

Coloring and reflective drawing

A Small Drawing for Today

Adults and teens 13+ | 10 to 15 minutes

You can use color, shapes, patterns, or simple marks to reflect on how today feels. No drawing ability is needed, and your image has no fixed psychological meaning. Use the response spaces or a blank sheet, and choose what you want to share afterward.

Choose a recent, manageable example. Write, draw, or discuss your answers. Skip anything that does not fit; this page is not a diagnostic assessment.

Choose a comfortable starting point

Try a few repeating lines, a shape for a need, or colors that appeal to you. Use pencil, digital marks, words, or tactile materials according to access and preference. You may stop without finishing.

Let your own meaning lead

If you want, describe what you notice or what the image means to you. "It is just a pattern" is a complete answer. You do not need to explain personal history or make the drawing represent a particular feeling.

1. What mark, color, word, or shape would you like to begin with?**2. What could represent a need or boundary you want to acknowledge today?****3. What meaning, if any, do you choose to give the drawing?****4. Would you like to keep it private, share part of it, or leave it without discussion?****Clinical use and adaptation**

Use as optional reflection, not projective testing or certified art therapy. Provide alternatives for visual, motor, sensory, and literacy needs. Do not interpret colors or symbols diagnostically, demand disclosure, or assume the activity is calming.