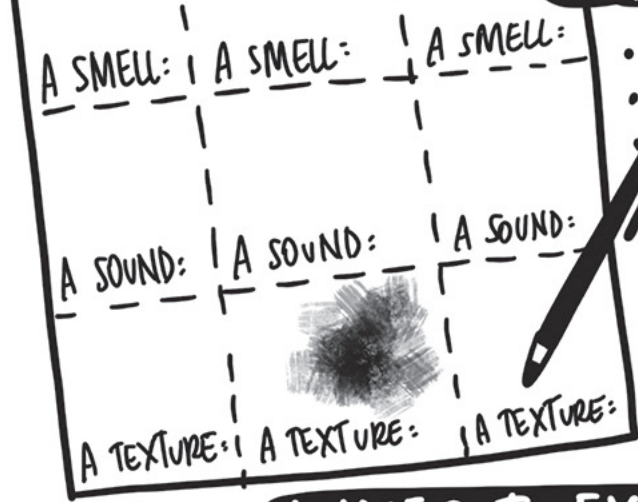


3 EASY WARM UP ACTIVITIES CHOOSE ONE:

DRAWING WITH NO WORDS 1



- choose a specific sound, smell + texture
- draw 9 boxes on a piece of paper
- convey it in 3 WAYS- with no words (Mandaville + Avila, 2009)

2

Lines to Express Emotions



What LINES look HAPPY? ANGRY? UNCERTAIN? draw lines that express EMOTIONS FOR YOU.



Scott McCloud, 1993

CLOSED-EYE CONTOUR DRAWING 3



- ask someone to place a small object in a bag.
- close your eyes, put your hand on the page + use your non-dominant hand to trace the object with a finger.
- at the same time, draw the object with your drawing hand. (both hands move at the same time.)

What do you notice between DISCOVERY + MARK-MAKING? WHAT DO YOUR HANDS FEEL?

GET TACTILE... AN ALTERNATIVE TO DRAWING!
COLLAGE IS ABOUT A LESS PERFECT SIDE...

3 COLLAGE ACTIVITIES



CHOOSE ONE:

FACES

Rip up 8-10 pieces of fun, colourful paper and glue them down. Draw eyes and a mouth on each, with a Sharpie. What might they say to each other about this text?

VISION COLLAGE

MY VISION

CUT UP found images

CREATE A VISION BOARD ABOUT SOMETHING YOU FIND MOTIVATING!

or

POWERPOINT

MY VISION

upload photos or screenshots

PAPER MASK

① TAKE A PAPER CIRCLE (or ask for a paper take-out plate). ② cut up pieces from flyers, mail, newspapers, magazines and glue them down, to make A MASK OF ANY KIND. ③ Add details with a pen. What does it mean to wear a mask? What do you want to show/not show your mask?

CHOOSE ONE:

GROUNDING ACTIVITIES

FROM THE WEBSITE 100 ART THERAPY EXERCISES



1 Draw in sand or arrange leaves + rocks **OUTSIDE**

this can be relaxing and a chance to touch nature

leave no trace afterwards:

2 CREATE A DRAWING THAT MEANS **FREEDOM** TO YOU

3 PAPER BAG SELF PORTRAIT

Draw a SELF PORTRAIT ON THE OUTSIDE OF A PAPER BAG. ON THE INSIDE OF THE BAG, Fill it with things (or words) that you LOVE ABOUT YOU.

Writing on paper is ok!

4 ANCHOR ART

♡ DRAW A PLACE YOU FEEL SAFE.

OR, make ANCHOR ART:

Who are the anchors in your life? draw an anchor + decorate it with people, names + things that give you

STABILITY + STRENGTH.

