

Week 35: Playing Around with Circles

"Listen to the mustn'ts, child.

Listen to the don'ts.

*Listen to the shouldn'ts, the impossibles,
the won'ts. Listen to the never haves,
then listen close to me...*

Anything can happen, child.

Anything can be."

-Shel Silverstein



Set Yourself Free

How many times do we overthink our...day, night, work, writings, workouts, life, art?

Daily? Hourly? Every waking moment?

This is our last week of Creativity in “I Say Yes” and it’s all about having FUN! It’s all about not overthinking anything and just putting paint, markers, crayons, paper, etc down in our journals.

This week we are creating circles!!



Google Image

Bright, colorful circles that let us just be FREE with paint, markers, pencil...whatever we choose!

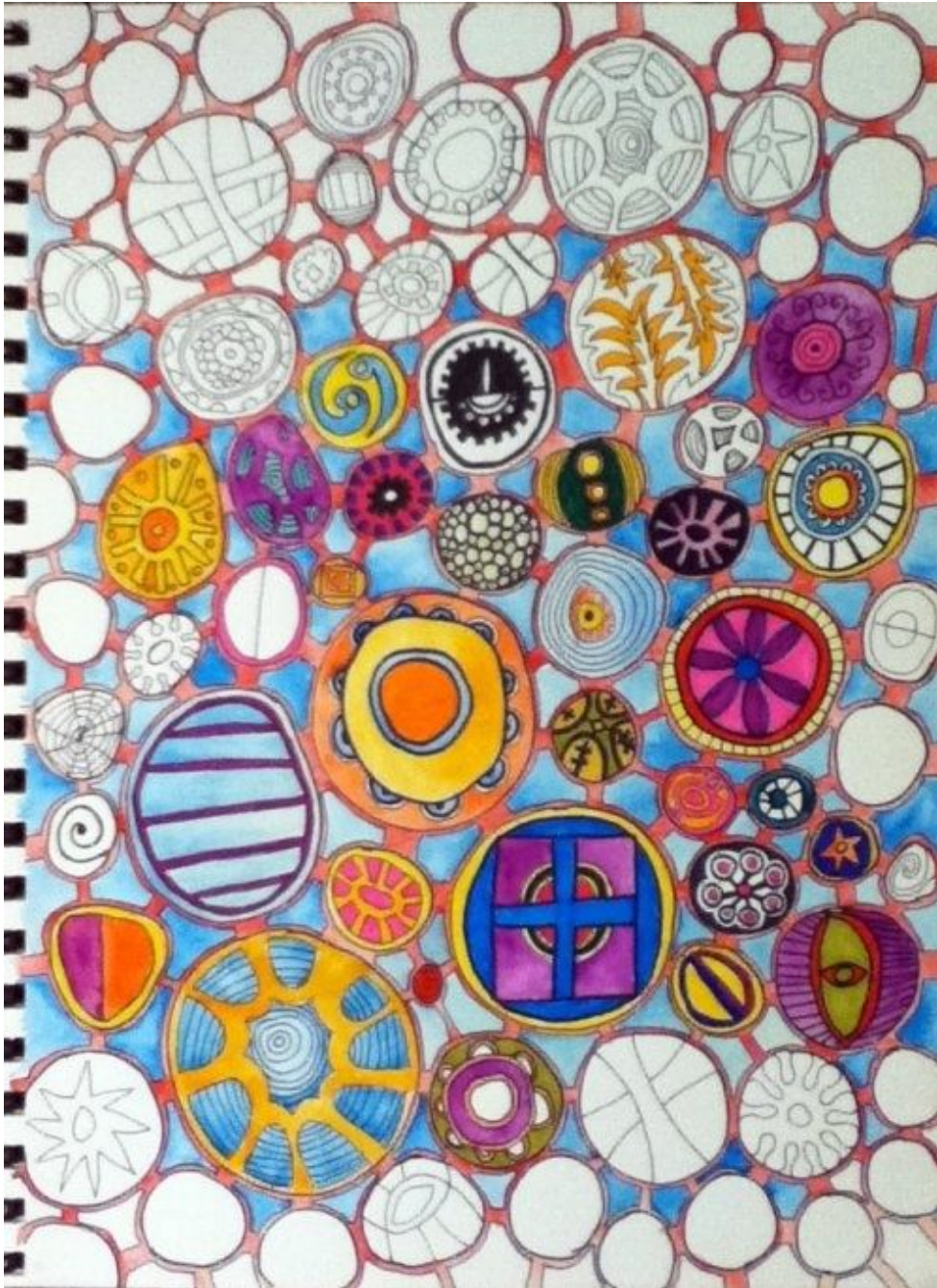


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There is NO need for perfection this week...we can be as elementary as we like! Our goal is just to let our art flow

out of us onto the paper.

I really LOVE this set of circles by mixed-media artist Traci Bunkers.



Art by Traci Bunkers

Directions

*Put on your favorite music

*In your journal start drawing circles...using a paintbrush, marker, pen, pencil or even your finger

*Take a few circles a day and begin filling them in with shapes, doodles, flowers, words, whatever inspires you

*Each circle's contents can represent your current mood, a person in your life, a dream or goal, and idea, something you have been wanting to try, words, etc.

Download and print off 23 Ideas!

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