Therapeutic Drawing Garden

A trauma-informed educational wellness worksheet for reflection, choice, self-care, and support.

Use this at your own pace. Skip, adapt, pause, or stop. You are allowed to choose what fits your body, culture, privacy, energy, safety, access needs, and real-life limits today.

This is a reflection tool, not a test. One honest sentence, one checked box, or one small next step can be enough.

A printable reflection and practice resource Created by Michelle D. Elder, MSW, LMHC. This worksheet is a free educational wellness resource from My Reflective Collective.

- Use what supports you. Skip, pause, adapt, or connect with a licensed therapist, healthcare provider, advocate, or trusted support if reflection brings something up.

My Reflective Collective Drawing Garden

1. Root Map

Draw a small seed or circle. Let roots travel toward people, places, memories, values, sounds, or ordinary things that help you feel connected.

I am allowed to begin here.

Optional creative wellness practice - not therapy or crisis support. In the U.S., call or text 988 for crisis support.

My Reflective Collective Drawing Garden

2. River of Breath

Draw one long line while breathing out. Add bends, pools, stones, ripples, or places where the river becomes still.

- I can move without rushing. immediate danger or medical emergency. Call or text 988 in the U.S. or Canada for suicide or mental health

crisis support. Copyright Michelle

My Reflective Collective Drawing Garden

3. Tree of Many Seasons

Give one tree bare branches, new buds, full leaves, and falling leaves. Let more than one season exist at the same time.

Every season belongs.

My Reflective Collective Drawing Garden

4. Wing Map

Sketch a bird, butterfly, or imagined wing. Fill each section with a choice, boundary, hope, or next step that belongs to you.

- My choices can have wings.

My Reflective Collective Drawing Garden

5. Garden of Small Safety

Draw a garden made only of sensory details that feel neutral or supportive: texture, shade, sound, warmth, space, color, or quiet.

Peace can be practiced.

My Reflective Collective Drawing Garden

6. Stone Path

Draw stepping-stones. Write one manageable action on each stone. Leave generous space between them.

A small step is still a step.

My Reflective Collective Drawing Garden

7. Weather Circle

Fill a circle with the weather of this moment. Add one opening where light may enter.

- I can make room for change.

My Reflective Collective Drawing Garden

8. Breathing Canopy

Draw branches upward on each inhale and leaves on each exhale. Stop whenever the canopy feels complete enough.

I rise with purpose. danger or medical emergency. Call or text 988 in the U.S. or Canada for suicide or mental health crisis support. Copyright Michelle D. Elder, MSW, LMHC. My Reflective Collective.

More free My Reflective Collective tools Printable links below. The worksheet wording itself is unchanged.

Scan the QR code or use the first link to open this worksheet online.

The online reader can support read-aloud tools and browser translation.

Read/listen to this worksheet online https://myreflectivecollective.com/worksheet-reader.html?file=therapeutic-drawing-garden.pdf Positive affirmations and short mantras Scan to read/listen https://myreflectivecollective.com/affirmations.html Soundscapes and grounding audio tools

https://myreflectivecollective.com/soundscapes.html More free worksheets and PDFs
https://myreflectivecollective.com/resource-center.html Crisis and safety resources
https://myreflectivecollective.com/crisis-resources.html Website disclaimer

https://myreflectivecollective.com/disclaimer.html

Educational wellness notice This worksheet and website offer educational wellness and self-reflection tools only.

They are not therapy, diagnosis, medical care, legal advice, crisis care, or individualized safety planning.

Pause or stop any activity that feels wrong, unsafe, inaccessible, or too much.

For immediate danger or a medical emergency, call 911. In the U.S., call or text 988 for crisis support.

Michelle D. Elder, MSW, LMHC | My Reflective Collective

Safety, Privacy & Educational Use

My Reflective Collective - Michelle D. Elder, Msw, Lmhc

If there is immediate danger or a medical emergency: Call 911 in the United States or use your local emergency number. For U.S. suicide or mental-health crisis support, call or text 988. For relationship-safety support, contact the National Domestic Violence Hotline at 800-799-7233, text START to 88788, or visit TheHotline.org from a safer device when possible.

_____
_____ Privacy and safer searching If someone may monitor your device, accounts, internet connection, location, downloads, or browser activity, consider using a safer device and a trusted network. Private browsing may reduce locally saved history but does not make activity invisible. Clearing history can also be noticed. A website Quick Exit button changes the page; it cannot erase browser, download, router, account, employer, school, carrier, or device records. Choose only steps that feel safer in your situation.

Do not store identifying or safety-sensitive answers where another person may find them.

Educational scope and professional limits This resource provides general psychoeducation, reflection, and wellness support. It is not therapy, counseling, diagnosis, assessment, treatment, medical advice, legal advice, crisis response, forensic evaluation, or an individualized safety plan.

It does not replace care from a licensed clinician, healthcare professional, attorney, trained advocate, emergency service, or other qualified professional. Laws, court procedures, services, and risks vary by location and circumstance.

Choice, pacing, and inclusion You may skip, change, discuss, dictate, draw, pause, or stop any activity. No exercise can determine what you experienced, diagnose a condition, prove a legal claim, guarantee safety, or tell you whether to stay, leave, report, reconcile, forgive, or pursue court action. Adapt language and activities for culture, identity, disability, neurotype, age, literacy, sensory needs, and personal preference. Automatic translation can make mistakes; confirm legal, medical, emergency, and safety-critical wording with a qualified person.

Copyright and sharing Created by Michelle D. Elder, MSW, LMHC for My Reflective Collective. Free for personal educational use and supportive discussion. Keep the creator credit and this safety page with the resource when sharing. Do not sell, misrepresent, or present it as individualized clinical or legal advice.

MyReflectiveCollective.com - Pause - Reflect - Learn - Practice