BLACKOUT POETRY

*made popular by Austin Kleon, author of "steal like an artist"

1



MATERIALS:

- Free newspaper, brochure, junk mail or a page of text
- Large size Sharpie

(you can also do this DIGITALLY by editing a PHOTO)



2



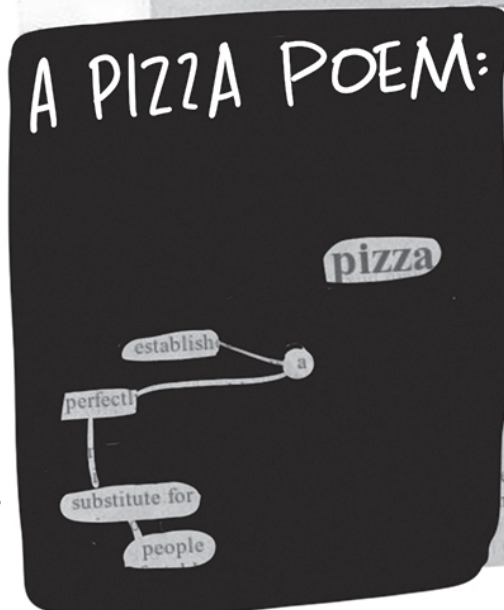
Follow your heart + instinct. CIRCLE WORDS that speak to you. Try to not overthink, and it's poetry: no need for perfect sentences!

3

Colour in everything else in a SOLID COLOUR.



BLACKOUT POETRY is...
... making art from the MUNDANE
... making VISIBLE what wasn't visible...



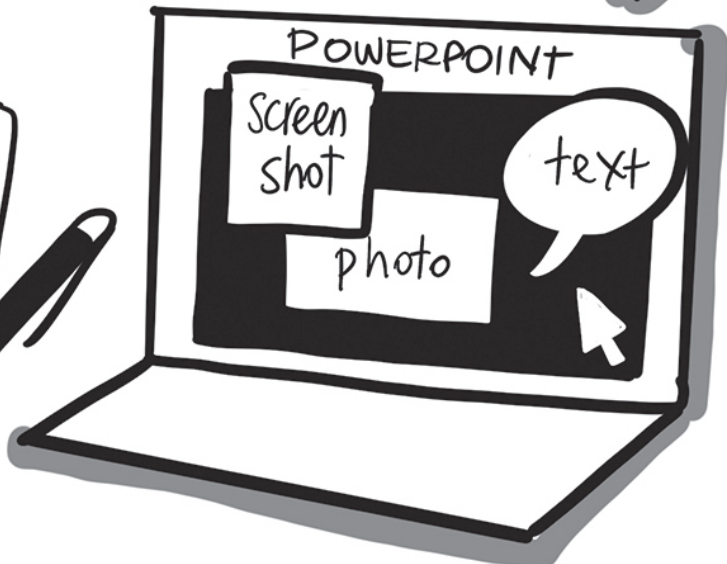
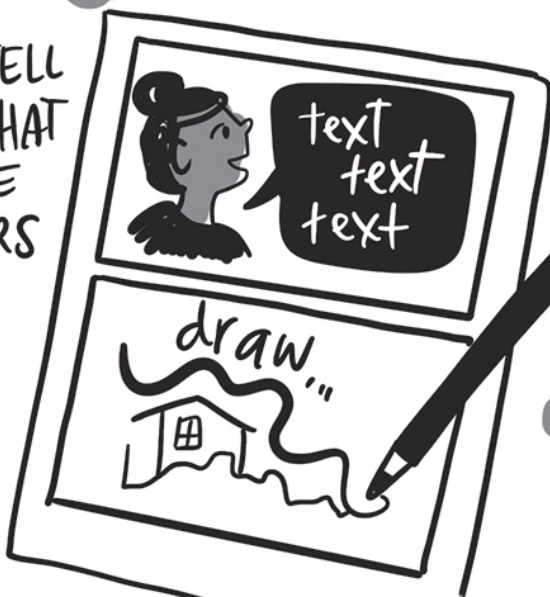
EXTEND a COMIC



WHAT'S SOMETHING YOU WISH A CHARACTER COULD HAVE SAID, ASKED OR DONE IN THIS COMIC?

