



Draw Yourself Upside Down adapted from Buchalter, S. (2009)

Materials:

Drawing paper, marker, crayons, colored pencils

Instructions:

Draw a picture of yourself upside down starting with the feet at the top of the paper and the head at the bottom of the paper.

Purpose:

To express thoughts and feelings related to the changes in daily life and perspective due to COVID-19.

Discussion:

- How did it feel to draw this?
- How does it feel to be upside down?
- Can you relate to the figure? Does it remind you of anything you have going on in your current life circumstances?
- How do you cope with life when it does not go according to plan?
- What do you need to feel balanced?



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Reference: Buchalter, S. (2009). Art Therapy Techniques and Applications. In *Drawing* (pp. 90–91). Jessica Kingsley Publishers.