



Mood-Based Creative Activities



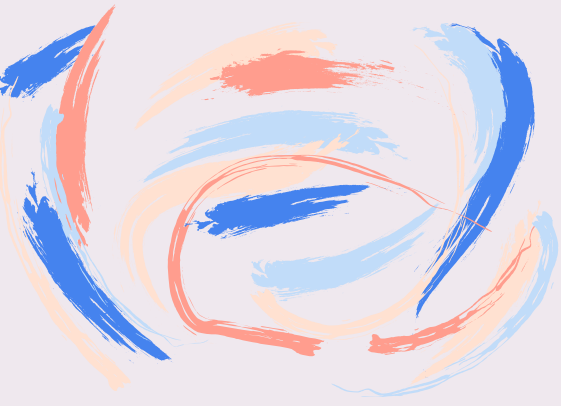
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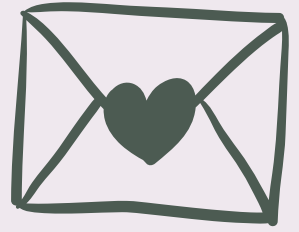
If you're feeling **anxious:**



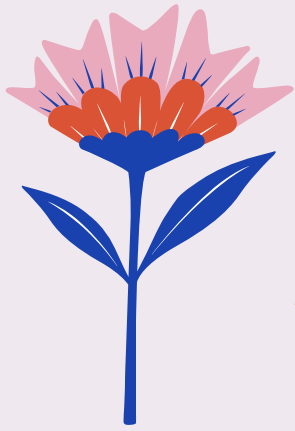
- Listen to a song and draw a picture that comes to mind when listening to it.
- Create a mind map. Write down a thought or feeling, circle it then write other thoughts stemming from it and so on until you fill the entire page.
- Make art out of your anxious thoughts. Write them down on a blank sheet of paper and draw a shape around each one. With colored pencils, color over each thought until you can no longer see them, and instead turn it into a beautiful picture.
- Reorganize your room. Make your bed. Get rid of clutter. Organize your clothes by color, style, or season. Move furniture if you want to get crazy and start fresh.
- Create a brainstorm of stress-reducing activities. Get weird, get personal. Add 3 new things to this list daily and keep it to come back to.



If you're feeling **bored:**



- Create a color collage or mood board. Think carefully about what color you're gravitating towards and why, then craft around this theme.**
- Choreograph a dance. No, really. Pick your favorite song to dance to and make up your own routine. Bonus points if you put it on Tiktok.**
- Write a letter you don't intend to send. It can be to an ex, a crush, a friend you've fallen out of touch with, whoever. After you're done, throw it away or cut it up and let go of whatever you might still be holding onto.**
- Create your own signs. What are you passionate about? What angers you? What do you want to inspire people with? Hang the sign in your room or on your window.**
- Draw a portrait of yourself as a character in your favorite TV, movie, or book universe.**



If you're feeling down in the dumps:



- List 15 things that make you happy. Tiny dogs? Staying in on a Saturday night? Staying in on a Saturday night with your tiny dogs? You get the idea.
- Create a recipe of what makes you "you." with a list of ingredients and directions that mimic your features.
- Play dress up. Go to your closet and create three different outfits—the more extra the better, and take photos to look back on.
- Write a breakup letter to a bad habit or an insecurity of yours.
- Draw four squares on a piece of paper, and write "Permission Slip" across the top. Now fill them out and save them for later when you need to cut yourself a break.