

CREATIVE PLAY FOR PROCESSING THE PANDEMIC (ETC)

BY CARIN CHANNING, LCSW

Use these prompts, alone or with friends, in order or willy-nilly.

Remember:

Messy is good.

Crooked lines are expressive.

Be free.



PREMOJI: Make an emoji of how you feel right now, as you start this exercise.

1. What are you letting yourself get away with these days? Doodle it!
2. Doodle what you need to get off your chest/mind.
3. In what way can you move your body to help dispel some energy (within your current circumstances)? Show it in a doodle.
4. Doodle something novel you've experienced in the past few days.
5. Whom would you love to be hanging out with? Doodle what you're doing in your dreams.
6. Doodle a creative outlet that's satisfying for you.
7. Doodle something you are learning about yourself.
8. Doodle three things you're grateful for.
9. If there were no limits, what would you do next? Show it in a doodle.
10. Doodle something that's working well.
11. Doodle something you would do if you knew you couldn't fail.
12. What's been an unexpected gift of this era? Show it in a doodle.

13. Doodle one of your favorite self-care activities.
 14. What's something you've done today that you feel good about? Doodle that!
 15. What are you missing? Show it in a doodle.
 16. Doodle what you are grieving.
 17. Doodle something that comforts you.
 18. What lifts you up? Doodle that.
 19. Doodle something you'd like help with.
 20. Doodle a small step in a direction you've been wanting to move.
 21. What are you doing well in life? Doodle yourself doing that.
- AFTERMOJI: NOW how do you feel? Show it in a doodle.



THANK YOU FOR TAKING TIME FOR YOURSELF!

FOR MORE DOODLE PROMPTS, VISIT:

365DaysofDoodling.com

and

DoodleBookJunior.com

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About the Author:

Carin Channing is a positively-influencing life coach, counselor, and author. Using unexpectedly simple and profound tools, she encourages and guides rest and creativity for all beings, not only as hobbies, but as necessities for a life of inspiration, vision, and fulfillment.