

# Tape Art for Secrets

*This activity provides the client a new way to express their feelings or “Secrets” in a private way. During this activity the clinician will explain how important it is to release tensions and secrets to reduce anxiety, anger, frustration and depressive feelings.*

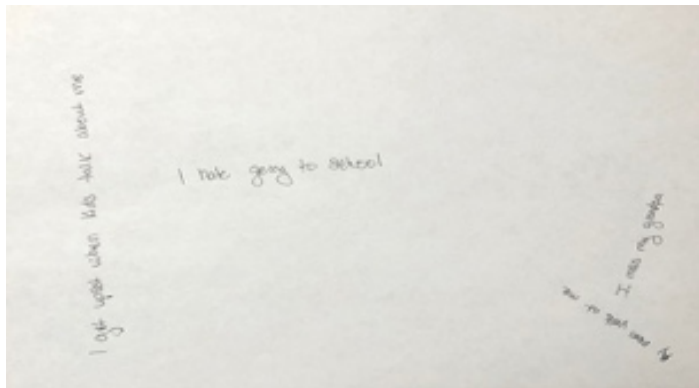
## Materials:

- Paper
- Writing utensil
- Painter’s/Masking tape

## Complete the Activity:

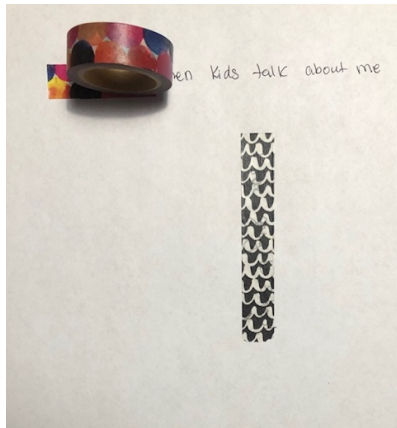
**Step 1:** Provide the client with a piece of paper.

**Step 2:** Encourage the client to write down a secret randomly on a piece of paper.



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**Step 3:** Once the client has written the secret, cover it with the tape.



**Step 4:** Allow the client to continue writing secrets, frustrations, and/or things that worry them until the sheet of paper has been covered with tape (encouraged the client to create the secrets to be shaped like art).



**Step 5:** Explain the importance of releasing emotions and how this activity should be used as a coping technique. Discuss how their "secrets" are safe under the tape. Also, encouraged the client to think positively now that the "secrets" have been covered.



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## End of Activity options:

- 1.) The client can continue this activity at home and return it to the therapist at the next session.
- 2.) The client can “redo” the activity with their family (Each member of the family can engage in the activity).

## Quick clinical tags to add to your notes:

- Teach a new expressive technique to release fears and worries.
- Building Self-esteem due to releasing negativity about things in their world.
- Learning the importance and benefit of positive thinking.