CHOOSE 1 PAGE and
•E•X•T•E•N•D•
THE COMIC BY 1 OR 2 PANELS

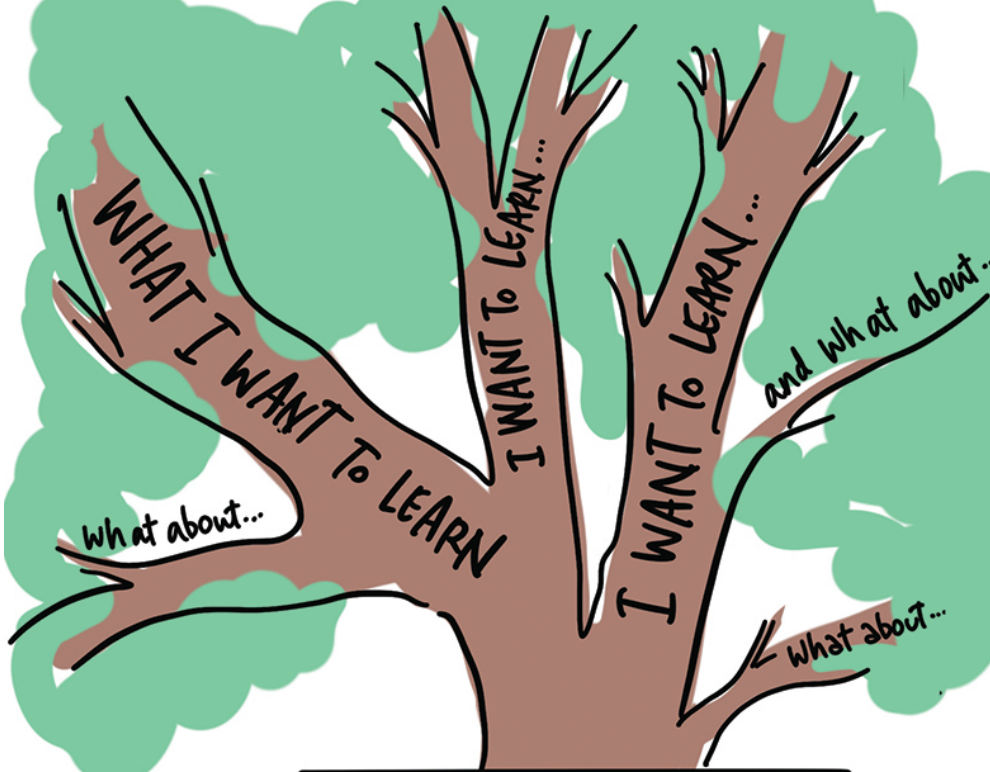
*TELL US WHAT PAGE YOURS IS



DRAW ON 1 PAGE OR USE POWERPOINT

AN "I-SEARCH ESSAY" INSTRUCTIONS

concept by Ken Macrone



REVIEW THE BRANCHES: CAN ANY OF THEM BECOME A THESIS STATEMENT OR A QUESTION?

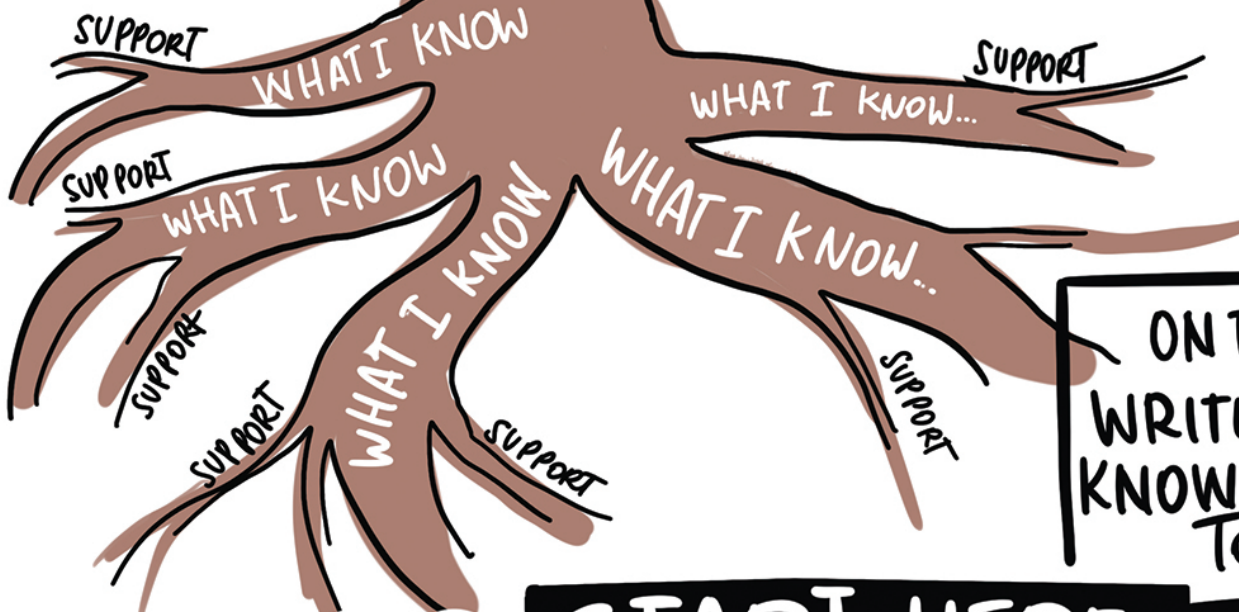
3.

