



Practical Art Therapy Activities

To be Used for Adults & Children in:

- Natural Employment Assessment
 - Life Counseling
 - Recreational Therapy
- Natural Criminology Assessment
 - More...

Written By Melissa Kay Kinder

Author Biography:

Melissa Kay Kinder is the author of this document.

She is an advanced PSYCHological revolutionary, advocate, and activist, trying to:

- assist with mostly massive PSYCHological human rights violations which the U.S. government, the United Nations, non-for-profit businesses, for-profit businesses, and individual people are not yet assisting with or are doing themselves.
- raise the quality, life skills, and PSYCHological intelligence of the current or modern fields of PSYCHology and PSYCHiatry and of the rest of society out of ‘Austigers Autism’ (a type of autism that she discovered and named herself).

She currently has many advanced PSYCHology-based online projects including:

- two political parties, ‘Life Skill Divide Political Party’ and ‘Ascension Political Party’
- political and social entrepreneurial businesses
- educational books online

She has a university degree in PSYCHology. But her advanced PSYCHological knowledge for this book/document and all of her other projects comes from her own advanced independent studies in PSYCHology, abroad and inside her native country, the U.S.A.

Introduction:

The main purpose of these art therapy lessons is to help the readers:

- understand people's natural employment

How Your Art & Other People's Art Displays their Natural Employment:

Look at the images and/or the words in yours and others' art. And then think of employment positions that would involve these images and/or the words in the art. You can type into an online search engine words like 'employment involving [put image and/or word here]' if you are unsure.

For example:

- If the art created has an image of food, then the person who created that art naturally works with food. And typing into an online search engine the following words: 'employment involving animals' should give you employment involving animals.
- If the art created has words about fitness, then the person who created the art has a natural employment in fitness. And typing into an online search engine the following words: 'employment involving fitness' should give you employment involving fitness.
- If the liked involves politics, then the person who likes it is naturally employed in politics. And typing into an online search engine the following words: 'employment involving politics' should give you employment involving politics.

Other purposes of this book are to help people to:

- recognize life problems that need fixing in life counseling
- learn how to spend free-time with art projects
- assess natural criminal activity

Book Sections:

- **Novels**
- **Songs**
- **Movies**
- **T.V. Shows**
- **Magazines**
- **Video Games**
- **Board Games**
- **Jokes**
- **Skits/Plays/Improvs**
- **Comic Books**
- **Drawings & Paintings**
- **Clay Art & Sculptures**
- **Cartoons**
- **Portraits**
- **Interior & Exterior Design**
- **Office & School Supplies**
- **Fashion**
- **Photos & Videos**
- **Online Blogging**
- **Go Shopping**
- **Technology**
- **News/Current Affairs**
- **Communications**

- **Rewards & Recognition**
- **Child Rearing Activities**
- **Travel & Tourism**
- **Product Development**
- **Business Development**
- **Government Development**
- **City Development**

Novels

- **Create a novel about your own personal life:**
 - Create a cover for a personal novel
 - Create a table of contents for a personal novel
 - Create a plot for a personal novel
 - Write the first two paragraphs for the first chapter of your personal novel
- **Choose three novels that you like:**
 - Write down the careers of the main characters
 - Describe their plots

Songs

- **Create a song album about your own personal life:**
 - Create a list of songs for a song album
 - Create one full song/poem
 - Create the cover of the song album: title and image of art
 - Create a music video for a song
- **Find many songs that you like and put them together as a D.J. Mix.**
- **Study the specific words/lyrics in and music videos of your favorite songs.**

Movies

- **Create your own movie about your own life:**
 - Create a movie poster or cover to represent a movie about your life: title, image, and...
 - Create a synopsis for a movie about your life

- Create an opening scene for a movie about your life
- **Choose and watch 3 movies that you would like to watch:**
 - While you watch them, write down the careers of the characters
 - Describe their story lines

T.V. Shows

- **Create a T.V. show about your own personal life:**
 - Create the title, plot, and describe the characters
 - Create a couple of scenes in the first episode
- **Choose 3 new T.V. shows to watch:**
 - Write down the careers of the characters in it
 - Describe their story lines

Magazines

- **Create a Magazine**
 - Create the cover page to a magazine
 - Create a contents section for a magazine
 - Write an article for a magazine
 - Create an advertisement for a product or service to place into a magazine
- Look through your favorite magazine or find magazines that you currently like and notice the images, topics, and advertisements.
- Flip through old magazines and cut out pictures, articles, advertisements that you like the most and use them to create your own magazine

Video Games

- Choose a video game to play. You can find a new one online or in a video game store or section.
- Create the concept for a new video game.

Board Games

- Create a board game, card game, or some sort of game / activity that people can play together. It must be something that you are willing to play.
- Find board games that you are willing to play. Can shop online or in stores.

Jokes

- Create a joke
- Find jokes that you think are funny. You can look online.

Skits/Plays/Improvs

- Create a comedy routine that you think is funny. It should be something that you would laugh at.
- Start improv talking on a stage in front of other people without planning what to say.
- Write a dialogue to be performed on a stage.
- Write a monologue to be performed on a stage.
- Find skits/plays/improvs of others that you like and write down their plot.

Comic Books

- Create a cover page for a comic book about your life
- Create the first page for a comic book about your life
- Find three comic books that you like.

Drawings & Paintings

- Draw or paint whatever you want to
- Write a word. Then change some of the letters of your word into images, that are representative of that word, yet still resemble the letters, so people can still read the word. Or, after writing the word, add images around or to the letters of the word. This is similar to art that companies do with their product and business names.
- Find drawings of others that you like.
- Find paintings of others that you like.

Claying/Sculpting

- Obtain clay or putty and sculpt whatever you want to
- Find a sculpture that you like online or in person.

