



'Therapeutic writing and drawing can become a way of life for children. A regular practice for staying centred in the face of life challenges, and the winds of change.' (Lucia Capacchione)

Creative Journal Exercise:

'PEACE AND QUIET'

1. Find a place where you can be on your own, preferably in nature, where you can relax and make yourself comfortable.
2. Become aware of the rhythm of your breathing for a few moments.
3. Now imagine when you exhale that you are letting go of your stresses and anxieties
4. Gradually become aware of what you sense is going on around you: sounds, sights, textures etc.
 - a. What is the weather like?
 - b. What are the birds, insects or animals doing?
5. When thoughts come up, say to yourself 'that is just a thought, it is not me'.
 - a. Imagine that your mind is a cloudless sky, and that each thought is a cloud passing through.
 - b. Let every thought go without needing to comment to yourself about it.
6. In your journal, with your **non dominant** hand, jot or draw any observations or insights that came to you when you did this.

What did you discover?