ON THE BRANCHES, WRITE WHAT YOU HOPE TO LEARN. USE SMALLER BRANCHES for new, connected ideas and thoughts

2.

ON THE ROOTS, WRITE WHAT YOU KNOW ABOUT THE TOPIC

AN "I-SEARCH ESSAY"
TOPIC: _____



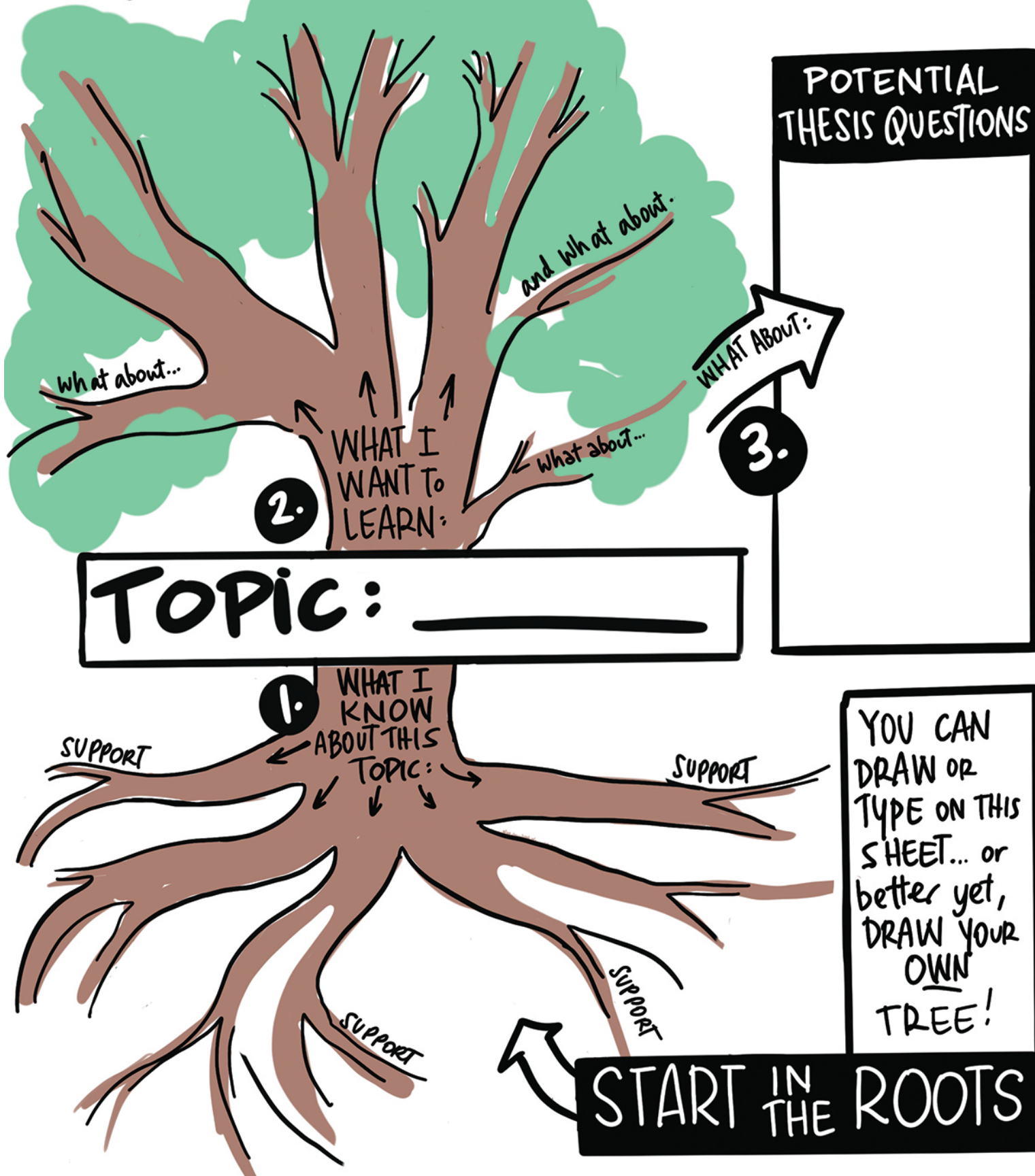
START HERE: → 1.

