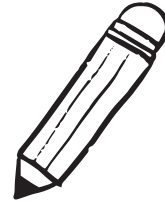


Sunday Reflective Art Therapy Chart



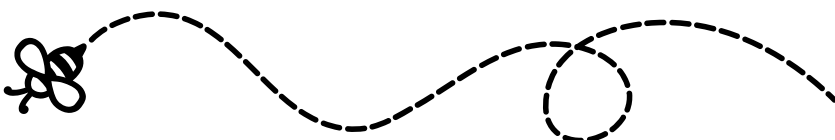
In each box using the prompts draw something that reflects a Positive, Negative and New experience from this week.

Start with identifying a negative experience from this week to help process it, then highlight something positive and uplifting to shift mindset, before focusing on something new to move forward with.

Something Negative that happened this week:

Something Positive that happened this week:

Something new that happened this week:



Date: _____