

Title

Up the Mountain

ETC Level

C/Sy, P/A, Cr

MDV Level

HC, S, F or R

Materials

Various art media depending on personal preference  
Paint, markers, crayons, pastels, colored pencils, etc.  
Large sheet of paper

Procedures

1. Directive – draw a picture of yourself climbing up a mountain
2. Include what kind of day it is, is there a need for a shelter, is there a place to rest?
3. Is there anything that made the journey difficult? Dangers? Difficulties?
4. Some additional questions: What did you need to do to prepare? Were you alone or did you want someone to go with you? How long of a journey was it? Did you meet any obstacles along the way? Were there any obstacles to overcome? How did you overcome them? Did you reach the top of the mountain, and if so, what was there? Did you need to rest?

Rationale

This can be a projective tool in which the journey may represent a metaphor of personal experience. Can be used to teach relaxation skills. Also a tool to increase self-awareness. Can be used to examine inner strengths and ways to deal with personal challenges.

Adaptations

Can begin with a guided imagery and use for teaching relaxation techniques.  
Can also be done in 3-D with clay or use collage materials.

Reflections

I used this when working at a physical rehabilitation hospital. It served to help the patients understand many of their emotions related to the work they were doing in rehab, both physically and emotionally adjusting to new limitations.

Susan L. Smith