



Art Project

The Goal: The idea behind this exercise is to spark creativity in the students. Creativity is essential because it helps people not feel trapped in their lives. The other purpose to this exercise is to give the students an opportunity to express themselves freely. There are no restrictions, and the students will have no fears of being judged or graded.

Materials:

Room, tables and chairs, [Indigo Reports](#), whatever art materials are accessible.

Step 1: Provide the students with any art materials on hand. Some examples are poster board and markers, canvases and paint, modeling clay, magazines and scissors (*for those who don't like to draw*) or simply a pen and paper. Have the students create a piece of art that represents themselves. The students are free to be as creative as they want. There are only two rules: the art has to be all about themselves and it has to be positive. (See an **Example** on the right).



TIP: [Motivators](#) from the [Indigo Report](#) are a good place to start to inspire students to think of images that represent what drives them.

RAMP (ASCA) Mindset & Behaviors addressed and developed:

Career: *Creativity; Communication.*

Social/Emotional: *Whole Self; Sense of Belonging; Positive Attitude; Self-Direction; Open Perspective; Extracurricular Activity; Coping Skills; Empathy; Self Advocacy; Positive Relationships.*