

Art Therapy Worksheet (PDF)

What is the theory behind this Art Therapy Worksheet (PDF)?

Art therapy is a type of psychotherapy that allows individuals to express and translate their inner thoughts, feelings and emotions into any form of visual art. It can be used especially in cases where verbal expression of one's internal state is too overwhelming or threatening. It can also be used as a fun tool to explore one's self-concept and how they perceive their strengths and weaknesses.

How will the worksheet help?

The worksheet will prompt clients to draw themselves as a superhero highlighting all the characteristics that they wish their superhero self to have. This activity is both a mood lifter and a fun way to get an idea about one's self-concept, particularly their own strengths and abilities. Further discussions can help clients realise how they can begin to start incorporating these strengths in o real life scenarios.

How to use the worksheet?

Instruct the client to make a superhero figure that is a representation of themselves with super powers that they wish to have. Tell them to specifically highlight or label the parts of the drawing that represent their strengths as a superhero.

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If you had a chance to turn yourself into a superhero, what would you look like? What will be your strengths or superpowers? What aspects of your body or additional features of your bodysuit will enable you to exercise those superpowers?

Draw yourself as a superhero highlighting or labelling your superpowers.



Reference

[Case, C., Dalley, T. & Reddick, D. \(2022\) *The Handbook of Art Therapy*. Routledge.](#)

You can find more wellness and mental health worksheets [here](#).