

LA COUNTY CREATIVE COMMUNITIES

TITLE:

Ingredients of Joy

MEDIUM:

Creative Writing

TIME COMMITMENT:

5 minutes

SKILLS/BENEFITS:

- Using comparisons to understand feelings
- Noticing what you sense (taste, smell, touch, see, hear)
- Finding words for your emotions
- Connecting to happy feelings

EXPLORATIVE QUESTIONS:

- What does celebration taste like to you?
- If you could make a recipe for joy using only feelings and memories, what would you add?
- What ingredients surprised you?
- How does writing these ingredients change how you think about joy?

CARD #: 1

GOAL:

Think about what makes you happy and joyful using your senses and feelings

MATERIALS:

Paper, pen

INSTRUCTIONS:

1. Find a comfortable place to write
2. Think about what celebrating feels like to you
3. Imagine joy is like a recipe. Your ingredients are feelings, memories, and things you sense
4. Write your recipe. Include details about taste, smell, texture, and temperature
5. Read what you wrote and see what you discover

LA COUNTY CREATIVE COMMUNITIES

TITLE:

The Architecture of Trust

CARD #: 2

MEDIUM:

Creative Writing

GOAL:

Think about trust as if it were a building you can see and touch

TIME COMMITMENT:

5 minutes

MATERIALS:

Paper, pen

SKILLS/BENEFITS:

- Understanding relationships better
- Using comparisons to understand ideas
- Learning about trust
- Building better teamwork

INSTRUCTIONS:

1. Think about the people you work with
2. Imagine trust is like a building or house
3. Write about this building: What is it made of? What holds it up? Does it have doors? Windows? A strong base?
4. Add as many details as you can
5. Read what you wrote and think about what it tells you about trust at work

EXPLORATIVE QUESTIONS:

- If trust was a building, what would it look like?
- What would it be made from?
- What keeps the building standing?
- Are there cracks? Strong parts? Windows that let light in?
- What does this building tell you about your relationships at work?

LA COUNTY CREATIVE COMMUNITIES

TITLE:

Soundtrack of Your Morning

CARD #: 3

MEDIUM:

Creative Writing

GOAL:

Connect your feelings to music and learn what songs tell you about yourself

TIME COMMITMENT:

5 minutes

MATERIALS:

Paper, pen

SKILLS/BENEFITS:

- Understanding yourself better
- Recognizing your emotions
- Using music to understand feelings
- Thinking carefully about your day

INSTRUCTIONS:

1. Think about your morning today
2. What song was playing in your head when you woke up? If there wasn't one, what song should have been playing?
3. Write about this song and your morning
4. Think about why this song and this morning go together
5. Notice what the song tells you about how you're feeling

EXPLORATIVE QUESTIONS:

- What song was (or should have been) playing when you woke up?
- Why does this song fit your morning?
- What does this song know about you that you might not have noticed?
- How does your song choice show how you're feeling?

LA COUNTY CREATIVE COMMUNITIES

TITLE:

Textures of Time

CARD #: 4

MEDIUM:

Creative Writing

GOAL:

Use touch words to describe how your week feels

TIME COMMITMENT:

5 minutes

MATERIALS:

Paper, pen

SKILLS/BENEFITS:

- Using comparisons to explain feelings
- Understanding your emotions
- Connecting your body to your experiences
- Making sense of hard times

INSTRUCTIONS:

1. Think about this week (or today, or this month)
2. Ask yourself: What texture would describe this time?
3. Pick a texture: smooth like river rocks? Rough like tree bark? Soft like cotton? Sharp like broken glass?
4. Write about this texture in detail
5. Let this comparison help you understand how you're really feeling

EXPLORATIVE QUESTIONS:

- What texture describes your week?
- Why did you pick this texture?
- What does the texture tell you about what you're going through?
- If you could change the texture, what would you choose?

LA COUNTY CREATIVE COMMUNITIES

TITLE:

A Letter to Your Commute

CARD #: 5

MEDIUM:

Creative Writing

GOAL:

Be thankful for the in-between times and find meaning in daily routines

TIME COMMITMENT:

5 minutes

MATERIALS:

Paper, pen

SKILLS/BENEFITS:

- Practicing being thankful
- Paying attention to changes and transitions
- Appreciating everyday moments
- Seeing things differently

INSTRUCTIONS:

1. Think about your trip to work today (driving, walking, bus, or working from home)
2. Write a thank-you note to that journey
3. What did that trip give you? Time to think? Music? Movement? Quiet time?
4. What did you notice along the way?
5. Thank your trip for what it gave you

EXPLORATIVE QUESTIONS:

- What did your trip to work give you today?
- What did you notice during your journey?
- How does this in-between time help you?
- What would you miss if this trip disappeared?

LA COUNTY CREATIVE COMMUNITIES

TITLE:

Future Ancestor

CARD #: 6

MEDIUM:

Creative Writing

GOAL:

Think about what you want to teach people in the future and what that means about you

TIME COMMITMENT:

5 minutes

MATERIALS:

Paper, pen

SKILLS/BENEFITS:

- Thinking about what you'll leave behind
- Connecting to your purpose
- Seeing things from different time periods
- Sharing what you know and value

INSTRUCTIONS:

1. Remember: You are someone's future ancestor (a relative they'll remember)
2. Think about what you hope future people know about this time
3. What wisdom from your life can you send forward?
4. Write as if you're leaving a message in a time capsule
5. Notice what this shows you about what matters to you

EXPLORATIVE QUESTIONS:

- What do you hope future people know about this moment in history?
- What life lessons can you share with them?
- When you think about what you want to share, what does that teach you about yourself?
- What do you want to be remembered for?

LA COUNTY CREATIVE COMMUNITIES

TITLE:

The Color of Patience

CARD #: 7

MEDIUM:

Creative Writing

GOAL:

Think about patience as a color and remember a time you were patient

TIME COMMITMENT:

5 minutes

MATERIALS:

Paper, pen

SKILLS/BENEFITS:

- Finding words for feelings
- Thinking in creative ways
- Thinking about good qualities you have
- Getting better at telling stories

INSTRUCTIONS:

1. Ask yourself: If patience had a color, what would it be?
2. Once you pick a color, think of a time you showed that color
3. Write about that moment
4. Describe it with enough detail that someone else could see it, feel it, and understand it
5. Notice what you learn about patience through this exercise

EXPLORATIVE QUESTIONS:

- If patience had a color, what would it be?
- When have you shown this color?
- What does this color feel like in your body?
- How can you remember this color when you need patience?

LA COUNTY CREATIVE COMMUNITIES

TITLE:

Breathwork as Story

CARD #: 8

MEDIUM:

Creative Writing

GOAL:

Use your breathing to tell a story and notice the present moment

TIME COMMITMENT:

5 minutes

MATERIALS:

Paper, pen

SKILLS/BENEFITS:

- Paying attention to your breathing
- Being present in the moment
- Thinking about stories
- Connecting your body and mind

INSTRUCTIONS:

1. Take three deep, careful breaths
2. Think of each breath as a chapter in a story
3. What story do your three breaths tell?
4. Write it down: Breath 1 (Chapter 1), Breath 2 (Chapter 2), Breath 3 (Chapter 3)
5. Notice what story comes from your breathing

EXPLORATIVE QUESTIONS:

- What story do your three breaths tell?
- What's the beginning, middle, and end?
- What changes from breath one to breath three?
- What does your breath know that your mind hasn't noticed yet?

LA COUNTY CREATIVE COMMUNITIES

TITLE:

Mapping Gratitude

CARD #: 9

MEDIUM:

Creative Writing

GOAL:

See how objects around you connect you to people and build relationships

TIME COMMITMENT:

10 minutes

MATERIALS:

Paper, pen

SKILLS/BENEFITS:

- Practicing being thankful
- Noticing relationships
- Paying attention to your space
- Building connections

INSTRUCTIONS:

1. Look around your workspace
2. Make a list of everything that connects you to someone you care about
3. Include: photos, gifts, a mug, a plant, things someone gave you, coffee you share with a coworker
4. For each thing, write one sentence about the connection it represents
5. Notice how these objects build bridges between you and others

EXPLORATIVE QUESTIONS:

- What objects in your workspace connect you to others?
- How do these objects build bridges?
- What would you add to make these connections stronger?
- Which connection surprised you most?

