



## **60 Activities:**

A pocketbook to facilitate engaging Visual Art experiences

### **1. Open Heart Surgery**

#### A. 20mins

1. Sensing Lines
2. Gratitude Rock
3. Coloring-in Your Heart
4. My Garden

#### B. 60mins

5. Scribbling Oracles
6. My Inner Chimera
7. Anatomical Collage
8. Re-enamored with Nature

#### C. Half-Day+

9. A Map of Self (SAMPLE)
10. The Path from Retrospective to Manifesting
11. Sensing and Prototyping
12. Quantum Inner Child Playdoll

### **2. Visual Art for Couples**

#### A. 20mins

13. Fold-Over Dreamworlds
14. Doodle Dialogue
15. Dab, Splash, and Splatter

#### 16. Draw Feel Draw

#### B. 60mins

17. One-line portrait
18. Visual Listening
19. Synesthetic Exchange
20. Puzzle Swap (SAMPLE)

#### C. Half-Day+

21. Soul-real Portraiture
22. Embracing Shadows
23. Nature Signs
24. Coparenting Inner Childs

### **3. Visual Art for Groups**

#### A. 20mins

25. Improv Pass-on Drawings
26. Fold-Over Superheroes
27. Our Happy Place (SAMPLE)
28. Ecstatic Release

#### B. 60mins

29. Feeling Feelings
30. Color-by-numbers Handprints
31. Masking Cubism
32. Mystic Chain Drawings

C. Half-Day+

- 33. We are a landscape
- 34. Where We've Been, Where We Are,  
Where We're Headed
- 35. Cross-Cosmic Diagrams
- 36. What is The Question?

56. The grid Method+

- 57. The Space Between
- 58. Tools outside the box
- 59. Texture
- 60. \$0.00 Visual Arts

**4. Visual Art for Events**

A. Drop-In Booths

- 37. Unity Flags (SAMPLE)
- 38. Pareidolia Mosaic
- 39. Mobile Collages
- 40. Message in a bottle

B. Walking-in event Activities

- 41. Gifts and Needs
- 42. Coat Check
- 43. I Am Ties
- 44. Clip and Mingle\_

C. Closing event Activities

- 45. Rock My World
- 46. Leaf Behind and Seed Forward
- 47. Mystery Date
- 48. Stick Together

**5. Practice Visual Arts to gain skills**

- 49. Drawing Tips I: Deconstructing with  
Shapes
- 50. Drawing Tips II: Stick Figures & Beans
- 51. Drawing Tips III: Light and Shadow
- 52. Composition Harmony
- 53. Color Mixing and Schemes
- 54. Metta-phors
- 55. Inhale/Exhale drawing drills