This resource by Sam Bradd was created in 2023 for the course Graphic Medicine, at York University, taught by Dr. Emilia Nielsen.

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AN "I-SEARCH ESSAY" WORKSHEET

concept by Ken Macrorie



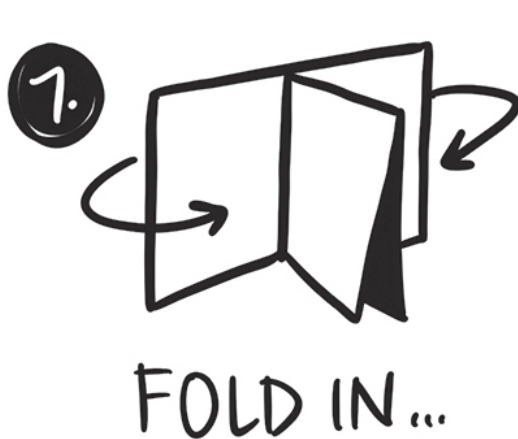
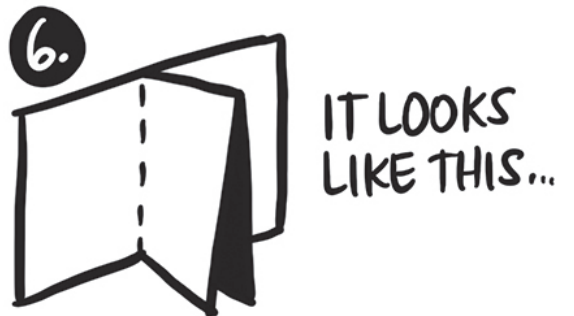
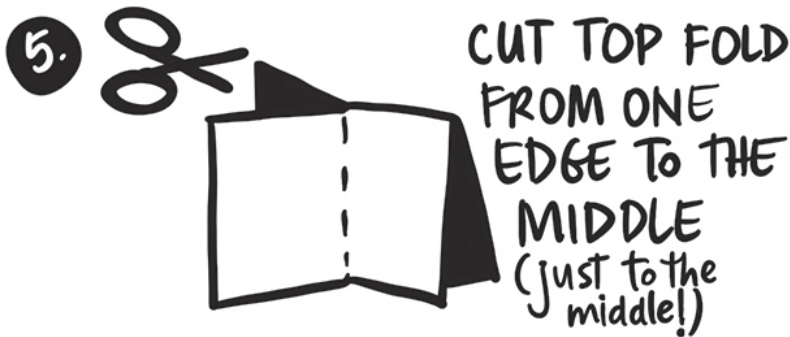
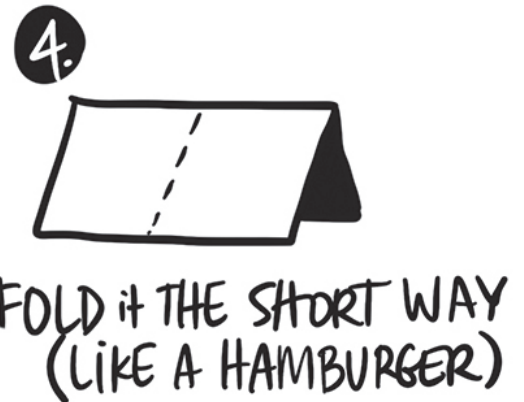
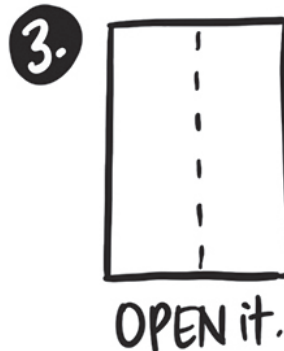
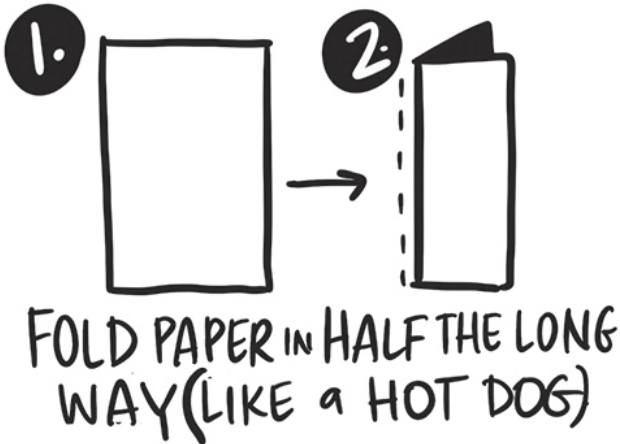
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MAKE a ONE PAGE ZINE