LA COUNTY CREATIVE COMMUNITIES

TITLE:

The Garden of What You Protect

CARD #: 10

MEDIUM:

Creative Writing

GOAL:

Think about your values and what you protect as if they were plants in a garden

TIME COMMITMENT:

10 minutes

MATERIALS:

Paper, pen

SKILLS/BENEFITS:

- Understanding what matters to you
- Using comparisons to understand ideas
- Knowing your boundaries
- Understanding your protective feelings

INSTRUCTIONS:

EXPLORATIVE QUESTIONS:

- What do you protect in your life?
- If each thing you protect was a plant, what kind would it be?
- What does your garden of protection look like?
- What does this garden need from you to grow well?

1. Think about what you protect in your life (your family's privacy, your creative time, a friend's secret, the earth, fairness, your own limits)
2. Imagine each thing you protect is a plant
3. What kind of plant would it be? A tall tree? A delicate flower? A strong cactus?
4. Write about your garden of protection
5. Notice what this shows you about what you value

LA COUNTY CREATIVE COMMUNITIES

TITLE:

Sound Shapes

CARD #: 11

MEDIUM:

Creative Writing

GOAL:

Imagine sounds as shapes and think about how different senses work together

TIME COMMITMENT:

10 minutes

MATERIALS:

Paper, pen

SKILLS/BENEFITS:

- Thinking about how senses mix together
- Using creative imagination
- Combining different senses
- Thinking about abstract ideas

INSTRUCTIONS:

1. Think of three sounds that make you feel comfortable (rain, a loved one's voice, music, laughter, quiet)
2. For each sound, imagine: If it had a shape, what would it be?
3. Describe each shape in detail
4. Now imagine: How would these three shapes work together if they were in the same room?
5. Write about what you see

EXPLORATIVE QUESTIONS:

- What sounds make you comfortable?
- If each sound had a shape, what would they be?
- How would these shapes interact with each other?
- What does this show you about how these comforts work together in your life?

LA COUNTY CREATIVE COMMUNITIES

TITLE:

Instructions for Tenderness

CARD #: 12

MEDIUM:

Creative Writing

GOAL:

Learn to be kind to yourself and find real ways to take care of yourself

TIME COMMITMENT:

10 minutes

MATERIALS:

Paper, pen

SKILLS/BENEFITS:

- Being kind to yourself
- Real self-care actions
- Setting limits
- Managing emotions

INSTRUCTIONS:

1. Think about what it's like to have a hard day at work
2. Write a how-to guide for being gentle with yourself during those times
3. Make it specific and real (not "be kind" but "take five deep breaths in the bathroom")
4. Write it as if you're giving advice to your best friend
5. Keep this guide somewhere you can look at it again

EXPLORATIVE QUESTIONS:

- What does being tender with yourself actually look like?
- What specific actions help you through hard times?
- What would you tell your best friend in this situation?
- What gets in the way of treating yourself with this kindness?

LA COUNTY CREATIVE COMMUNITIES

TITLE:

Autobiography of an Object

MEDIUM:

Creative Writing

TIME COMMITMENT:

10 minutes

SKILLS/BENEFITS:

- Storytelling skills
- Seeing from another point of view
- Paying attention
- Using creative imagination

EXPLORATIVE QUESTIONS:

- What story does this object have to tell?
- What has it seen about your life?
- How did this object end up here?
- What does it know about you that you might have forgotten?

CARD #: 13

GOAL:

Practice seeing things from a different point of view and tell a story through an everyday object

MATERIALS:

Paper, pen

INSTRUCTIONS:

1. Pick one object on your desk
2. Write its life story from its point of view
3. Where did it come from? How did it get here?
4. What has it seen? What does it know about you?
5. Let the object tell its own story

LA COUNTY CREATIVE COMMUNITIES

TITLE:

The Language of Rest

CARD #: 14

MEDIUM:

Creative Writing

GOAL:

Think about what rest means in different languages and cultures

TIME COMMITMENT:

10 minutes

MATERIALS:

Paper, pen

SKILLS/BENEFITS:

- Connecting to culture
- Understanding rest better
- Knowing multiple languages/cultures
- Listening to your body's wisdom

INSTRUCTIONS:

1. Think about the word "rest" in different languages you know
2. What does rest sound like in English? In your first language if it's different?
3. What does rest sound like in your grandmother's language?
4. What does rest sound like in your body's language?
5. Write about the differences and what gets lost or gained in each

EXPLORATIVE QUESTIONS:

- What does rest sound like in different languages?
- How does the translation change the meaning?
- What does your body's language for rest sound like?
- What kind of rest do you know best? Which kind do you need to learn?

LA COUNTY CREATIVE COMMUNITIES

TITLE:

Courage Inventory

CARD #: 15

MEDIUM:

Creative Writing

GOAL:

Notice and honor everyday acts of courage in yourself and others

TIME COMMITMENT:

5 minutes

MATERIALS:

Paper, pen

SKILLS/BENEFITS:

- Seeing courage in new ways
- Being thankful for community
- Recognizing quiet strength
- Building a culture of encouragement

INSTRUCTIONS:

1. Think about this past month
2. Make a list of small acts of courage you've seen
3. Include: someone asking a question, setting a limit, trying something new, saying they didn't know
4. Don't limit yourself to big actions—notice the quiet brave moments
5. Think about: What do these small courages teach you?

EXPLORATIVE QUESTIONS:

- What small acts of courage have you seen recently?
- How do you define courage?
- What quiet brave things do you do that no one sees?
- How can you honor these small acts more?

LA COUNTY CREATIVE COMMUNITIES

TITLE:

The Weather Inside

MEDIUM:

Creative Writing

TIME COMMITMENT:

10 minutes

SKILLS/BENEFITS:

- Understanding your emotions
- Using comparisons for feelings
- Noticing what your body feels
- Being kind to yourself

EXPLORATIVE QUESTIONS:

- What's the weather inside your body right now?
- Is it weather that passes quickly or settles in for a while?
- What does this internal weather need from you?
- How can you take good care of your inner weather?

CARD #: 16

GOAL:

Use weather words to understand your internal emotional states

MATERIALS:

Paper, pen

INSTRUCTIONS:

1. Close your eyes and check in with your body
2. Ask: What's the weather inside me right now?
3. Is it sunny? Stormy? Foggy? Light rain? Partly cloudy?
4. Describe the internal weather in detail
5. What does this weather need? (Shelter? Sunshine? Time to pass?)

LA COUNTY CREATIVE COMMUNITIES

TITLE:

A Story for Your Younger Self

MEDIUM:

Creative Writing

TIME COMMITMENT:

15–20 minutes

SKILLS/BENEFITS:

- Being kind to yourself
- Understanding your life experiences
- Healing through stories
- Seeing how you've grown

EXPLORATIVE QUESTIONS:

- What did you worry about that you now understand differently?
- What would you tell your younger self about being strong?
- How have you grown in ways you couldn't have predicted?
- What wisdom do you wish you could send backward in time?

CARD #: 17

GOAL:

Be kind to yourself and make sense of your life through storytelling

MATERIALS:

Paper, pen

INSTRUCTIONS:

1. Think about something you worried about when you were younger
2. Notice how you understand it differently now
3. Write a story for your younger self about how things turn out
4. What would you want them to know about being strong, changing, or being patient?
5. Read it as if you're speaking directly to that younger version of you

LA COUNTY CREATIVE COMMUNITIES

TITLE:

The Museum of Small Moments

CARD #: 18

MEDIUM:

Creative Writing

GOAL:

Think about what makes you happy and joyful using your senses and feelings

TIME COMMITMENT:

15-20 minutes

MATERIALS:

Paper, pen

SKILLS/BENEFITS:

- Noticing everyday beauty
- Valuing your personal experiences
- Storytelling skills
- Keeping memories

INSTRUCTIONS:

1. Imagine you're organizing a museum show of small moments from your life
2. These are moments no one else would think to save
3. Pick 3-5 moments to put on display
4. Write the museum sign for each: title, date, description, why it matters
5. Notice what you choose to save

EXPLORATIVE QUESTIONS:

- What small moments from your life deserve to be saved?
- Why did you choose these particular moments?
- What makes something worth remembering?
- What do your chosen moments show about what you value?

