

Icebreaker: Drawing (With Eyes Closed or Non-Dominant Hand!)

Directions: Client(s) will be told an object or scene to draw... with their eyes closed or with their non-dominant hand!

They can take their time and draw slowly. When done, they can share their drawing.

If you'd like, you can use the list provided below on p.2 (of objects and scenes). If you are doing this activity in a group session, you can either ask group members to come up with the object or scene or use the list provided on p.2

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- A school bus on a street, stopped at a “Stop” sign
- A computer/laptop (or a desk with a computer/laptop and a picture frame)
- A bear in the woods
- A dolphin jumping out of the ocean
- A person walking their dog
- A quarterback throwing a football
- A plate with a hamburger and fries and a can of Coca-Cola on the right
- A sink with a toothbrush and toothpaste (on the counter)
- A rainbow
- Donald Duck and Mickey Mouse
- A birthday party (client(s) can choose what kind of scene and objects to draw- a cake, balloons, presents, etc.)
- 3 items/objects you would find in a student’s backpack