



# **Creative Expression Activities for Teens: Exploring Identity through Art, Craft and Journaling**

*Bonnie Thomas*

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Coping with life's stresses is difficult for everybody, but can be especially challenging for teenagers, who often feel isolated and misunderstood. Creative expression through art, craft, and writing is a natural and effective way of helping young people to explore and communicate personal identity.

This book is bursting with art and journal activities, creative challenges, and miniature projects for bedrooms and other personal spaces, all of which help teenagers to understand and express who they are and what is important to them. These fun ideas can be tailored to suit the individual, and require minimal equipment and even less artistic know-how, so can be enjoyed by all. The book concludes with a useful section for counselors and other professionals who work with young people, which explains how these activities can be incorporated into treatment goals.

This imaginative and insightful book is a useful resource for all therapists, social workers, and counselors who wish to encourage self-expression in teenagers.

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