LA COUNTY CREATIVE COMMUNITIES

TITLE:

Conversation with Your Future

CARD #: 19

MEDIUM:

Creative Writing

GOAL:

Think about hopes, fears, and questions about growing up through an imagined conversation

TIME COMMITMENT:

15–20 minutes

MATERIALS:

Paper, pen

SKILLS/BENEFITS:

- Imagining your future
- Thinking about yourself
- Getting perspective on current challenges
- Building hope

INSTRUCTIONS:

1. Imagine yourself five years from now
2. Write a conversation between present-day you and future you
3. What does your future self want you to know?
4. What questions do you have for them?
5. Let the conversation flow naturally—don't overthink it

EXPLORATIVE QUESTIONS:

- What does your future self want you to know right now?
- What questions do you have for your future self?
- What would surprise your present self about your future?
- What advice would future you give about today's challenges?

LA COUNTY CREATIVE COMMUNITIES

TITLE:

The Landscape of Home

CARD #: 20

MEDIUM:

Creative Writing

GOAL:

Map the emotional and spiritual landscape of where you belong

TIME COMMITMENT:

15-20 minutes

MATERIALS:

Paper, pen

SKILLS/BENEFITS:

- Understanding belonging
- Mapping with comparisons
- Connecting to place and feeling
- Exploring identity

INSTRUCTIONS:

1. Think about "home" as a feeling, not a physical place
2. Describe the landscape of this feeling
3. What are the landmarks? The ground? The weather? The height?
4. Map it with words: valleys, mountains, rivers, forests, deserts
5. Notice what this geography tells you about home

EXPLORATIVE QUESTIONS:

- What does the landscape of home look like?
- What are its main features?
- What parts of the land do you return to most often?
- How has this landscape changed over time?

LA COUNTY CREATIVE COMMUNITIES

TITLE:

Poetry from Work Email

MEDIUM:

Poetry/Writing

TIME COMMITMENT:

10 minutes

SKILLS/BENEFITS:

- Found poetry
- Paying attention to language
- Transforming the ordinary
- Playing with communication

EXPLORATIVE QUESTIONS:

- What poem was hidden in the email?
- What words called to you?
- How does this transform your relationship to work communication?
- What does the found poem reveal?

CARD #: 21

GOAL:

Transform language into meaningful poetry from an email using the "erasure poetry" technique

MATERIALS:

Printed work email (non-sensitive), pencil

INSTRUCTIONS:

1. Print out a work email (choose one that isn't sensitive or private)
2. Read through it with a pencil
3. Circle words that speak to you—words that have energy, meaning, or beauty
4. Cross out everything else
5. Read the remaining words as a poem

LA COUNTY CREATIVE COMMUNITIES

TITLE:

Sensory Inventory

CARD #: 22

MEDIUM:

Mindfulness Practice

GOAL:

Ground in the present moment through organized sensory awareness

TIME COMMITMENT:

5 minutes

MATERIALS:

Paper, pen

SKILLS/BENEFITS:

- Grounding technique
- Reducing anxiety
- Being aware of the present moment
- Paying attention to senses

INSTRUCTIONS:

1. Right now, notice and write down:
 - 5 things you can see
 - 4 things you can touch
 - 3 things you can hear
 - 2 things you can smell
 - 1 thing you can taste
2. This list is a map of your current moment
3. Read it back to yourself slowly

EXPLORATIVE QUESTIONS:

- What did you notice that usually escapes your attention?
- Which sense was easiest to inventory? Which was hardest?
- How did this practice affect your anxiety or stress level?
- What does this sensory inventory tell you about where you are?

LA COUNTY CREATIVE COMMUNITIES

TITLE:

Future Memory

CARD #: 23

MEDIUM:

Reflection/Writing

GOAL:

Practice gratitude and perspective by viewing present as precious past

TIME COMMITMENT:

5 minutes

MATERIALS:

Paper, pen

SKILLS/BENEFITS:

- Gratitude practice
- Perspective shift
- Appreciating the ordinary
- Reframing daily experience

INSTRUCTIONS:

1. Think about this ordinary workday you're having
2. Imagine you're looking back on it from 20 years in the future
3. Write one sentence describing this day as if it's a treasured memory
4. What becomes precious with distance?
5. Notice how this shifts your relationship to now

EXPLORATIVE QUESTIONS:

- What about today becomes precious with distance?
- What ordinary moment would you treasure in hindsight?
- How does viewing today as a future memory change how you feel about it?
- What do you want to remember about this time?

LA COUNTY CREATIVE COMMUNITIES

TITLE:

Closing Ritual

CARD #: 24

MEDIUM:

Writing/Reflection

GOAL:

Create intentional transition from work to home through simple ritual

TIME COMMITMENT:

5 minutes

MATERIALS:

Paper, pen

SKILLS/BENEFITS:

- Work-life transition
- Setting boundaries
- Reflection practice
- Closure and release

INSTRUCTIONS:

1. Before leaving work, take a moment to write three things:
 - One thing you're leaving at work (don't carry it home)
 - One thing you're carrying home (what's worth keeping)
 - One thing you're grateful for
2. Fold the paper
3. Either take it with you or leave it in your workspace for tomorrow
4. This is your closing ritual

EXPLORATIVE QUESTIONS:

- What are you intentionally leaving at work today?
- What's worth carrying home with you?
- What are you grateful for from this day?
- How does this ritual change your transition?

LA COUNTY CREATIVE COMMUNITIES

TITLE:

Haiku of Now

CARD #: 25

MEDIUM:

Poetry (Magnetic or Written)

GOAL:

Capture the present moment through brief poetic observation

TIME COMMITMENT:

10 minutes

MATERIALS:

Magnetic poetry tiles
OR paper and pen

SKILLS/BENEFITS:

- Being aware of the present moment
- Expressing things briefly
- Observation skills
- Writing poetry

INSTRUCTIONS:

1. Notice what's happening right now—internally and externally
2. Write three haikus about this moment
3. Traditional haiku form (5-7-5 syllables) is optional
4. Focus on: three short observations
5. Let them be simple and true

EXPLORATIVE QUESTIONS:

- What's happening in this moment worth capturing?
- What do you notice that you usually overlook?
- How does being brief change what you say?
- What do these three haikus tell you about now?

LA COUNTY CREATIVE COMMUNITIES

TITLE:

Three-Line Medicine

MEDIUM:

Magnetic Poetry

TIME COMMITMENT:

5 minutes

SKILLS/BENEFITS:

- Using intuition to create
- Writing poetry
- Creating healing language
- Being aware of the present moment

EXPLORATIVE QUESTIONS:

- What medicine did your three lines create?
- What words called to you?
- How does this poem respond to what you need right now?
- What surprised you about what came out?

CARD #: 26

GOAL:

Create healing language through gut-feeling word selection

MATERIALS:

Magnetic poetry tiles

INSTRUCTIONS:

1. Stand in front of the magnetic poetry tiles
2. Don't overthink—let your hands find words
3. Create a three-line poem that feels like medicine for today
4. Arrange the words on the magnetic surface
5. Take a photo if you want to remember it

LA COUNTY CREATIVE COMMUNITIES

TITLE:

Gratitude Formula

CARD #: 27

MEDIUM:

Magnetic Poetry

GOAL:

Show gratitude through a math/poetry equation

TIME COMMITMENT:

5 minutes

MATERIALS:

Magnetic poetry tiles

SKILLS/BENEFITS:

- Practicing being thankful
- Thinking creatively
- Exploring cause and effect
- Playing with expression

INSTRUCTIONS:

1. Use magnetic poetry tiles to create a math equation
2. Format: [something you're grateful for] + [something else] = [a feeling or truth]
3. Example: "morning + coffee = possibility"
4. Play with different combinations
5. Notice what equations feel most true

EXPLORATIVE QUESTIONS:

- What are you grateful for right now?
- What combinations create positive results?
- What simple additions equal big results?
- What does your equation show about what matters to you?

LA COUNTY CREATIVE COMMUNITIES

TITLE:

Dialogue Between Elements

MEDIUM:

Magnetic Poetry

TIME COMMITMENT:

5 minutes

SKILLS/BENEFITS:

- Taking different perspectives
- Exploring tension
- Creative dialogue
- Thinking deeply

EXPLORATIVE QUESTIONS:

- What two elements did you choose?
- What do they say to each other?
- What do you learn from their conversation?
- Which element do you identify with more right now?

