

# SUGGESTION BOOK

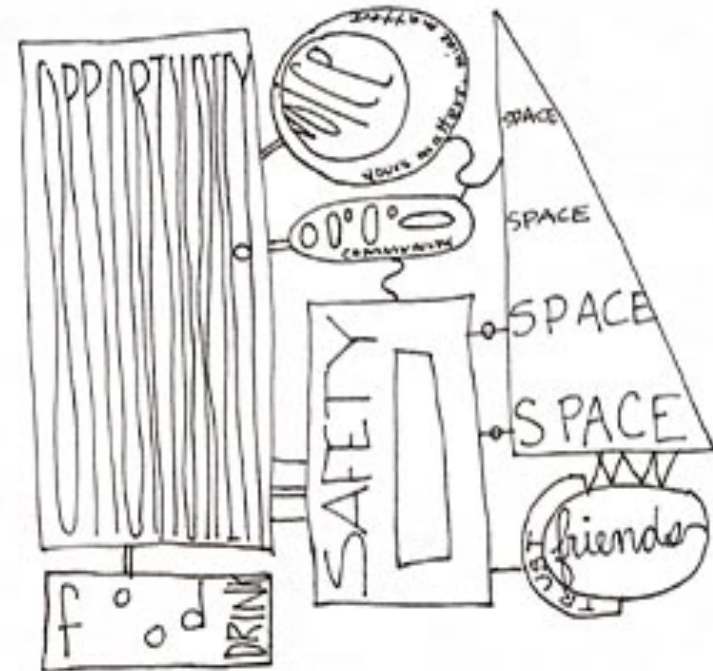


### Use Your Senses

- Draw what you see with your eyes  
shoes . chair . window . friend . light ...
- Draw what you hear  
breath . fan . cars . birds . voices ...
- Draw what you smell  
food . coffee . exhaust . air ...
- Draw what you taste  
chocolate . toast . banana . cheese ...
- Draw what you touch  
tabletop . floor . chair . your face . your hair ...
- REAL OR IMAGINED OR REMEMBERED.

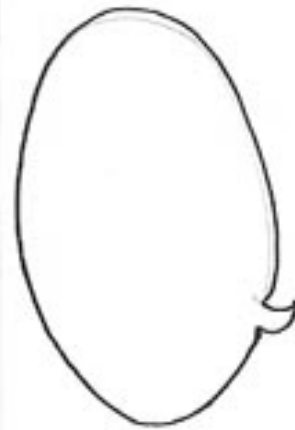
### Things that Matter

1. make a list of things that matter
2. draw a shape for each Thing
3. fill each shape with word<sup>s</sup>/images/color/patterns that express that Thing.



Hero's Journey  
a story structure.  
think: star wars, harry potter, the matrix, lion king, spiderman, etc.

