

List of Activities

Self-esteem (Activities 1-20)

1. Draw yourself with your family
2. Design the trophy to show something you're good at
3. Draw 3 people who care about you
4. What would you do with a magic wand?
5. Draw the best present you've ever had
6. Draw yourself as a baby/a child/a teenager/an adult
7. Imagine you own a shop. What would it sell?
8. Draw the best meal you've ever eaten
9. Draw the things you'd keep in a treasure box
10. What would you take on a magic carpet ride?
11. Design a flag for your family
12. What would you display on your own personal noticeboard?
13. Who would you take with you to a desert island?
14. Draw something you'd love to do
15. Who is your hero?
16. Draw something you don't like
17. Draw the view you'd like to see out of your window every morning
18. Draw a good memory on the tree
19. You've been given £20 to spend in the supermarket. What do you buy?
20. Draw your dream house



Emotions (Activities 21-40)

21. Draw what happens to your body when you feel angry
22. Design an award for someone brave
23. Why does he feel guilty? How can he make it better?
24. What happens next?
25. What's keeping him awake?
26. Draw something that made you feel jealous
27. Draw what happened to make her feel embarrassed
28. Draw their faces and hairstyles to show how they're feeling
29. Draw somebody who has just won a prize
30. Why is she sad? Draw something to cheer her up
31. Draw what helps you to relax
32. What are they hiding from?
33. Your friend just sent you the funniest picture in the world. What is it?
34. What are they protesting about?
35. Draw something scary on the TV
36. Draw something to help him feel less shy
37. What makes you feel annoyed/angry/furious?
38. What helps you to be calm/cool/chilled?
39. Draw the pictures in this art exhibition
40. What is she excited about? Why is she disappointed?

Proof

Empathy & Imagination (Activities 41-60)

41. Draw something to help the baby feel better
42. What would you do if you had a money tree?
43. What is she daydreaming about?
44. Draw 3 wishes for someone you care about
45. What is the old man remembering?
46. What's inside the bully's brain?
47. What is the cat dreaming about?
48. Draw the robot's arms and legs so it can do all the jobs in your house
49. Who deserves a holiday? Draw the passengers on the bus
50. What does he want to tell you?
51. Design a T-shirt for your friend
52. Draw friends for the alien
53. Disaster! What's happened?
54. What was she like when she was young?
55. What would you send to cheer up a friend?
56. What is the dog barking at?
57. Draw this place in a wonderful dream ... and in a terrible nightmare
58. What does the monkey do next?
59. What is the earth thinking?
60. What does the future look like?