FREE CREATIVE WORKSHEET

Draw *it out*

Sometimes it's easier to draw a feeling than to explain it. You don't need to be an artist. Stick figures, colours, scribbles and shapes all count. These prompts are for you, not for anyone to judge.

My safe place

Draw a place, real or imagined, where you feel calm and safe. Add the colours, sounds and details that make it feel peaceful.

Three words for my safe place

When you feel anxious, close your eyes and picture this place. Breathe slowly and notice the details.

CREATIVE WORKSHEET · DRAW IT OUT

A container for my worries

Draw a container strong enough to hold your worries for now: a box, a jar, a chest, a vault. Then write or draw your worries inside it. You can come back to them later, at a time you choose.

How I feel now, and how I want to feel

Use colour, lines or shapes. No words needed.

Right now

How I want to feel

What is one small step that could move me from the first picture toward the second?

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