CARD #: 28

GOAL:

Explore relationships and balance opposites through conversation

MATERIALS:

Magnetic poetry tiles

INSTRUCTIONS:

1. Choose two opposite or complementary forces
2. Examples: Fire and water, mountain and river, past and future, stillness and motion
3. Create a two-line conversation using magnetic poetry
4. What would they say to each other?
5. Notice what wisdom comes from the dialogue

LA COUNTY CREATIVE COMMUNITIES

TITLE:

Found Blessing

CARD #: 29

GOAL:

Create a blessing or intention from available language

MEDIUM:

Magnetic Poetry

TIME COMMITMENT:

5 minutes

MATERIALS:

Magnetic poetry tiles

SKILLS/BENEFITS:

- Creating blessings
- Setting intentions
- Working with limits
- Creating ritual language

INSTRUCTIONS:

1. Use only the magnetic poetry words available to you
2. Put together a blessing
3. It can be for yourself, your coworkers, your community, or the day itself
4. Work with what's available—let the limits guide you
5. Speak it out loud once you've created it

EXPLORATIVE QUESTIONS:

- What blessing did the available words create?
- Who or what needs this blessing?
- How does working with limited words change the blessing?
- What power does this blessing hold?

LA COUNTY CREATIVE COMMUNITIES

TITLE:

Recipe for Resilience

MEDIUM:

Magnetic Poetry

TIME COMMITMENT:

5 minutes

SKILLS/BENEFITS:

- Understanding resilience
- Using comparisons to think
- Using recipes as teaching tools
- Recognizing strength

EXPLORATIVE QUESTIONS:

- What are the ingredients of your resilience?
- How long does it take to "cook"?
- Who taught you this recipe?
- What would you add to improve it?

CARD #: 30

GOAL:

Think about resilience as something you can make and share

MATERIALS:

Magnetic poetry tiles

INSTRUCTIONS:

1. Use magnetic poetry words to write a recipe
2. What ingredients make resilience?
3. What's the preparation method?
4. What's the cooking time? Serving size?
5. Be playful and serious at once

LA COUNTY CREATIVE COMMUNITIES

TITLE:

Collaborative Poem

CARD #: 31

MEDIUM:

Magnetic Poetry

GOAL:

Think about resilience as something you can make and share

TIME COMMITMENT:

10 minutes (plus ongoing)

MATERIALS:

Magnetic poetry tiles

SKILLS/BENEFITS:

- Building community
- Creating together
- Letting go of control
- Making collaborative art

INSTRUCTIONS:

1. Start a magnetic poetry poem on the cart
2. Create the first line or two
3. Leave it for others to add to throughout the day
4. Return later to see what came out
5. Notice how the poem changed with multiple voices

EXPLORATIVE QUESTIONS:

- What did you add to the group poem?
- How did others' additions change or improve it?
- What surprises came from collaboration?
- What does this poem say about your community?

LA COUNTY CREATIVE COMMUNITIES

TITLE:

The Shape of This Moment

CARD #: 32

MEDIUM:

Drawing

GOAL:

Show your current emotional state through abstract visual form

TIME COMMITMENT:

5 minutes

MATERIALS:

Paper, pencil or colored pencils

SKILLS/BENEFITS:

- Expressing emotions
- Communicating without words
- Being aware of the present moment
- Using intuition to create

INSTRUCTIONS:

1. Pick up a pencil or colored pencil
2. Without thinking too hard, draw the shape of how you're feeling right now
3. It doesn't have to look like anything real
4. Let your hand move freely
5. When done, notice: Does the shape surprise you? Does it feel true?

EXPLORATIVE QUESTIONS:

- What shape did your feelings take?
- Does the shape have soft edges or sharp ones?
- Is it contained or does it go beyond the page?
- What would you title this shape?

LA COUNTY CREATIVE COMMUNITIES

TITLE:

Mandala Breathing

CARD #: 33

GOAL:

Match your breathing with creative drawing for centering and calm

MEDIUM:

Drawing

MATERIALS:

Paper, pencil or colored pencils

TIME COMMITMENT:

5 minutes

INSTRUCTIONS:

SKILLS/BENEFITS:

- Paying attention to your breathing
- Reducing stress
- Meditative focus
- Coordinating hand, eye, and breath

1. Draw a simple circle on your paper
2. Take a deep breath in
3. As you breathe out, add one line, shape, or pattern to your circle
4. Repeat: One breath, one mark
5. Continue for five breaths (or more if you have time)
6. Your breathing controls the speed of your drawing

EXPLORATIVE QUESTIONS:

- How did your breath affect your drawing?
- Did your marks change as you kept breathing?
- What pattern came out?
- How do you feel after this practice?

LA COUNTY CREATIVE COMMUNITIES

TITLE:

Gratitude Symbols

CARD #: 34

MEDIUM:

Drawing

GOAL:

Create your own visual language for things you're grateful for

TIME COMMITMENT:

5 minutes

MATERIALS:

Paper, pencil or colored pencils

SKILLS/BENEFITS:

- Practicing being thankful
- Creating symbols
- Thinking visually
- Growing positive emotions

INSTRUCTIONS:

1. Think of three things you're grateful for today
2. For each one, create a simple symbol
3. The symbols can be abstract or real, simple or detailed
4. Draw all three on one page
5. Notice: What visual language did you choose for gratitude?

EXPLORATIVE QUESTIONS:

- What are you grateful for today?
- What symbols represent these gratitudes?
- How might you use these symbols again?
- What would a whole alphabet of gratitude symbols look like?

LA COUNTY CREATIVE COMMUNITIES

TITLE:

The Texture of Your Voice

CARD #: 35

GOAL:

See and explore your voice as something physical

MEDIUM:

Drawing/Painting

MATERIALS:

Paper, pencil, watercolor pencils, or colored pencils

TIME COMMITMENT:

5 minutes

INSTRUCTIONS:

SKILLS/BENEFITS:

- Understanding yourself better
- Thinking about how senses mix
- Creative expression
- Exploring your voice

1. Think about your voice—not how it sounds, but what texture it would have if you could touch it
2. Is it smooth? Jagged? Flowing? Geometric? Soft? Bold?
3. Draw or paint this texture
4. Fill the page with it
5. Notice what your voice looks like when given visible form

EXPLORATIVE QUESTIONS:

- If your voice had a texture you could see, what would it look like?
- Does this texture change depending on who you're talking to?
- What does this texture tell you about how you communicate?
- Would you change this texture? How?

LA COUNTY CREATIVE COMMUNITIES

TITLE:

Energy Map

CARD #: 36

MEDIUM:

Drawing

GOAL:

Notice your body and identify where energy, tension, and calm live

TIME COMMITMENT:

5 minutes

MATERIALS:

Paper, colored pencils or pencil

SKILLS/BENEFITS:

- Body awareness
- Understanding your body's signals
- Identifying stress
- Guiding self-care

INSTRUCTIONS:

1. Draw a simple outline of a body (stick figure is perfectly fine)
2. Check in with your body: Where do you feel energy? Tension? Calm? Numbness?
3. Color or shade these areas on your drawing
4. Use different colors or patterns for different feelings
5. No artistic skill needed—just truth

EXPLORATIVE QUESTIONS:

- Where do you feel energy in your body right now?
- Where is there tension or discomfort?
- Where is there calm or ease?
- What does your body need based on this map?

LA COUNTY CREATIVE COMMUNITIES

TITLE:

Garden of Care

CARD #: 37

MEDIUM:

Drawing

GOAL:

See your values and relationships as plants in a garden

TIME COMMITMENT:

10 minutes

MATERIALS:

Paper, colored pencils or watercolor pencils

SKILLS/BENEFITS:

- Understanding what matters to you
- Mapping relationships
- Using comparisons to think
- Telling visual stories

INSTRUCTIONS:

1. Think about what or who you care about (people, peace, nature, love, fairness, pets, etc.)
2. Imagine each thing you care about as a plant
3. Draw a garden where these comparison plants grow together
4. Include as many or as few plants as you want
5. Label them if you wish, or keep them mysterious

EXPLORATIVE QUESTIONS:

- What or who do you care about?
- If each were a plant, what kind would they be?
- How do they interact in your garden?
- What does your garden need to grow well?

