

A CREATIVE ARTS WORKSHOP FOR SELF DISCOVERY

# Create & Connect

FLOW CREATIVE

a creative way of living

PRE-APPROVED





# Welcome to Create & Connect Week 01

**Facilitator:** Paula Kavanagh Dunne

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# About me

Hi, I'm Paula your creative guide

For the past 12 years I've worked in the corporate world as a product designer. I graduated with a degree in visual communication from the Limerick school of Art and design, so my roots have always been in the creative arts.

I've found it difficult in the past to pursue art as I've always put a lot of pressure on myself around the final product, worried if it would be "good enough". After completing courses and training in 'creativity for wellness' and training as a shamanic breathwork practitioner, I have a new found love and appreciation for the creative process and look forward to sharing this experience with you all.





# How does it work?

This is a creative space where we explore:

- Self-expression
- Creativity
- Self awareness
- Connection to emotion, the world, ourselves
- Gentle Breathwork and meditation

No art experience is needed. This workshop focuses on the **process, not perfection.**

# We focus on

- Curiosity
- Exploration
- Creativity
- Kindness
- Respect

*Remember...*

There is no right or  
wrong way to create.  
Every person's  
**creativity is unique.**

# Introductions

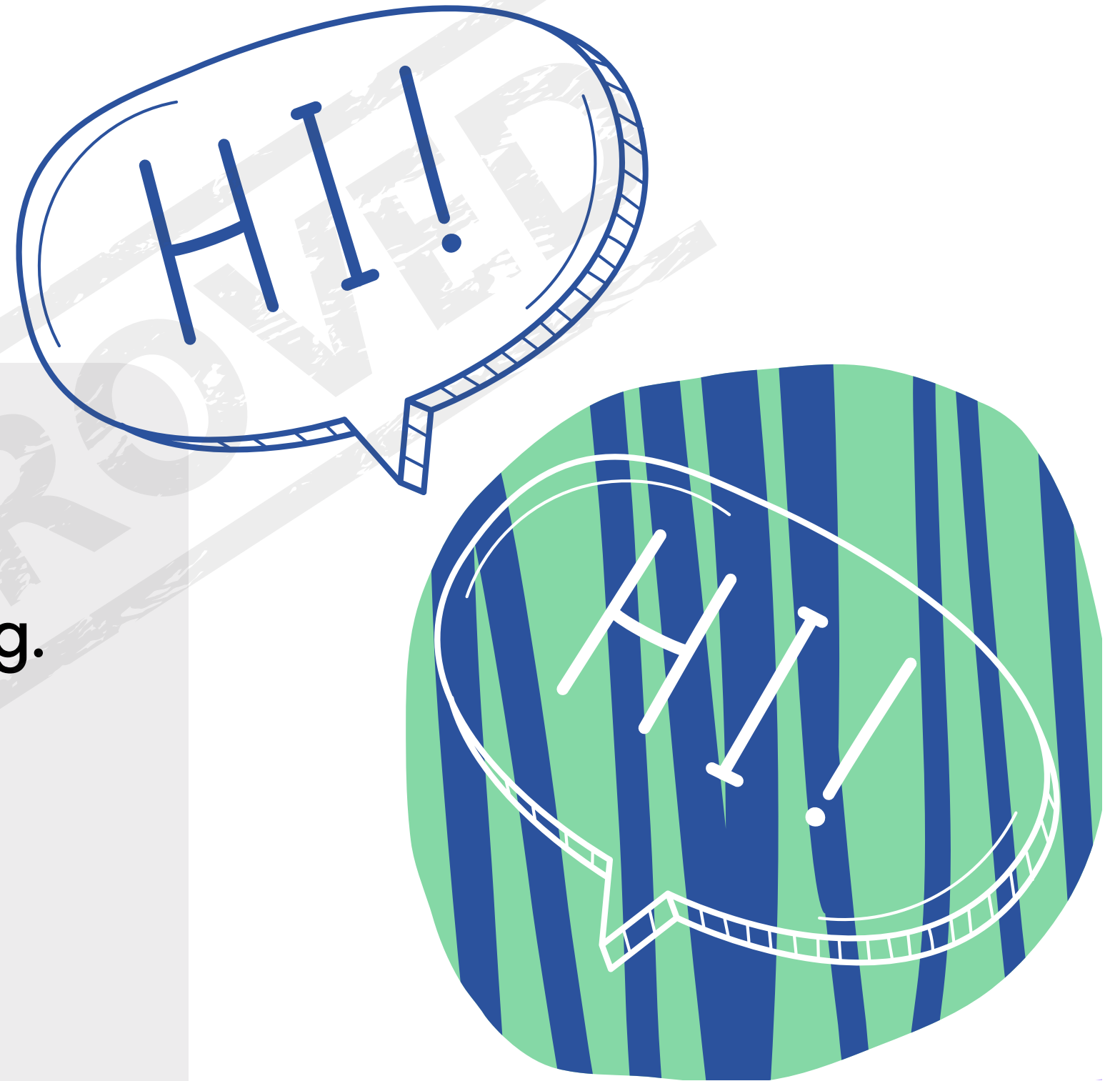
Let's get to know each other. Please share

