

PERMISSION CANVAS — in honor of babs

“Through AWBW I was finally able to claim myself as an artist. AWBW changed my life and I believe it changed everyone else’s life I came into contact with or did a workshop with. In gratitude and support for this ongoing process I invite us all to create permission canvases, claiming parts of ourselves that need to be heard.” — babs Mayer, Windows Facilitator

Directions: Use the prompts to invite first thoughts. When ready, add colors or images that come to you. Sketch, draw or collage. You can also use this as a warm-up space and then create on canvas, or any surface you like!

Think of something you are ready to let go of... how would this feel and what would your life look like if you let it go?

Think about something you really want to do but have been too timid or too afraid to try; what would that be?

Explore writing permission phrases:

She/he/they let _____ go.

She/he/they decided to _____

She/he/they gave themselves permission to...