

HEALING IN MOTION

A Creative Toolkit for
Expression, Embodiment
& Emotional Release

PREVENTION FIRST 


KINDRED LLC
- INDIVIDUAL & COLLECTIVE HEALING -

iArt Cards

iArt Cards are about freedom: the freedom to explore, to create, and to follow what feels right to you.

Using the iArt Inspiration Cards designed by Fausto López and created by Jessica Juarez, you'll pick a card that speaks to you and let it guide your next creative move.

Draw. Dance. Scribble. Speak. Rest. There's no one way to respond. No pressure. No outcome. Just a spark.

This is your way.

How It Works

1. If you're using the digital version, scroll through the iArt Inspiration Cards and stop when one catches your eye. If you're using a printed card, start by shuffling them.
2. Choose one card that stirs something inside you.
3. Let it guide you into a creative response: visual, movement-based, written, or something else.
4. If you want, pick another. Or stay with one. There's no right way. This activity is yours to explore!

**This Way, That Way, Your Way –
A Choose-Your-Own Creative
Adventure**



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Observation Drawing

Look around the room and find someone to observe. Without overthinking, begin sketching their form—capturing their posture, movement, and expression. Focus on the energy of their stance rather than perfect details.



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Emotion Wheel

Create artwork that explores and expresses different emotions. Use colors, shapes, and textures to convey feelings, such as joy, sadness, anger, or excitement.



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Time Capsule

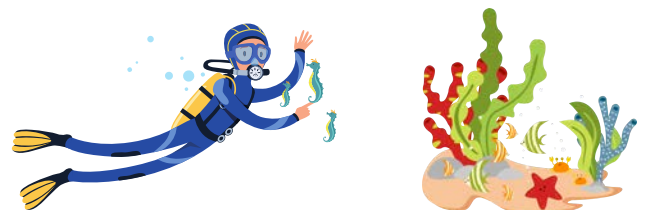
Design or build a piece that represents a specific time period or moment in your life. This could be a personal memory or a historical event that fascinates you.



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Underwater World

Imagine an underwater scene and bring it to life through drawing or building. Think about marine life, coral reefs, or mythical sea creatures.



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Artistic Inspiration Ideas

Urban Landscape

Draw or construct a cityscape or urban environment. Consider incorporating elements like skyscrapers, parks, and bustling streets.



Artistic Inspiration Ideas

Superhero Design

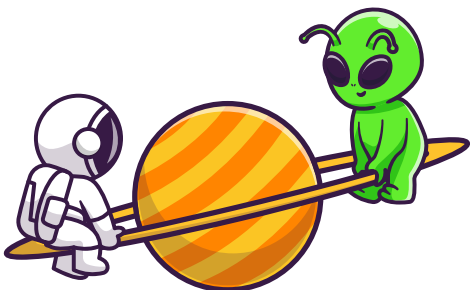
Invent your own superhero and design their costume, powers, and backstory. What makes them unique, and how do they use their abilities?



Artistic Inspiration Ideas

Alien Planet

Create an artwork depicting a distant alien planet. What kind of landscapes, creatures, and cultures might exist there?



Artistic Inspiration Ideas

Musical Inspiration

Listen to your favorite song and let the music guide your artwork. Capture the essence of the melody, rhythm, or lyrics in your creation



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Artistic Inspiration

Ideas

Animal Kingdom

Explore the diversity of the animal kingdom by illustrating or sculpting your favorite animal or an unusual one you recently discovered.



Artistic Inspiration

Ideas

Historical Figure

Draw or build a representation of a historical figure you admire. Consider what aspects of their life or achievements you want to highlight in your art.

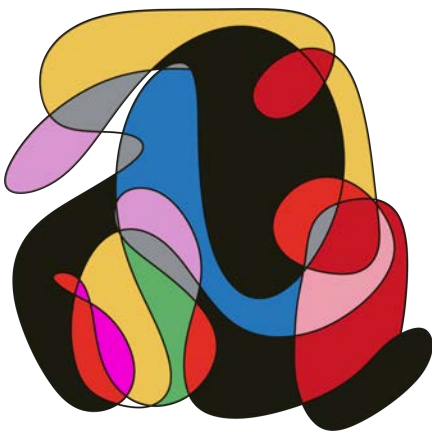


Artistic Inspiration

Ideas

Abstract Shapes

Draw or build random shapes—let your imagination take over!



Artistic Inspiration

Ideas

Color Explosion

Use bright colors to create something that makes you feel energized.