1. Your name
2. One word to describe how you are feeling.

You can either

- speak as we go around or
- type in the chat

whichever feels more comfortable.





# Our creative journey

Over the next **six weeks** through expressive and abstract art practices we will explore themes around:

Week 1 – Self Awareness

Week 2 – Who I Am (identity)

Week 3 – Feelings & emotion

Week 4 – Support & Strength

Week 5 – Growth & Dreams

Week 6 – My Creative Journey

Each week we will create something new.

Today's Theme:

# Self Awareness

Today we explore:

Noticing thoughts

Noticing emotions

Being present

We will use colour, marks and texture to express ourselves creatively



# Materials for today

Please have ready:

- Paper (6-10 sheets)
- Markers / pens / crayons / colour pencils etc
- Scissors
- Glue (pritt stick or similar)

**Choose any colours or materials you enjoy using.**



Let's start with a breath!

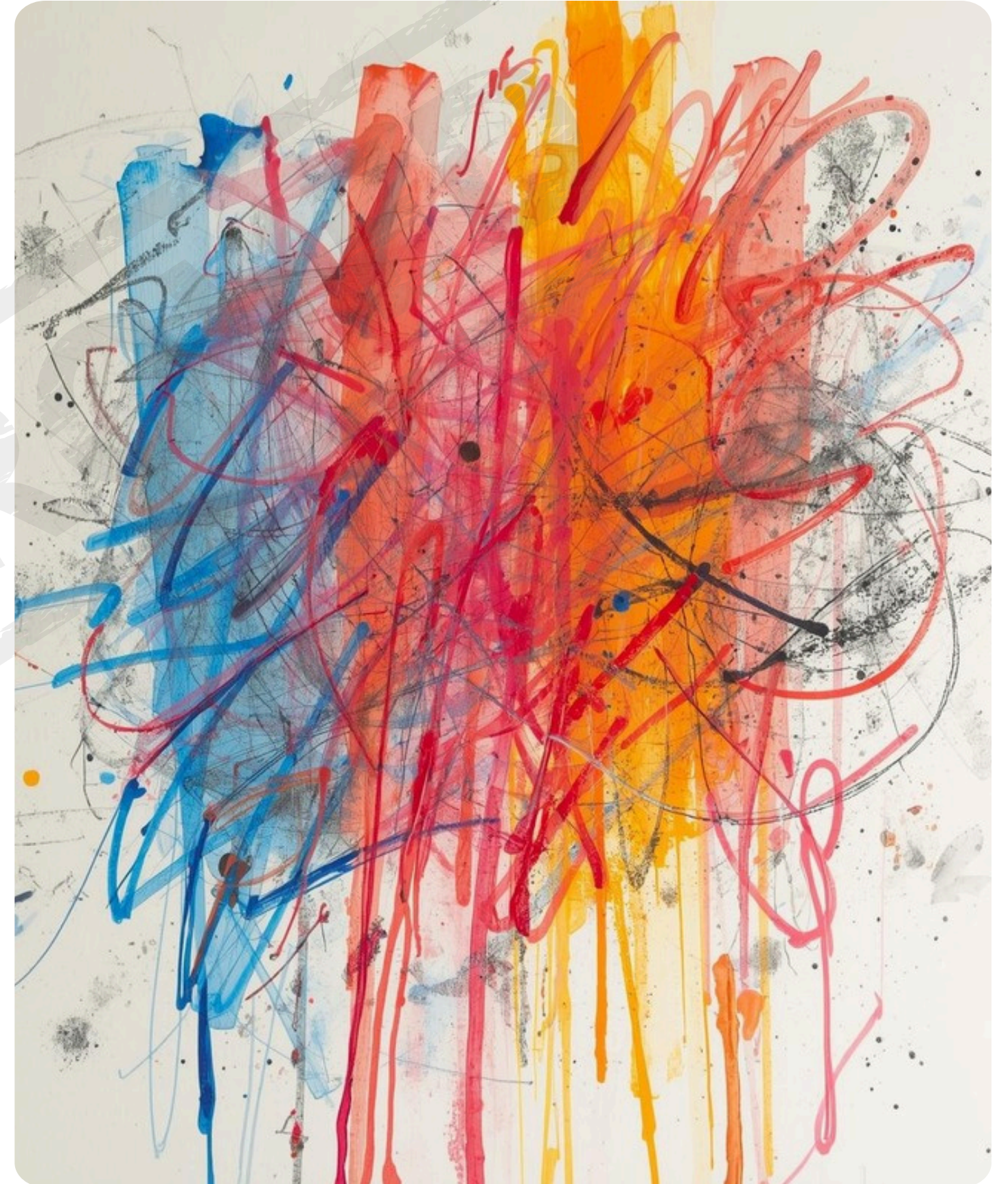
Slow breathing helps us to  
**relax** and get ready  
to **create**.

Warm up exercise

# Emotion mark making

1. The name of one emotion will appear on screen
2. Choose a colour and a material. E.g red marker
3. Take 30 seconds to express the emotion using:
  - Lines
  - Scribbles
  - Shapes
  - Texture
  - Patterns

No pictures — just marks



**Peaceful**

**Angry**

**Worried**

**Excited**

Main exercise

# personal landscape

We will be creating an abstract landscape from abstract mark making based on our self expression of our current thoughts and emotions

- becoming more aware of our thoughts and emotions
- paying attention to how we express ourselves creatively
- creating our landscapes through layering as a representation of our own many layers of our personality





**Use mark making, patterns or shapes**

There is no right or wrong way for how you wish to express your thoughts and emotions