LA COUNTY CREATIVE COMMUNITIES

TITLE:

Bridge Building

CARD #: 38

MEDIUM:

Drawing

GOAL:

See connection and think about what you're building between yourself and others

TIME COMMITMENT:

10 minutes

MATERIALS:

Paper, pencil or colored pencils

SKILLS/BENEFITS:

- Understanding relationships
- Seeing connections
- Solving problems through comparisons
- Building hope

INSTRUCTIONS:

1. Draw a bridge—it can be realistic or imaginary
2. As you draw, think about what this bridge connects
3. What's on each side of the bridge?
4. Label both sides (or keep it private)
5. Notice: Is the bridge strong? Being built? Used a lot?

EXPLORATIVE QUESTIONS:

- What does your bridge connect?
- What materials is it made from?
- Who or what crosses this bridge?
- What would make your bridge stronger?

LA COUNTY CREATIVE COMMUNITIES

TITLE:

The Architecture of Belonging

CARD #: 39

GOAL:

Create a visual picture of where and how you feel like you belong

MEDIUM:

Drawing

MATERIALS:

Paper, pencil or colored pencils

TIME COMMITMENT:

10 minutes

INSTRUCTIONS:

1. Think about where you feel you belong
2. Draw a structure that represents this belonging
3. It might be a house, a tent, a tree, a circle of chairs, stars in the sky
4. What does belonging look like built in space?
5. Add as much detail as feels right

SKILLS/BENEFITS:

- Understanding belonging
- Using visual comparisons
- Exploring identity
- Thinking about community

EXPLORATIVE QUESTIONS:

- What structure represents belonging for you?
- Is it closed or open? Solid or flowing?
- Who else is in this structure with you?
- What makes this space feel like belonging?

LA COUNTY CREATIVE COMMUNITIES

TITLE:

Layers of Identity

CARD #: 40

MEDIUM:

Drawing/Painting

GOAL:

Explore different parts of your identity through color layering

TIME COMMITMENT:

10 minutes

MATERIALS:

Paper, watercolor pencils or colored pencils

SKILLS/BENEFITS:

- Understanding identity
- Seeing how things intersect
- Visual layering technique
- Understanding yourself

INSTRUCTIONS:

1. Using watercolor pencils or colored pencils, choose different colors
2. Each color represents one part of your identity (cultural, job, family, etc.)
3. Create layers of these different colors on your paper
4. Layer them in any order, overlapping them
5. You don't have to label them—just layer and see what comes out

EXPLORATIVE QUESTIONS:

- What parts of your identity did you choose to show?
- How do they overlap and interact?
- Which layers are most visible? Which are underneath?
- What new colors come out where they mix?

LA COUNTY CREATIVE COMMUNITIES

TITLE:

Movement Memory

CARD #: 41

GOAL:

Turn beloved movements into visual form

MEDIUM:

Drawing

MATERIALS:

Paper, pencil or colored pencils

TIME COMMITMENT:

10 minutes

INSTRUCTIONS:

SKILLS/BENEFITS:

- Body awareness
- Appreciating movement
- Abstract drawing
- Remembering through your body

1. Think of a movement you love (dancing, swimming, walking, hugging, cooking, stretching)
2. Close your eyes and imagine doing this movement
3. What shapes does this movement make in the air?
4. Open your eyes and draw the lines and shapes of this motion
5. Follow the path the movement takes

EXPLORATIVE QUESTIONS:

- What movement did you choose and why?
- What shapes does this movement create?
- How does drawing the movement change your relationship to it?
- What other movements would you like to draw?

LA COUNTY CREATIVE COMMUNITIES

TITLE:

Gift for Your Younger Self

CARD #: 42

MEDIUM:

Drawing

GOAL:

Be kind to yourself by imagining giving a gift across time

TIME COMMITMENT:

15–20 minutes

MATERIALS:

Paper, pencil or colored pencils

SKILLS/BENEFITS:

- Being kind to yourself
- Healing past hurts
- Understanding childhood needs
- Creative problem-solving

INSTRUCTIONS:

1. Think about yourself as a child
2. What did that child need? What do you wish you could give them?
3. Draw a gift you want to give your younger self
4. It can be real (a toy, a hug) or abstract (confidence, peace, permission to rest)
5. Make it as detailed or as simple as you want

EXPLORATIVE QUESTIONS:

- What gift would you give your younger self?
- Why this gift specifically?
- How would this gift have changed things?
- What does this reveal about what you needed then and maybe still need now?

LA COUNTY CREATIVE COMMUNITIES

TITLE:

Ancestor Portrait (Abstract)

CARD #: 43

GOAL:

Honor ancestors through color, shape, and symbol rather than realistic drawing

MEDIUM:

Drawing/Painting

TIME COMMITMENT:

15-20 minutes

MATERIALS:

Paper, colored pencils, watercolor pencils

SKILLS/BENEFITS:

- Connecting to ancestors
- Abstract art skills
- Honoring culture
- Creative tribute

INSTRUCTIONS:

1. Think of an ancestor (family or chosen)
2. You don't have to draw their face
3. Instead, use colors, shapes, patterns, and symbols to create their portrait
4. What colors represent their spirit? What shapes hold their wisdom?
5. Let your gut feeling guide you

EXPLORATIVE QUESTIONS:

- What colors represent this ancestor's spirit?
- What shapes hold their wisdom?
- What patterns or symbols connect to their life or culture?
- What do you want to remember most about them?

LA COUNTY CREATIVE COMMUNITIES

TITLE:

Color Story

CARD #: 44

MEDIUM:

Painting/Coloring

GOAL:

Use color as a story language to tell the story of a time period

TIME COMMITMENT:

15–20 minutes

MATERIALS:

Paper, watercolor pencils or colored pencils

SKILLS/BENEFITS:

- Understanding color
- Storytelling skills
- Expressing emotions through color
- Reflecting on your week or day

INSTRUCTIONS:

1. Think about your week (or day, or month)
2. Choose 3–5 colors that tell its story
3. Paint or color them on your paper in any arrangement (stripes, blocks, blends, overlapping)
4. Write one sentence about why each color belongs in your story
5. Notice what the color story shows

EXPLORATIVE QUESTIONS:

- What colors tell the story of your week?
- Why did these colors come up?
- What's the relationship between the colors?
- If you could add one more color to improve the story, what would it be?

LA COUNTY CREATIVE COMMUNITIES

TITLE:

The Landscape of a Relationship

CARD #: 45

MEDIUM:

Drawing

GOAL:

Think about relationship patterns through landscape comparison

TIME COMMITMENT:

15-20 minutes

MATERIALS:

Paper, pencil or colored pencils

SKILLS/BENEFITS:

- Understanding relationships
- Mapping with comparisons
- Understanding communication
- Understanding conflict

INSTRUCTIONS:

1. Think of an important relationship in your life
2. Draw it as a landscape
3. Are there mountains of challenge? Rivers of communication? Gardens of joy? Deserts of silence?
4. What does the terrain tell you?
5. Notice what geographic features come up

EXPLORATIVE QUESTIONS:

- What does the landscape of this relationship look like?
- Where are there mountains? Rivers? Gardens? Deserts?
- What terrain do you spend most time in together?
- What would you add to this landscape? What would you change?

LA COUNTY CREATIVE COMMUNITIES

TITLE:

Healing Hands

CARD #: 46

MEDIUM:

Drawing/Coloring

GOAL:

Recognize and celebrate your personal ability to care, create, and heal

TIME COMMITMENT:

15–20 minutes

MATERIALS:

Paper, colored pencils or watercolor pencils

SKILLS/BENEFITS:

- Recognizing yourself
- Appreciating your abilities
- Visual affirmation
- Connecting to your hands and body

INSTRUCTIONS:

1. Trace your hand on the paper
2. Inside the outline, fill it with colors, words, images, or patterns
3. Show your ability to heal, help, create, or care
4. Include: What do your hands make? Who do they help? What do they create?
5. Celebrate your hands' power

EXPLORATIVE QUESTIONS:

- What do your hands hold?
- What have they created, healed, or helped?
- What ability are you most grateful for?
- How can you honor your hands more?

