

Managing Stress for Teachers



Spontaneous Drawing

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The **purpose** of this intervention is to **provide you, the teacher, the opportunity to express yourself in a creative, non-judgmental way** to assist with **managing daily stressors**.

Gather paper and your preferred medium: crayons, oil pastel, chalk pastel, or markers.

Allow yourself to spontaneously draw an image or scribble for no more than 30 seconds.

Do not focus on a specific image you want to create. The purpose of this exercise is for it to be an outlet for any emotions you may feel. Try to fill as much of the page as you can.

Once time has ended, turn the paper clockwise or counterclockwise and observe if an image or shape sticks out to you.

Use different colors to highlight the image or shape and add details to further develop the image.

Once completed with additions, describe the feelings you experienced leading up to your drawing.

Are there parts of your creation that may resemble those feelings?

Write the feelings you experienced and a few bullet points describing your experience.

Include feelings leading up to drawing, feelings as you drew, and feelings during the reflection process. Write a minimum of 3 bullet points or sentences.

Helpful Hints:

You may feel awkward and self-conscious the first few times you complete this exercise; however, it's meant to be a kinetic form of expression that discourages overthinking and encourages creativity as an outlet in the least amount of time as possible.

It may be beneficial to keep a journal, sketchbook, notebook, or paper near your desk to utilize this activity as a daily reflection to decompress before leaving work for the day.

For more information and resources for this academic year, contact us:

SaintLouisCounseling.org/Teachers | 314.544.3800