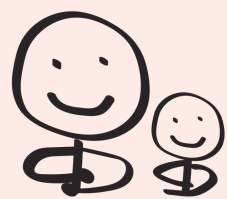




EMOTION COLLAGE

Who can do it?



Anyone who recognizes emotions can do it. So, that's everybody.

When can you do it?



When feeling anxious or stressed.

How to do it?



- There are no hard and fast rules.
- Cut out various shapes from papers you have at home.
- If you feel like cutting out an image from a magazine/ newspaper/ any other source, please do so. You do not have to tear everything out.
- Paste the cut-outs on an art sheet or chart paper or your notebook and make your collage.

How will it help and expected outcomes?



- It helps you to get in touch with your creative side.
- Creativity activates the mind, and thus energizes us.
- It helps you emotionally relax.

Resources required?

- Sheet/ chart/ notebook,
- Glue
- Scissors
- Old newspapers/ magazines