LA COUNTY CREATIVE COMMUNITIES

TITLE:

Box Breathing + Drawing

CARD #: 47

MEDIUM:

Breathing Exercise + Drawing

GOAL:

Combine breath control with drawing for double-focus calm

TIME COMMITMENT:

5–10 minutes

MATERIALS:

Paper, pencil

SKILLS/BENEFITS:

- Controlling breath
- Reducing anxiety
- Coordinating hand and breath
- Visual representation of practice

INSTRUCTIONS:

1. Learn box breathing: Breathe in for 4 counts, hold for 4, breathe out for 4, hold for 4
2. With each breath cycle, draw one side of a box
3. After four complete breaths, you have a square
4. Fill your square with a pattern, color, or word
5. Repeat if you have more time—create multiple squares

EXPLORATIVE QUESTIONS:

- How did drawing affect your breathing practice?
- Did the box shape help you track your breaths?
- What did you fill your boxes with?
- How do you feel after combining breath and drawing?

LA COUNTY CREATIVE COMMUNITIES

TITLE:

Transitions of Feeling

CARD #: 48

MEDIUM:

Drawing/Coloring

GOAL:

Explore emotional transitions through color gradients

TIME COMMITMENT:

5-10 minutes

MATERIALS:

Paper, watercolor pencils or colored pencils

SKILLS/BENEFITS:

- Understanding emotional transitions
- Color gradient technique
- Tracking inner change
- Emotional fluency

INSTRUCTIONS:

1. Using watercolor or colored pencils, choose two colors
2. Create a gradient from one color to another
3. As the color shifts, notice what you're feeling shift too
4. Name the colors of your gradient journey
5. What does the transition tell you?

EXPLORATIVE QUESTIONS:

- What two colors did you choose and why?
- How does the feeling change as the color changes?
- Where are you in this gradient right now?
- What color comes next?

LA COUNTY CREATIVE COMMUNITIES

TITLE:

Breathing in Color

CARD #: 49

GOAL:

Match breath and coloring for meditative calm

MEDIUM:

Coloring

TIME COMMITMENT:

5-10 minutes

MATERIALS:

Coloring page, one colored pencil

SKILLS/BENEFITS:

- Paying attention to breathing
- Reducing stress
- Meditative focus
- Coordinating hand and breath

INSTRUCTIONS:

1. Choose a coloring page
2. Pick one color
3. Set a timer for five minutes
4. Color slowly, matching your strokes to your breathing
5. Slow breath equals slow strokes

EXPLORATIVE QUESTIONS:

- How did your breath affect your coloring?
- Did your breathing slow down or speed up?
- What did you notice about the connection between breath and hand?
- How do you feel after this practice?

LA COUNTY CREATIVE COMMUNITIES

TITLE:

Emotional Color Coding

CARD #: 50

MEDIUM:

Coloring

GOAL:

See and map emotional states through color

TIME COMMITMENT:

5-10 minutes

MATERIALS:

Coloring page, one colored pencil

SKILLS/BENEFITS:

- Understanding emotions
- Using color as emotional language
- Recognizing patterns
- Mapping emotions

INSTRUCTIONS:

1. Choose a simple coloring page
2. Assign a color to each emotion you're carrying today (blue = calm, red = frustration, yellow = hope, etc.)
3. Color different sections in your emotional colors
4. Don't plan it—just color based on feeling
5. Notice what pattern comes out

EXPLORATIVE QUESTIONS:

- What emotions are you carrying today?
- What colors did you assign to each?
- What pattern came out in your coloring?
- What's the main emotion? What's surprising?

LA COUNTY CREATIVE COMMUNITIES

TITLE:

Repetition as Meditation

CARD #: 51

MEDIUM:

Coloring

GOAL:

Use repetitive action as meditative practice and stress relief

TIME COMMITMENT:

5-10 minutes

MATERIALS:

Coloring page, one colored pencil

SKILLS/BENEFITS:

- Meditating through repetition
- Reducing stress
- Focus and concentration
- Mindfulness practice

INSTRUCTIONS:

1. Choose a coloring page with repeating elements (petals, circles, leaves, patterns)
2. Choose one type of repeating shape
3. Color only that shape, over and over, in different colors or patterns
4. Let the repetition become a form of prayer or meditation
5. Notice how your mind settles

EXPLORATIVE QUESTIONS:

- What shape did you choose to repeat?
- How did the repetition affect your mental state?
- What thoughts or feelings came up during repetition?
- How can you bring this meditative quality to other repetitive tasks?

LA COUNTY CREATIVE COMMUNITIES

TITLE:

Beauty Inventory

CARD #: 52

GOAL:

Grow attention to beauty in ordinary workspace

MEDIUM:

Photography/Observation

TIME COMMITMENT:

5-10 minutes

MATERIALS:

Phone camera

SKILLS/BENEFITS:

- Paying attention to beauty
- Growing gratitude
- Photography skills
- Shifting perspective

INSTRUCTIONS:

1. Using your phone camera, take three photos of beautiful details in your workspace
2. Look for: light through a window, a plant, a pattern, a color, a texture
3. Get close, change angles, experiment
4. Look at your three photos
5. Write one sentence about each photo

EXPLORATIVE QUESTIONS:

- What beauty did you discover?
- What did you notice that you usually overlook?
- How does photographing beauty change your relationship to your space?
- What does your selection of beauty reveal about what you value?

LA COUNTY CREATIVE COMMUNITIES

TITLE:

Textures of the Workday

CARD #: 53

GOAL:

Grow awareness of physical textures and their emotional connection

MEDIUM:

Photography/Observation

TIME COMMITMENT:

5-10 minutes

MATERIALS:

Phone camera

SKILLS/BENEFITS:

- Sensory awareness
- Photography technique
- Using comparisons to think
- Connecting touch and emotion

INSTRUCTIONS:

1. Take close-up photos of three different textures in your environment
2. Examples: fabric, wood grain, paper, keyboard keys, plant leaves, carpet
3. Get very close—make texture fill the whole frame
4. After taking each photo, notice what each texture makes you feel
5. Write one word or sentence about the feeling each texture brings up

EXPLORATIVE QUESTIONS:

- What textures did you choose and why?
- What feelings do these textures bring up?
- How do these textures relate to the texture of your day?
- What texture is missing that you wish was present?

LA COUNTY CREATIVE COMMUNITIES

TITLE:

Light Study

CARD #: 54

GOAL:

Watch how light transforms space and creates beauty

MEDIUM:

Photography/Observation

MATERIALS:

Phone camera

TIME COMMITMENT:

5-10 minutes

INSTRUCTIONS:

SKILLS/BENEFITS:

- Paying attention to light
- Photography composition
- Observation skills
- Appreciating temporary beauty

1. Find three places where light is interesting: through a window, on a wall, creating shadows
2. Photograph the light (not just what it lights up, but the light itself)
3. Notice: Is it warm or cool? Soft or harsh? Spread out or direct?
4. Notice how light transforms ordinary space
5. Watch how this practice transforms your attention

EXPLORATIVE QUESTIONS:

- What did you notice about light that you hadn't before?
- How does light change the mood of a space?
- What time of day creates your favorite light?
- How can you bring more awareness to light in daily life?

LA COUNTY CREATIVE COMMUNITIES

TITLE:

Color Scavenger Hunt

CARD #: 55

GOAL:

Grow attention to specific colors and discover hidden abundance

MEDIUM:

Photography/Observation

TIME COMMITMENT:

5-10 minutes

MATERIALS:

Phone camera

SKILLS/BENEFITS:

- Focused attention
- Color awareness
- Observation skills
- Finding abundance

INSTRUCTIONS:

1. Choose one color (red, blue, yellow, green, etc.)
2. Find and photograph five examples of that color in your workspace
3. Look in unexpected places
4. Notice the variety within one color family
5. Think about: What does this one color teach you about your environment?

EXPLORATIVE QUESTIONS:

- What color did you choose?
- Where did you find it that surprised you?
- How many shades or varieties of this color did you discover?
- What does the presence (or absence) of this color tell you?