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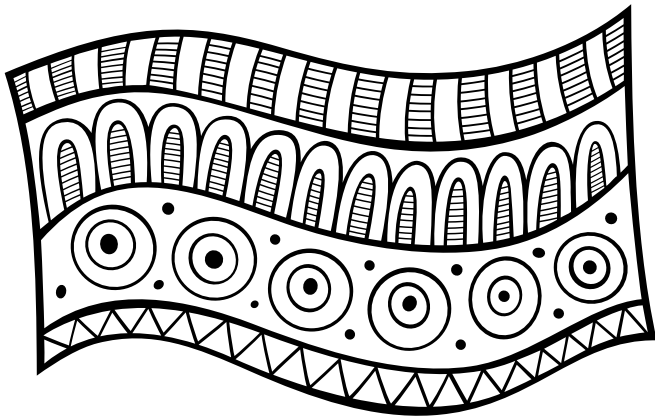


Artistic Inspiration

Ideas

Zentangle

Create a series of repeating patterns that flow and connect with each other.

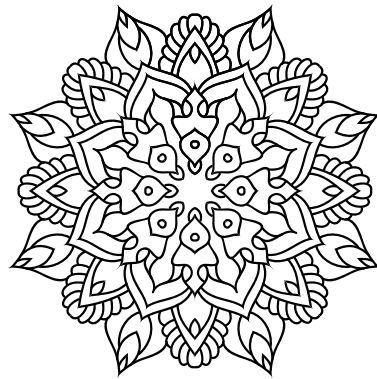


Artistic Inspiration

Ideas

Mandalas

Draw or build a symmetrical pattern or shape that makes you feel balanced.



Artistic Inspiration

Ideas

Fantasy Creature

Imagine and design your own creature—what does it look like?



Artistic Inspiration

Ideas

Choose an affirmation that inspires you. Using graffiti-style lettering, experiment with size, color, and movement. Play with bubble letters or block fonts; Add shadows, drips, or bursts for emphasis



AFFIRMATIONS



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Artistic Inspiration

Ideas

Dream Home

Build or draw your perfect house, even if it's totally out there!

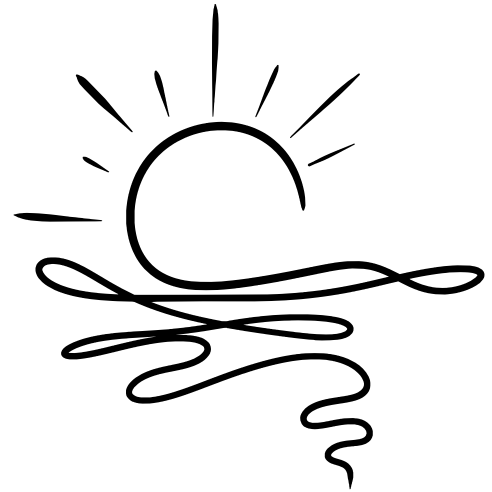


Artistic Inspiration

Ideas

One Line Art

Create a drawing using only one continuous line.



Artistic Inspiration

Ideas

Favorite Food

Use any material to create your favorite food item in 3D.

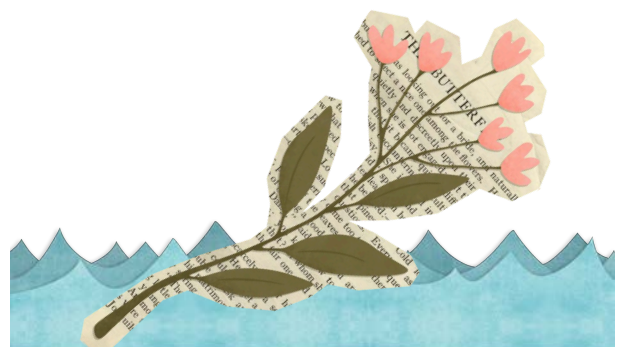


Artistic Inspiration

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Nature Inspired

Collect nature images like leaves, flowers, water and incorporate them into your artwork.



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Artistic Inspiration

Ideas

Pop Culture

Draw or build something inspired by your favorite movie, show, or game.



Artistic Inspiration

Ideas

My Happy Place

Create a space that makes you feel relaxed and at peace.

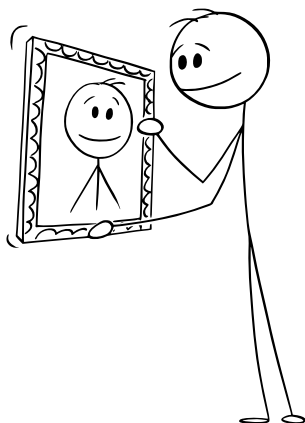


Artistic Inspiration

Ideas

Self Portrait

Create a drawing, painting, or sculpture of yourself (but it doesn't have to be realistic!)



Artistic Inspiration

Ideas

Scribble

Fill a page with random scribbles, then turn it into something creative.

