

Creative Expression Therapy – Examples

The mirror

1. Stand opposite a partner. Make eye contact. (if this is culturally acceptable)
2. Pretend that A is standing in front of a mirror and B is his reflection. Whatever A does, B must follow exactly.
3. Which did you prefer exploring – A or B? Why?

The snail

1. A lies curled up like a snail.
2. B must use all types of sounds to get A to respond. (use your voice, your hands, tap your feet, whistle etc.)
3. Which did you prefer exploring – A or B? Why?

Leading with...

1. Try to lead with the following body parts when you move across the room:
nose, eyebrow, shoulder, elbow, wrist,
back of knee, heel of foot, bellybutton...
2. Remember to make use of all three levels! (low, middle, high)
3. Can you make a sound to accompany your movement?

Pipe cleaners

1. Listen to music while making shapes with coloured pipe cleaners.
2. Repeat the music and try to imitate the shapes of the pipe cleaners with your body.
3. What does the music remind you of? Why?

Pictures and words

1. Look at the picture in front of you. (selected by facilitator)
2. Which levels do you recognise in the picture?
3. Choose one word to describe what you see.
4. Use your body to show the word.
5. Can you say the word in a way that matches the picture?
6. Can you make up a story about the picture? (write or tell)
7. Is there a song or a piece of music that could accompany the picture?