



'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 Activity:

'WHEN I WAS YOUR AGE'

1. Look at photos of yourself as a teenager.
 - a. Does one stand out?
 - b. How old are you?
 - c. Are you alone or with others?
 - d. What was going on at this time of your life?
 - e. How do you feel looking at the photos?
2. With your **dominant** hand write your observations.
3. With your **non dominant** hand draw a picture of yourself that a teenager at the same age as your own teenage child is now. Portray yourself in an actual situation that stands out in your memory.
4. With your **non dominant** hand write down your feelings about that time in your life (the situation you portrayed in your drawing). What was happening at that time in your life? How did you feel about it at the time? What decisions did you make? What actions did you take?
5. With your **non dominant** hand let the teenager that you were (in either the photo or the drawing) write a letter to your journal to your adolescent son or daughter today. Remember, this is only for your eyes, so you can say whatever you wish.
6. If you are having a conflict with your teenager, with our **dominant** hand write about any similar situations you faced during your own adolescence. What was the situation you faced? How did you feel about it? What did you do? How do you feel about it now? What did you learn from the experience? Would you have done anything differently?