LA COUNTY CREATIVE COMMUNITIES

TITLE:

Intentional Listening

CARD #: 56

MEDIUM:

Sound Meditation

GOAL:

Practice mindful listening and set intentions for meditation

TIME COMMITMENT:

5-10 minutes

MATERIALS:

Morphée Zen meditation device, headphones

SKILLS/BENEFITS:

- Listening mindfully
- Setting intentions
- Reducing stress
- Being aware of the present moment

INSTRUCTIONS:

1. Find a quiet space where you can sit without being bothered
2. Choose one meditation track from the Morphée Zen
3. Before pressing play, set an intention (calm, clarity, rest, grounding, etc.)
4. Listen fully with your eyes closed
5. After listening, write three words about what you noticed

EXPLORATIVE QUESTIONS:

- What intention did you set?
- What did you notice during the meditation?
- Did your intention come true? How?
- What surprised you about the experience?

LA COUNTY CREATIVE COMMUNITIES

TITLE:

Sound Bathing

CARD #: 57

GOAL:

Experience sound as a healing, immersive element

MEDIUM:

Sound Meditation

TIME COMMITMENT:

5-10 minutes

MATERIALS:

Morphée Zen meditation device, headphones

SKILLS/BENEFITS:

- Sound healing
- Reducing stress
- Visualization skills
- Body awareness

INSTRUCTIONS:

1. Find a comfortable position where you won't be bothered
2. Choose a relaxing music track from the Morphée Zen
3. Close your eyes and imagine the sound as water washing over you
4. Where do you feel it most? Head? Heart? Whole body?
5. After the track ends, write or draw what you noticed

EXPLORATIVE QUESTIONS:

- Where did you feel the sound in your body?
- What did the sound wash away?
- How do you feel different after the sound bath?
- What image or feeling came to you?

LA COUNTY CREATIVE COMMUNITIES

TITLE:

Breath & Beat

CARD #: 58

MEDIUM:

Sound Meditation

GOAL:

Match your breath with natural rhythms for grounding

TIME COMMITMENT:

5–10 minutes

MATERIALS:

Morphée Zen meditation device (nature sounds), headphones

SKILLS/BENEFITS:

- Controlling breath
- Grounding practice
- Connecting to natural rhythms
- Reducing stress

INSTRUCTIONS:

1. Choose nature sounds from the Morphée Zen (rain, waves, wind)
2. Listen with your eyes closed
3. Find a rhythm in the sounds—waves, wind gusts, rain patterns
4. Match your breathing to that rhythm
5. After three minutes, notice how you feel and write one sentence

EXPLORATIVE QUESTIONS:

- What natural rhythm did you find?
- How did matching your breath to nature feel?
- What changed in your body or mind?
- How can you bring this practice into daily life?

LA COUNTY CREATIVE COMMUNITIES

TITLE:

Micro-Movement Meditation

CARD #: 59

MEDIUM:

Movement/Body Awareness

GOAL:

Turn tiny movements into meditation and body awareness practice

TIME COMMITMENT:

5-10 minutes

MATERIALS:

None (just your body)

SKILLS/BENEFITS:

- Body awareness
- Reducing stress through movement
- Mindfulness practice
- Can be done at your desk

INSTRUCTIONS:

1. Sit at your desk
2. Choose one very small movement: rotate your ankle, wiggle your fingers, roll your shoulders, move your jaw
3. Slow this movement down until it's almost invisible
4. Notice everything about this tiny movement—the feeling, the muscles involved, the quality
5. Let this small movement become your whole focus

EXPLORATIVE QUESTIONS:

- What small movement did you choose?
- What did you notice when you slowed it down?
- How did this tiny focus change your mental state?
- What other small movements could become meditations?

LA COUNTY CREATIVE COMMUNITIES

TITLE:

Desk Mandala

CARD #: 60

MEDIUM:

Object Arrangement

GOAL:

Create temporary beauty and practice letting go through arranging objects

TIME COMMITMENT:

5 minutes

MATERIALS:

Objects on your desk (pens, sticky notes, paperclips, etc.)

SKILLS/BENEFITS:

- Mindfulness practice
- Practicing letting go
- Making beauty
- Transforming workspace

INSTRUCTIONS:

1. Look at the objects on your desk
2. Arrange them into a temporary mandala or pattern
3. It can be pens, sticky notes, paperclips, anything available
4. Take a photo with your phone if you want to remember it
5. Then put everything back in its place
6. Notice how the temporary arrangement changed your relationship to the space

EXPLORATIVE QUESTIONS:

- What pattern did you create?
- How did creating temporary beauty feel?
- What was it like to take apart what you made?
- How did this shift your workspace energy?

LA COUNTY CREATIVE COMMUNITIES

TITLE:

One-Breath Check-In

CARD #: 61

GOAL:

Quick emotional check-in and needs assessment

MEDIUM:

Breathing + Reflection

TIME COMMITMENT:

5 minutes

MATERIALS:

Paper, pen (optional)

SKILLS/BENEFITS:

- Self-awareness
- Assessing needs
- Listening to intuition
- Quick grounding

INSTRUCTIONS:

1. Take one deep, careful breath
2. As you breathe in, internally ask: "What do I need right now?"
3. As you breathe out, listen for the answer without forcing it
4. Write down whatever comes—even if it surprises you
5. Honor what you heard

EXPLORATIVE QUESTIONS:

- What did you ask for on the inhale?
- What answer came on the exhale?
- Was the answer what you expected?
- Can you honor what you need, even in a small way?

LA COUNTY CREATIVE COMMUNITIES

TITLE:

Walking Meditation
(Hallway/Bathroom Trip)

CARD #: 62

GOAL:

Transform ordinary walking into contemplative practice

MEDIUM:

Walking/Movement

TIME COMMITMENT:

5-10 minutes

MATERIALS:

None (just your body and a destination)

SKILLS/BENEFITS:

- Mindful movement
- Grounding practice
- Attention training
- Making ordinary moments sacred

INSTRUCTIONS:

1. Choose a destination: water fountain, bathroom, another office
2. Walk slowly and deliberately
3. Pay attention to each step, the transitions from carpet to tile, temperature changes, sounds
4. Make this ordinary trip into a ceremony
5. Notice what you discover when you slow down

EXPLORATIVE QUESTIONS:

- What did you notice when you walked slowly?
- How was this walk different from your usual pace?
- What transitions did you feel?
- How can you bring this quality of attention to other daily movements?

LA COUNTY CREATIVE COMMUNITIES

TITLE:

Compassion Reset Walk

CARD #: 63

GOAL:

Release emotional weight from caring for others and refill your compassion through intentional walking

MEDIUM:

Walking/Movement

TIME COMMITMENT:

5-10 minutes

MATERIALS:

None (just comfortable shoes)

SKILLS/BENEFITS:

- Managing compassion fatigue
- Emotional release
- Physical reset between patients
- Restoring capacity to care

INSTRUCTIONS:

1. Step outside or find a quiet hallway to walk
2. For the first 2 minutes, imagine you're walking away from the emotional weight you've been carrying
3. With each step, picture setting down one heavy thing (worry, sadness, stress, fear)
4. For the next 2 minutes, imagine you're walking toward refilling your compassion
5. With each step, picture picking up something light (kindness, patience, hope, care)
6. End by taking three deep breaths

EXPLORATIVE QUESTIONS:

- What emotional weight did you set down during your walk?
- What did you pick up to refill yourself?
- How does your body feel different after walking?
- How can you use this walk between difficult patient interactions?

LA COUNTY CREATIVE COMMUNITIES

TITLE:

Five Senses Walking Inventory

CARD #: 64

GOAL:

Ground yourself in the present moment through systematic sensory awareness while walking

MEDIUM:

Walking/Mindfulness Practice

TIME COMMITMENT:

10 minutes

MATERIALS:

None (just comfortable shoes)

SKILLS/BENEFITS:

- Grounding technique
- Reducing anxiety
- Being present in the moment
- Sensory attention

INSTRUCTIONS:

1. Start walking at a comfortable pace
2. For 2 minutes, notice 5 things you can SEE (colors, shapes, movement)
3. For 2 minutes, notice 4 things you can FEEL (temperature, breeze, ground under feet, clothing)
4. For 2 minutes, notice 3 things you can HEAR (birds, traffic, voices, quiet)
5. For 2 minutes, notice 2 things you can SMELL (fresh air, food, flowers, earth)
6. For 2 minutes, notice 1 thing you can TASTE (or imagine tasting something pleasant)
7. Write down what surprised you when you return

EXPLORATIVE QUESTIONS:

- Which sense was easiest to notice while walking?
- Which sense was hardest?
- What did you notice that you usually miss?
- How did this practice affect your stress level?