SUPPLIES:

1 piece
OF PAPER



TA DA!

sketching + notetaking

SKETCHNOTES

TRY DRAWING YOUR NOTES!

CREATE collaborate & ANNOTATE

draw out your notes with TEXT and images...

Use a notebook or a tablet

it's not about PERFECTION!

THE BUILDING BLOCKS

BASIC SHAPES

QUICK, SIMPLE ICONS
eg: CARING

1 BIG TITLE
3+ SUBTILES
as needed: text text text
Keep it SIMPLE.

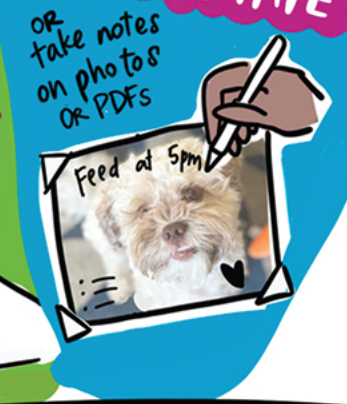
containers
organize the info that belongs together

Faces + People

LINES

show what connects. is it this... or this?

draw a STAR... add a CIRCLE... ...detail!



ideas are ORGANIZED

When my HANDS are busy I FOCUS BETTER

I TYPE FAST... but I don't remember it all... except when I draw

I SEE what YOU mean in group work

easy to SHARE it

WHY Sketchnote?

Fun + Creative

make new connections



MY TOPIC: _____

Sketchnote Template
WITH
Drawing change

WRITE
and DRAW
HERE

O OBJECTIVE
WHAT...
OO

WHAT ARE THE FACTS?

DRAW
WRITE

R REFLECTIVE

GUT...

HOW DO YOU FEEL?

Three empty rectangular boxes for notes.

I INTERPRETIVE

SO WHAT...



WHAT'S IT MEAN? WHAT CAN WE LEARN?

Large empty rectangular box for notes.

D DECISION

NOW WHAT?

WHAT ACTION OR NEXT STEP?

Flowchart with two circles and arrows.

Large empty rounded rectangular box for notes.

O.R.I.D QUESTIONS FOR ANY TOPIC or DISCUSSION



ORID TECHNIQUE VIA CHRISTINE HODGKIN, 2003
PRACTICE FACILITATION: A TOOLKIT OF TECHNIQUES