PROBLEM-SOLVING COLLAGE

Media:

 One sheet of 12 x 18 inch white drawing paper, colored tissue paper, and a half and half mixture of glue and water

Directive:

- 1. Think of a problem you would like to resolve
- 2. Break the problem down into 3 to 5 essential elements
- 3. Write a list of the elements of the problem
- 4. Assign each part a color and write it on the list
- 5. Put away the list
- 6. Cut or tear pieces of colored tissue paper to match the colors chosen
- Use the tissue paper, in the colors chosen, to make a picture. The picture can be an abstract or representational, whatever feels authentic
- 8. Dip the torn tissue paper in the glue-water mixture and lay it on the background paper to form your image.

Adapted from: "Using Art to Treat Eating Disorders", Hinz, L.D (2006)