

Take a Break and Create

by Katrina Morse ©2019

Word of the Page Projects

- # 1 **Comfort** Create the patterns of your own cozy quilt.
- # 2 **Adventure** Where have your feet taken you?
- # 3 **Radiance** Draw a face on this self portrait of you as the sun.
- # 4 **Freedom** Learn how to draw a simple bird with wings spread in the sky.
- # 5 **Peace** Relax and color the swirling design.
- # 6 **Hope** Light a candle to shine the light of hope.
- # 7 **Growth** Do rubbings of leaves and make a garden.
- # 8 **Wisdom** Follow the path of a labyrinth.
- # 9 **Patience** Fill this page with your own repeating pattern and color it in.
- # 10 **Loyalty** Create the link that connects you to a person or a belief.
- # 11 **Forgiveness** Release the seeds of your resentment.
- # 12 **Balance** Draw on both sides of the page to create balance.
- # 13 **Cleansing** Take a trip to the ocean and be washed by the waves.
- # 14 **Love** Express your emotions to someone you love (maybe to yourself!)
- # 15 **Grounding** Plant yourself by drawing the roots of a tree.
- # 16 **Grief** Fill a fish bowl with images, words, and watery color.
- # 17 **Anger** Let your feelings out on this page.
- # 18 **Abundance** Fill a basket with the many things that you value.
- # 19 **Trust** Draw without looking at your paper until you're done!
- # 20 **Wholeness** Create a personal mandala with simple lines and shapes.