

Art Activities for Stress Relief

This is a creative workshop series for all ages, no prior art experience required! Learn therapeutic ways in which creating art can help calm your mind and relieve stress through guided art activities. All you need are basic supplies like paper, pencils and markers!

Time/Day

Saturdays 12:00 - 12:40 (40 minute sessions)

May 2nd, May 9th, May 16th, May 23rd

These workshops are for all ages - adults and kids!



Saturday, May 2nd - 12:00

Workshop #1 - Doodle Drawings: Also known as Zentangles, “doodle drawings” use line, shape and pattern to create an interesting work of art! This type of drawing has been proven to calm the mind and create a sense of well-being. Feel yourself relax while creating repetitive images that are pleasing to the eye.

****Materials needed:** Paper, (small square shape), pencil - if possible thin black sharpie, or black pen

Saturday, May 9th - 12:00

Workshop #2 - Nature and Art: Spending time outdoors and breathing in the fresh air has numerous benefits for our health. Add artmaking to this experience by creating a Nature Mandala! Go on a scavenger hunt and see what nature has to offer you!

****Materials needed:** Collection of a variety of natural materials from outside such as leaves, flowers/petals, pinecones, rocks, etc., a flat surface to arrange items. Look for colorful items, different sizes and textures!



Saturday, May 16th - 12:00

Workshop #3 - Draw/paint your feelings: If anger was a color, what would it be? What would a “nervous” line look like? Learn different ways to create a “visual language” of your feelings by using the elements of art. This art activity can give one a sense of control over their emotions and can be a powerful tool for emotional regulation.

****Materials needed:** A variety of drawing/painting materials such as Markers, colored pencils, watercolors, sharpies, etc,



Saturday, May 23rd - 12:00

Workshop #4 - Watercolor exploration. Take out your watercolors (or make your own) and “go with the flow”! Learn soothing ways to work with watercolor paints. Don’t worry about the end result - the PROCESS of painting is what’s important here! Try different techniques and see what fits your current mood!

****Materials needed:** set of watercolor paints, (or learn how to make your own watercolors below) brushes, paper (any type of watercolor paper is great but thicker drawing paper will work as well) cup of water, paper towels/napkins, additional

materials such as salt, saran wrap, q-tips, masking tape, toothpicks.

If you do not have any watercolor sets - find some old/dried-up markers around the house and put them face down in a couple of inches of water - Instant watercolor! The less water and the longer you leave them in the water, the darker the colors!



Bio info:

Andrea Antonelli is a NYS certified Art teacher and has been teaching Art for the Mineola School District for the past 17 years. She has a BFA in Illustration from the School of Visual Arts, an MS in Art Education from CW Post, and an MA in Art Therapy from Hofstra University (August 2020). Ms. Antonelli believes that the process of artistic expression is often more important than the product! Creating art is a great way to connect with ourselves and each other and can be one of the best forms of communication! Her students teach her something new every year - you can always see their amazing work on Twitter @MMSartonelli. You can also reach Ms. Antonelli at: aantonelli322@optonline.net