



CREATE ACTIVITY

*Ready to give yourself a gift? It's often free and yet, invaluable for your life experience and mental well-being.
We are often trained to believe that we need structure to experience success.
Sometimes, we thrive when we intentionally have [unstructured time](#).*

Setting aside say an hour a week for creative time for yourself to explore without concern for being critiqued or interrupted allows you to unwind. There is a good chance you will be surprised at what happens. If this helps you, please feel free to share this idea with friends, family, coworkers, etc. and if you enjoy this, consider setting a calendar reminder for yourself to allow time to recharge each week.

Collage is a wonderful medium, you can start simple and get as complex as you'd like. The word collage means to glue or paste and it can be done with a minimum of materials.

Supplies you'll need:

1. glue or ideally YES paste is an artist favorite
2. bits of paper (magazines, wrapping paper, cards/postcards, tickets, maps, photos, newspapers, construction paper, calendars, sheet music, wallpaper, patterns, posters, comics, catalogs, etc

First time: Just play with some papers that are cut up or ripped and begin to arrange these bits of paper on a page (8 1/2" x 11"). Keep moving the papers around until you find an arrangement that pleases your eye much like arranging furniture in your home or putting together an outfit to wear.

Take a photo of your design then using the photo as a guide to glue them all together.

Next times, start saving up paper and words that resonate with you and add a theme such as:

- An element; earth, air, fire or water
- A season you prefer
- A poem or song that inspires you
- A phrase that resonates with you
- A place you love to visit
- A special time of day
- A list of words to describe someone you admire
- An object you found while walking
- A cultural ritual
- A favorite holiday
- A cause that needs attention
- An emotion
- A self-portrait

If you are a person that needs to "make something functional" you could collage a card to send to someone or bookmark or book cover or begin to add collage to illustrate your journal entries.

– Created by Artist Peggy Wright