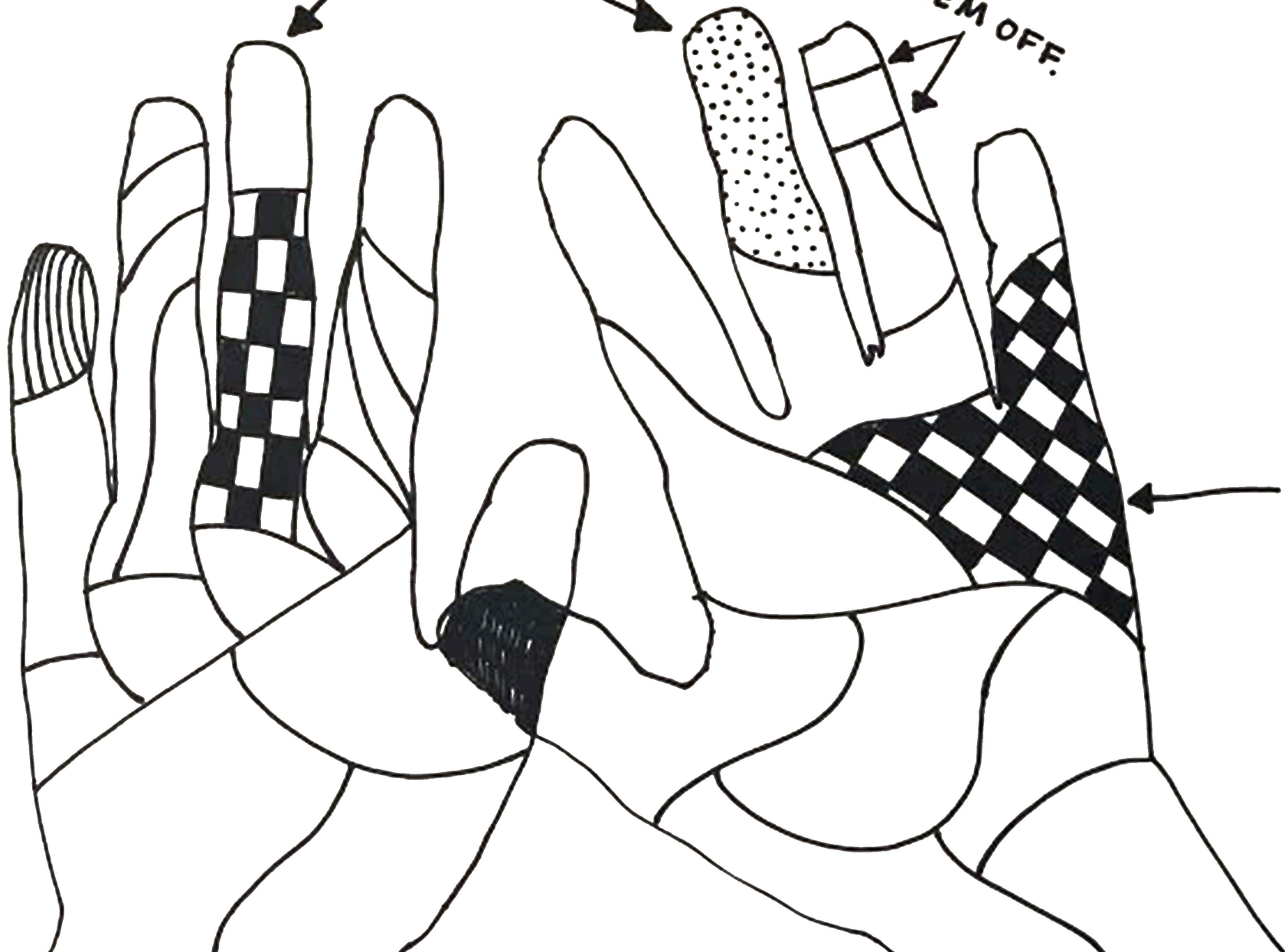
- The ordinary world.
- The call of adventure  
(aliens arrive! The king dies! Your school changes!)
- Refusal of the call
- Meeting the mentor
- Crossing the first threshold  
(hero leaves ordinary world-willingly or not)
- Tests, Allies, Enemies, oh my!
- Approach to the inmost cave  
(hero adjusts to new world & seeks its heart)
- The ordeal (to gain <sup>challenge</sup> insight).
- The road back
- Resurrection (hero is "reborn")
- Return with elixir (knowledge or magic)



① TRACE YOUR HANDS

② SECTION THEM OFF.

③ FILL WITH PATTERNS!



✧ DOODLE TIME ✧

TAKE ONLY 15  
SECONDS TO DRAW WHATEVER  
YOU CAN IMAGINE IN RESPONSE  
TO THE FOLLOWING WORDS  
AND PHRASES.

SINKING  
GLOW

VIBRANT  
ENERGY

SLOW

Ancient  
water

Encourag<sup>e</sup>

CLOSE YOUR EYES



HOLDING A DRAWING  
TOOL BEGIN SLOWLY MOVING  
AROUND THE PAGE



STEADILY MOVE ACROSS  
THE PAGE FASTER AND  
FASTER.

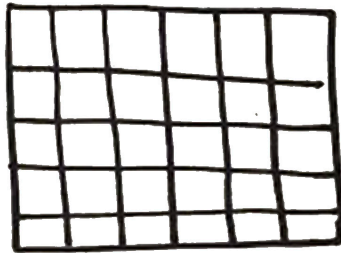


AND ONCE YOU THINK YOU'VE  
FILLED THE PAGE BEGIN TO  
SLOW DOWN AGAIN.

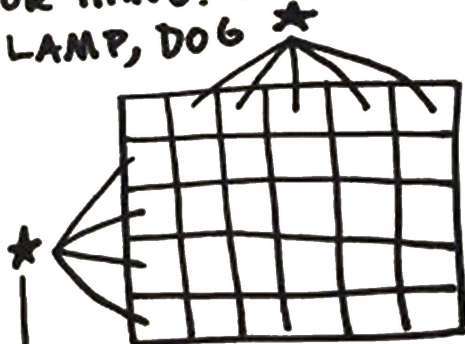
WHEN YOU BELIEVE YOU'VE  
COVERED THE ENTIRE PAGE  
OPEN YOUR EYES!



