

ACTIVITY GUIDE

Hannah Albert – Mixed Media Artist

Writing/Essay/Journal

Hannah Albert believes that art is an important part of the healing process, whether one is in emotional or physical distress. Write about something that helped you heal from a difficult situation.



Activity

Make a 3-column list of things you like, things you're good at, and things you'd like to learn more about. Make an effort to try something from this list each day and see if you can find how to "sing your own song."

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