LA COUNTY CREATIVE COMMUNITIES

TITLE:

Gratitude Steps

CARD #: 65

MEDIUM:

Walking/Gratitude Practice

GOAL:

Practice gratitude for your body, work, and life through rhythmic walking

TIME COMMITMENT:

5-10 minutes

MATERIALS:

None (just comfortable shoes)

SKILLS/BENEFITS:

- Gratitude practice
- Body appreciation
- Positive emotion growing
- Stress reduction

INSTRUCTIONS:

1. Start walking at a comfortable pace
2. For the first 2 minutes, with each step say internally: "Thank you, feet" (for carrying you)
3. For the next 2 minutes, with each step name something you're grateful for at work (even small things: "coffee," "kind coworker," "lunch break")
4. For the next 2 minutes, with each step name something you're grateful for in life (even tiny things: "sunshine," "breathing," "home")
5. End by saying "thank you" to yourself for taking this break

EXPLORATIVE QUESTIONS:

- What were you most grateful for today?
- How does gratitude feel in your body while walking?
- What surprised you about what you're thankful for?
- How can you bring gratitude into your workday more?

LA COUNTY CREATIVE COMMUNITIES

TITLE:

Color Collecting Walk

CARD #: 66

GOAL:

Shift focus from stress to beauty through color observation while walking

MEDIUM:

Walking/Observation

TIME COMMITMENT:

10 minutes

MATERIALS:

Phone camera (optional)

SKILLS/BENEFITS:

- Shifting attention from stress
- Noticing beauty
- Photography skills (optional)
- Mental break from work

INSTRUCTIONS:

1. Before you start walking, choose one color (red, blue, green, yellow, etc.)
2. As you walk, look for examples of this color
3. Count how many different examples you find
4. Notice the different shades and varieties
5. Take photos if you want, or just notice with your eyes
6. When you return, write down how many you found

EXPLORATIVE QUESTIONS:

- What color did you choose and why?
- How many examples did you find?
- Did looking for color change how you felt?
- What beauty did you notice that you usually miss?

LA COUNTY CREATIVE COMMUNITIES

TITLE:

Breath Counting Walk

CARD #: 67

MEDIUM:

Walking/Breathing Exercise

GOAL:

Calm your nervous system by matching breath to steps while walking

TIME COMMITMENT:

5-10 minutes

MATERIALS:

None (just comfortable shoes)

SKILLS/BENEFITS:

- Controlling breath
- Calming nervous system
- Reducing anxiety
- Coordinating breath and movement

INSTRUCTIONS:

1. Start walking at a natural pace
2. Count your steps as you breathe: Breathe in for 4 steps, breathe out for 4 steps
3. Keep this pattern: In-2-3-4, Out-2-3-4
4. If 4 steps feels too long or short, adjust to 3 or 5 steps
5. Continue for your whole walk
6. Notice how you feel when you return

EXPLORATIVE QUESTIONS:

- How did matching breath to steps feel?
- Did your breathing slow down or speed up?
- How does your body feel different after this walk?
- When during your day could you use this practice?

LA COUNTY CREATIVE COMMUNITIES

TITLE:

Release and Receive Walk

CARD #: 68

MEDIUM:

Walking/Visualization

GOAL:

Use visualization while walking to release stress and receive peace

TIME COMMITMENT:

10 minutes

MATERIALS:

None (just comfortable shoes)

SKILLS/BENEFITS:

- Stress release
- Visualization skills
- Emotional regulation
- Physical and mental reset

INSTRUCTIONS:

1. Start walking at a comfortable pace
2. For the first 5 minutes, imagine with each exhale you're breathing out stress, tension, or worry (visualize it as smoke, dark clouds, or heavy weights leaving your body)
3. For the next 5 minutes, imagine with each inhale you're breathing in calm, peace, or energy (visualize it as light, fresh air, or bright colors entering your body)
4. End with three complete breath cycles
5. Notice how your energy shifted

EXPLORATIVE QUESTIONS:

- What did you visualize releasing?
- What did you visualize receiving?
- How does your energy feel different now?
- What would you like to release tomorrow?

LA COUNTY CREATIVE COMMUNITIES

TITLE:

Walking Between Worlds

CARD #: 69

GOAL:

Create a mental boundary between work and home through intentional walking

MEDIUM:

Walking/Ritual

TIME COMMITMENT:

10-15 minutes

MATERIALS:

None (just comfortable shoes)

SKILLS/BENEFITS:

- Work-life transition
- Setting boundaries
- Mental separation
- Closure practice

INSTRUCTIONS:

1. Use your walk from work to your car, bus, or around the block as a transition ritual
2. For the first half of the walk, acknowledge what you're leaving at work (specific stresses, patient worries, work relationships)
3. At the halfway point, pause and take three deep breaths
4. For the second half, think about what you're walking toward (home, family, rest, yourself, hobbies)
5. When you arrive, take one final breath and step into home mode

EXPLORATIVE QUESTIONS:

- What did you leave at work today?
- What are you walking toward?
- How does this ritual help you transition?
- How can you protect this walking transition time?

LA COUNTY CREATIVE COMMUNITIES

TITLE:

Mantra Walking

CARD #: 70

MEDIUM:

Walking/Mantra Practice

GOAL:

Use rhythmic phrases while walking to calm your mind and body

TIME COMMITMENT:

5-10 minutes

MATERIALS:

None (just comfortable shoes)

SKILLS/BENEFITS:

- Mind calming through repetition
- Stress reduction
- Focus practice
- Grounding technique

INSTRUCTIONS:

1. Choose a simple phrase that helps you (examples: "I am here," "This too shall pass," "I am enough," "Breathe in calm, breathe out stress")
2. Start walking at a comfortable pace
3. Repeat your phrase silently with each step or each breath
4. When your mind wanders, gently bring it back to the phrase
5. Continue for your whole walk
6. Notice how you feel when you return

EXPLORATIVE QUESTIONS:

- What phrase did you choose?
- How did repetition affect your thoughts?
- Did your mind wander? What brought you back?
- What other phrases might help you during hard days?

LA COUNTY CREATIVE COMMUNITIES

TITLE:

Nature Connection Walk

CARD #: 71

MEDIUM:

Walking/Nature Observation

GOAL:

Connect to nature to restore energy and reduce stress, even in small doses

TIME COMMITMENT:

10 minutes

MATERIALS:

None (just comfortable shoes)

SKILLS/BENEFITS:

- Nature connection
- Stress reduction
- Attention to living things
- Energy restoration

INSTRUCTIONS:

1. Walk to any outdoor space (parking lot trees, courtyard, sidewalk plants count!)
2. Look for living things: trees, grass, birds, insects, flowers, weeds
3. Choose one living thing and really look at it for 1-2 minutes
4. Notice details: colors, textures, movements, shapes
5. Thank this living thing silently for sharing space with you
6. Continue walking and noticing other living things
7. Write down what you saw when you return

EXPLORATIVE QUESTIONS:

- What living thing did you focus on?
- What details did you notice?
- How does connecting to nature affect your energy?
- How can you bring nature connection into your daily routine?

LA COUNTY CREATIVE COMMUNITIES

TITLE:

Professional Pride Walk

CARD #: 72

GOAL:

Reconnect to why you chose public service and honor your contributions through reflective walking

MEDIUM:

Walking/Reflection

TIME COMMITMENT:

5-10 minutes

MATERIALS:

None (just comfortable shoes), paper and pen when you return

SKILLS/BENEFITS:

- Reconnecting to purpose
- Honoring yourself
- Building professional pride
- Combating burnout

INSTRUCTIONS:

1. Start walking at a comfortable pace
2. Think about why you first chose to work in public service (what called you to this work?)
3. As you walk, remember one moment from your career when you made a real difference (big or small)
4. Think about one thing you did today that mattered (even if it felt small)
5. With each step, say silently: "My work matters"
6. When you return, write down the moment you remembered

EXPLORATIVE QUESTIONS:

- Why did you first choose public service?
- What moment of making a difference did you remember?
- What did you do today that mattered?
- How does remembering your purpose change how you feel?