TURN YOUR PAGE INTO A GRAPH  
↓



ON THE TOP WRITE IN 5 NOUNS - PERSON, PLACE, OR THING. EX. NEW MEXICO, LAMP, DOG \*

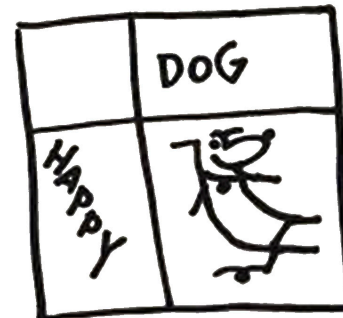


ON THE LEFT SIDE WRITE IN 4 ADJECTIVES - DESCRIPTIVE WORDS. EX. HAPPY, QUICK, BEAUTIFUL

	DOG	LAMP	ABQ	DOOR
HAPPY				
QUICK				
SAD				
SMART				

(EXAMPLE GRAPH)

TAKE ONLY 30 SECONDS IN EACH SQUARE TO DRAW INTERSECTING WORDS.



HAVE FUN!

...  
WHO do You \*  
**RESPECT?**

...  
\*  
Make a list of  
people that you  
**RESPECT**

✎ ♥ ✎  
write  
some of the QUALITIES  
that you **RESPECT**  
about them ...

IS there SOMEONE  
WHO needs SOME  
♥ LOVE?

☹️ ☺️  
SOMEONE that  
YOU could ☹️  
UPLIFT? ☺️

WRITE A LETTER!  
MAIL IT ✉️ →  
FEEL GOOD



### Calming.

- sit down, take a deep breath.
  - Put one hand on each shin. feel the warmth of your hands. take 3 breaths.
  - Put one hand on each calf. feel your hands breathe
  - one hand on each thigh. thoughts come, let them move through but don't hold on.
  - on hand on belly, one heart. feel. breathe. your heart, your throat.
- Place one hand over each ear. one hand on top of head, one in back.
- tap the top of your head gently.

### Sky Piece

Fly to the sky.  
 Pluck a star  
 from the sky.  
 Land & cradle  
 the star in your  
 arms.  
 Let the star then  
 return home.  
 (found poem)



SIT STILL

PUT YOUR HANDS ON YOUR HEART... FEEL the LOVE... RADIATE



a picture in words

1. Trace your hand in <sup>(lightly)</sup> pencil
2. fill the outlined hand with words that express your hopes, strengths, dreams. (do this part in pen or marker)
3. erase pencil marks. 4. Add brand/or Pattern if you are inspired to do that.

(to get started ↓)

I am \_\_\_\_\_ I believe \_\_\_\_\_

\_\_\_\_\_ I can \_\_\_\_\_ My

heart is \_\_\_\_\_ I dream \_\_\_\_\_

\_\_\_\_\_ I know \_\_\_\_\_



see where it takes you

1. Anywhere on the page, Any size:
  - a. draw 2 vertical lines ||
  - b. draw 2 horizontal lines —
  - c. draw 1 diagonal line ↘ or ↙
2. Connect 3 lines, using a wavy line ~~~~~
3. use a traveling, organic line to cross over each line from above at least 1x
4. Add 7 circles, 2 triangles, 3 rectangles anywhere
 

○ ○ ○ ○ ○ ○ ○

△

□ □ □
5. color the enclosed spaces (or fill with patterns) or do Both

## "rhyme schemes"

different patterns of rhyming  
for songs, poetry, lyrics, etc.

- Each letter represents a line
- Same letters rhyme: A+A, B+B, C+C, etc.
- X does not rhyme

### AABB

ex.: I love my cat,  
how 'bout that.  
She looks around,  
leaps around.

- ABAB
- AAAX
- XAXA
- AAAA
- AABXB or ABAXB
- AXA or AAX
- AABCCB, XXAA
- XXAXXA, ABABCCDD

and combine them, repeat them!

## "tongue twisters"

practice these for annunciation  
(singing, speaking, poetry, etc)

You know New York, you need  
New York, you know you  
need unique New York.

If a dog chews shoes, whose  
shoes does he choose?

How can a clam cram in a  
clean cream can?

Betty Botter bought some  
butter. But she said the  
butter's bitter. If I put it in my  
batter, it will make my batter  
bitter. But a bit of better butter  
will make my batter better.

## "exquisite corpse" for 2+ people

fold your paper (any paper)  
into 3 equal parts.

first person can make a  
head in the top section.

bring down connecting lines  
to the middle, & fold top  
part over so next person  
can't see (the surprise is fun!)

Next person draws the middle &  
brings connecting lines down  
to third section.

Next person completes the  
bottom.

Unfold to unveil surreal creature!  
This can also be abstract.

## "blind contour"

place your pen/marker/pencil  
on your paper.

look at a close by object,  
person, your hand, etc.

without looking at your  
paper,  
without lifting your pen,  
draw what you're looking  
at.

Your hand should move as  
slow as your eyes.

It'll probably look funny.

It's okay ~~this is a practice~~  
in seeing.

