Response Piece: Harmony Drawing

Media:

- · One sheet of 12 x 18 inch white drawing paper
- · Pastels or water color paints

Directive:

- This art experience may be done in a circle as a mandala, or it may be one on a rectangular sheet of paper.
- The goal of the harmony drawing is to emphasize unity of masculine and feminine traits.
- You may choose to incorporate some of the symbols from the previous collage, or you may choose to create something entirely new.
- Take some time to think about what successful integration of masculine and feminine traits would mean to you.

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