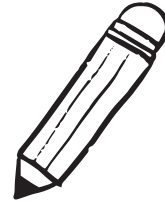


7 Day Mini Art Therapy Chart



In each box, draw something positive
and negative.

Highlighting both feelings will help you
understand and accept emotions,
promoting emotional balance and
resilience.

Thursday



Monday



Friday



Tuesday



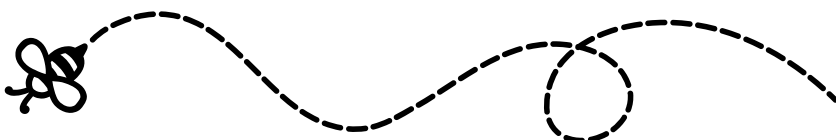
Saturday



Wednesday



Sunday



Date: _____