Cartoons

- Draw a quick cartoon, or one scene comic, with a word bubble conversation
- Draw yourself and the thoughts in your head in a word bubble
- Draw three people, each doing a different action or career and write down underneath each person their career title or action.
- Find cartoons that you like online or not from online.

Portrait

- Draw yourself and then draw whatever objects, people, buildings, etc... that you like around you, behind you, beside you, in front of you, above you, below you, etc... These images must be what you usually choose to be around you, what you want to have around you, and should represent who you are most.

Interior & Exterior Design

- On paper, design your own home's or office's rooms. Draw what you want on each wall, what you want as decoration on tables, etc..
- On stand-up cardboard setup (like an opened up doll house), draw and create what you want as art inside of your home or office.
- Look online or go browsing in stores for what you would like to decorate your home or your office with.
- Actually decorate your home or office anew.
- Make a mini-sculpture that you want to have either in your own home or in a business that you go to.
- Decorate the following items:
 - lamp, plates, utensils, cups, flower pots or vases, welcoming mat, wall plug or light switch covers, refrigerator, walls, etc...
- Decorate or browse online or in stores for how you would like to decorate the outside of your home: art for garden, yard, door, windows, etc...
- Look at the interior and exterior design of the businesses that you like and that you enter.
- Find interior and exterior design in other people's homes that you like.
- Look online or interior & exterior design and decide what you like.
- Go shopping in an interior & exterior design store in person, and decide what you like

Office & School Supplies

- Create words and images to place on your personal office or school supplies (notebooks, pens/pencils, bags, etc...)
-
- Look at the images and words on your own office or school supplies.
- Look at the art on the office and school supplies of others and decide what you like.
- Go shopping or browse for office & school supplies and decide what you like.

Fashion

- Add words and/or images to shirts, pants, shoes, bags, watches, socks, etc...
- Go shopping online for different items of fashion with words and/or images on them.
- Go shopping online for temporary or sticker tattoos to buy and wear.
- Give yourself a tattoo, a real one from a tattoo parlor.
- Paint or draw something on your skin with safe for skin paint and markers.
- Make or buy jewelry with words and images on them.
- Go shopping for jewelry online, looking for jewelry that have images on them or are cut into shapes.
- Go online shopping for an artistic key chain to go around your neck as a necklace or around your wrist as a bracelet or create your own.
- Look around at others at which artistic fashions you like.

Photos & Videos

- Walk around and take photos of what is around that you notice or like.
- Walk around and find a spot that you like and take a photo of yourself there, with the scenery behind and around you.
- Take a photo of yourself with no background. Then, photoshop what is behind you and around you on the computer. Add people, objects, buildings, or anything else in front of, beside you, behind you, above you, in front of you. These images should be what you prefer to have around you.
- Grab any object into your hand and take a picture of yourself with that object.

- Walk around and take a videotape of what you see or like. You can talk during it if you want to.
- Look online for photos & videos of others that you like.

Online Blogging

- Create a personal blog on social media or a regular website builder. This blog should advertise who you are, what you spend your time doing, what you think about, and what you care about. It should also help you to meet people who share common interests. You should include pictures, videos, paragraphs of your thoughts, articles, other people's websites, other people's books, items you like to buy, etc...
- Look at the blogs of others that you like.

Go Shopping

- Go shopping online or at a store for products that you would like to buy. Write down their names, logos, colors, slogans, and their artistic images for advertisement.

Technology

- Decorate your phone or your computer with temporary stickers.
- Find and create a screensaver on your phone or on your computer.
- Change your ringtone to your phone to either a song or spoken words. Can do one for all your calls or choose a different ringtone for all the different people or types of people who call: work people, friends, family, strangers, etc...
- Find a phone protector cover online that is artistic or decorate a phone cover with your own decorations.
- Change your alarm tone to either a song or spoken words.
- On paper, draw the sketches for a new technology or an innovation to an already existing technology.
- Decorate a car with stickers: bumper stickers or other stickers.
- Find an object to hang from your rear view mirror inside your car.

- Go shopping for artistic key covers for your car, house, and other door keys or create your own.

News / Current Affairs

- Write a news article on any topic.

Communications

- Practice writing sentences with figures of speech (metaphors, similes, analogies, etc..)
- Write a dialogue between two people

Rewards of Recognition

- Create an award for someone and for yourself. It can be for anything. (Like when there is a competition to compare people's skills in different fields)

Child Rearing

- Choose toys or recreational activities for children to play with
- Choose artistic t-shirts with words or images for children to wear
- Choose movies, t.v. shows, books, and songs for children to watch, read, or listen to
- Design a bedroom for a child

Travel & Tourism

- Create a travel brochure for a tourist destination.
- Create a tour of the city or a location of the city. You decide what to show and talk about.

Product Development

- Create a new product, on paper, never Invented before, and give it a name, a logo, a slogan.
- Create an advertisement for a product that already exists

Business Development

- On paper, create a new business.
 - Give it a name
 - Give it a purpose
 - Decide the products and/or services that it will provide
 - Decide on its logo
 - Decide on its slogan
 - Draw the appearance inside and outside of the physical business
 - Create its website
 - Create its business card
 - Create a business flyer for it
 - Create an advertisement for it
 - Decide which people are its potential customers.
- Create a business advertisement for any/someone else's current, already existing business.

Government Development

- Create a Protest Sign to hold in any protest
- Create a Political Campaign Ad
- Create a Website to Campaign for Political Position, like mayor or president or...

City Development

- Create a City that is different from any city you've been in before. It can be your version of utopia, if you like. What is different in your city than previous cities you lived in?
- Create a block in a city that you would like to live on

The End.