This Is ME! Project Session 5

Project #1

Journal

I would like you to turn your page the long way and write these headings.

Mom Dad Brother/Sister Friend

Under each one I would like you to journal about your answers to the following questions…

1. I feel safe in this relationship because…

2. What worries me most in this relationship is….

3. The thing I can do to help this relationship be a good one is…

Project #2

Mandalas are abstract designs that start with a central point and eminate outwards in a series of detailed shapes and patters. In this way I think they are a reflection of us. We started at central point but as we have grown we have emanated outward affected by experiences and relationships. Coloring a Mandala has been proven to be healing and aids in relaxation. When we work with circles we are working to center our brain and body. There is no right or wrong way to color your Mandala – just let your creativity flow! Color the Mandala that is included here.

Project #3

Create a Mandala that represents you and your relationship with your adoptive or foster parents. You can do one for each of them or one together. If you would like to you could also Create a Mandala that represents you and your relationship with your biological parent. Below are some basic instructions to help you get started but let your creative genius take over and go for it. Please post your Mandalas on Pinterst!

**Getting Started:**

1. You will need a clean sheet of paper, crayons, colored pencils, paints, pastels, or markers in various colors.
2. Find a quiet and comfortable place where you will not be interrupted. Turn off your cell phone and put on relaxing music.
3. Take a moment to relax your mind and body. You can do this by taking three deep breaths. Breathe in love and breathe out tension and fear.
4. Draw a circle on the paper. You can use a compass or outline something round, such as a bowl.
5. Draw a small shape in the middle of the circle. A heart, diamond, square, circle, or a star and other decorations all work well. (These are your "motifs.")
6. Draw another shape outside this first shape. (You can change colors at any point.)
7. Repeat it in a ring all around your center motif.
8. Keep going, drawing new motifs in expanding rings, as you work toward the outside circle of your mandala.
9. Try overlapping some motifs; this creates new and interesting shapes, which still harmonize with what you've drawn so far. As you move outward, your motifs may be larger since you have more space to work with. You can then start putting one shape inside another, again creating more interesting shapes.
10. You may find yourself wanting to go back and add something to a previous ring. That's fine. **The mandala is finished when it feels finished to you.**
11. If you've drawn in pencil, you may want to scan or photocopy it before coloring your mandala. That way you can color it more than once, and share it with others to color.