medium (pen, pencil, digital tool) without focusing on outcome.



Shape or Pattern Repetition

Repeat a simple shape, symbol, or pattern (circles, lines, grids) at a steady pace until attention settles.



Simple Writing or Listing

Write a few words, phrases, or short sentences related to what is on your mind, without editing or organizing them.