

I DARE YOU TO DRAW OUT DARKNESS!

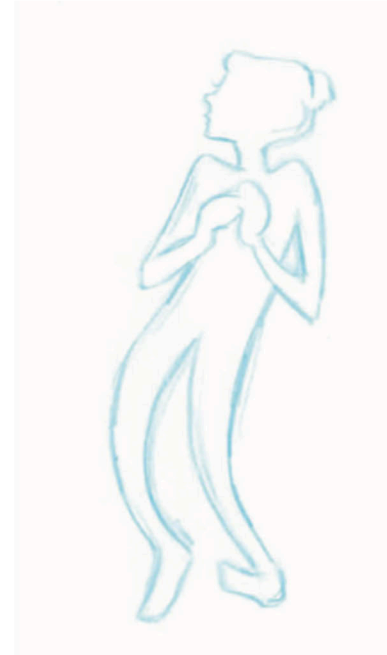
Draw a silhouette self-portrait that illustrates a recent experience with a negative emotion. Where in your body did you feel it? What triggered it?

1



Think about a recent negative emotional experience. Reflect on it. Act it out in your head. Channel it. What emotion is it? Label it.

2



Sketch out the body language to capture this emotion, working in loose sweeping lines. You can twist, bend, or stretch your silhouette.

3



You can do just the silhouette or add more designs on top of/interacting with your silhouette to further illustrate your feeling.

4



Shade in your silhouette with black ink, and shade other designs with color. When you're done with your drawing, let the emotion go.