Personal landscape

# 1. My emotions

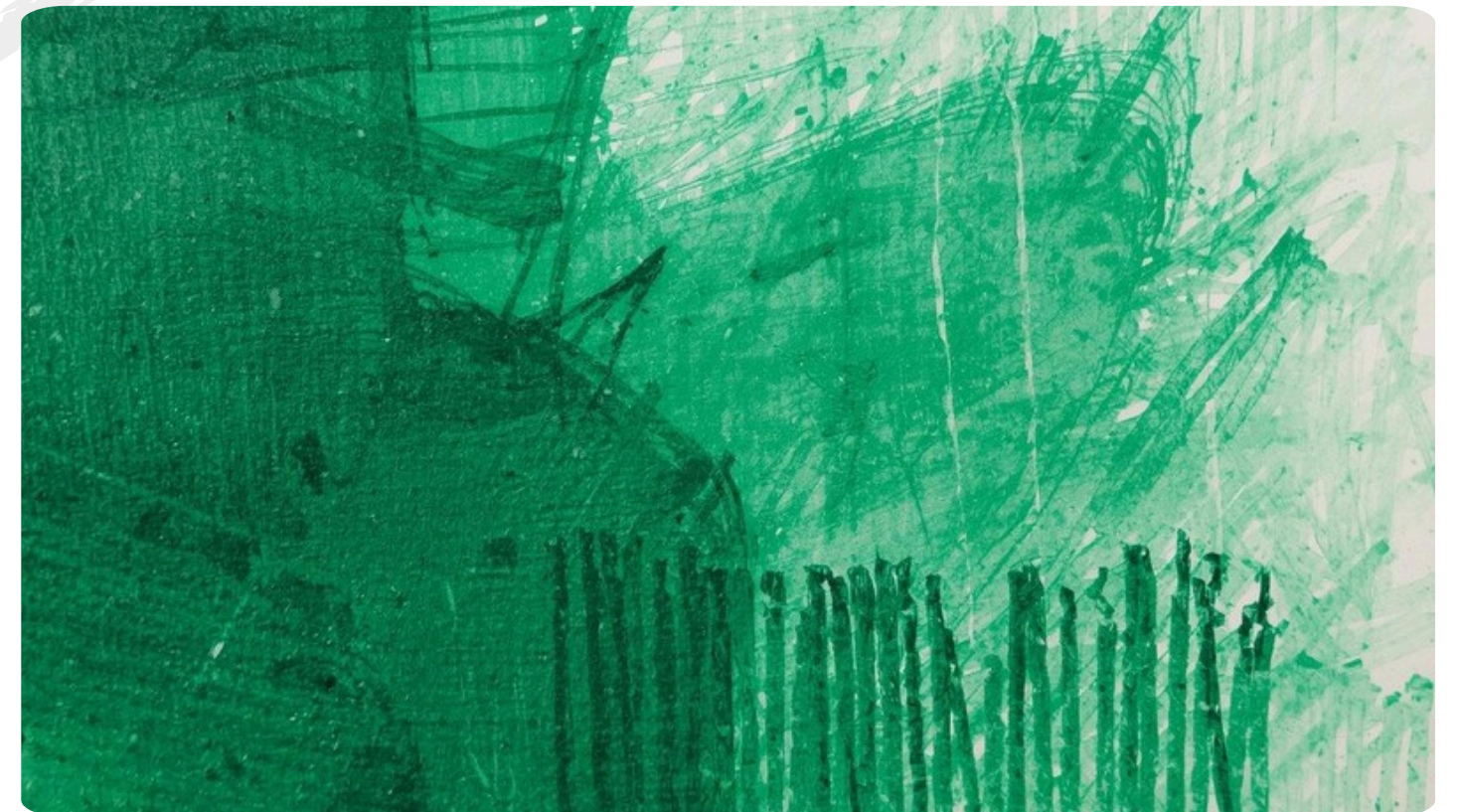
Choose one emotion that feels strongest today, example...

- Happiness
- Loneliness
- Anxious
- Irritated
- Excited...

Then:

1. Pick one art material to represent this emotion
2. Fill the page using marks, shapes, patterns, or texture.
3. Once finished put the page to the side

No pictures — just marks



Personal landscape

## 2. My thoughts

1. Now think about your thoughts today. Are they busy? Quiet? Heavy? Light?"
2. Pick a new colour + material.
3. Create another abstract page based on your thoughts
4. Once finished put the page to the side

### Examples:

- Busy
- Calm
- Worried
- Focused
- Daydreaming

No pictures — just marks



Personal landscape

# 3. How I show up

This is your outer self and how you show yourself to the world today.

For example you might show up...

- Happy
- Strong
- Quiet
- Shy
- Confident
- Angry

No pictures — just marks



Personal landscape

## 4. Build your landscape

1. Choose which page you want to use for your background
2. Cut or tear the other pages to create the fields, mountains or seascape
3. Cut a circle in one of your pages to make a moon or sun
4. Start to arrange them in place on the page, don't glue them yet
5. Once you are happy with your composition start gluing down the layers one on top of the other
6. If you like add more details to your landscape by drawing simple outlines or details on top with marker



# Would anyone like to share?



What part did you enjoy most?

What colours did you choose?

What was your favourite layer?

Did you find any part difficult?



Thank you!

(See you next week)

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