

SCANXIETY

Taming the BEAST thru art

A little workshop prep that brings in a dose of humor to an otherwise intense topic

Hi everyone! I am looking forward to connecting with you, and for you to have the chance to connect with each other, at the upcoming SCANxiety workshop.

I know that art making can be intimidating for many, so I thought that this would be a nice little warm up. I encourage you to do it AND it is totally up to you as to whether or not you wish to share it during the workshop.

The most important thing to keep in mind, is that we are using creativity to express something that is going on inside- it is not meant to be a fine art project that goes on display- although I have had many clients put their work somewhere that they could see it as a reminder and for inspiration.

So here is the assignment: Draw your SCANxiety Beast

- Raid a child's art supply box- choosing things that you know how to use, such as crayons, oil pastels, colored pencils or markers (creative types with your own art supplies- choose something that you love).
- Using the monster templates below or create your own- what does your SCANxiety beast look like? Follow your instincts about what colors you wish to choose- often the colors have specific meaning for you and it can be surprising to see what your creative 'gut' wants to do
- If you want to take it to the next level- what kind of things does this monster say to you? Feel free to write them down next to it...
- If your monster is speaking to you, what do you want to say back?

Your monsters await on page 2!

