

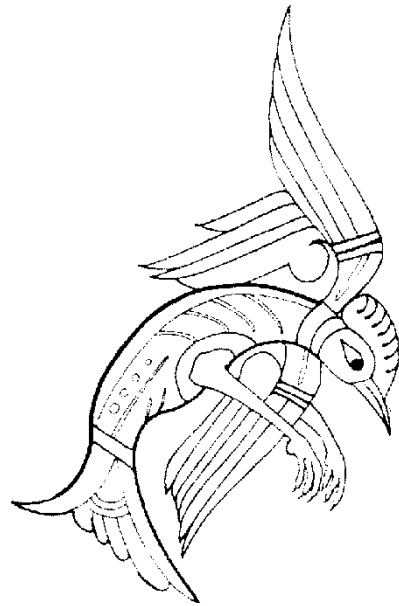
Color exercise

Name: _____

Color each of the following chickens with one of the four color varieties and label your choices.



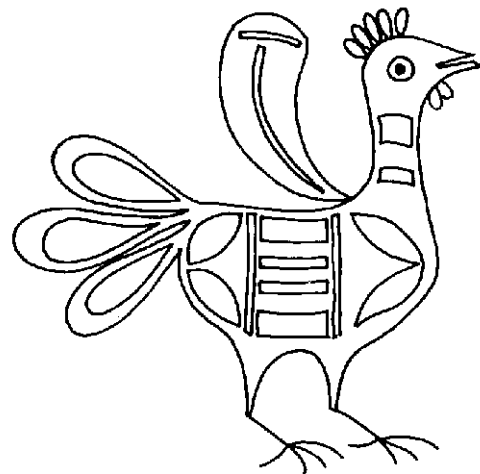
Variety?: _____



Variety?: _____



Variety?: _____



Variety?: _____

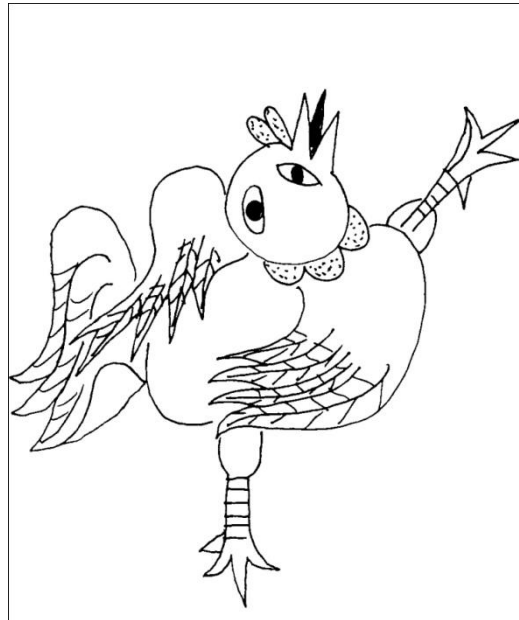
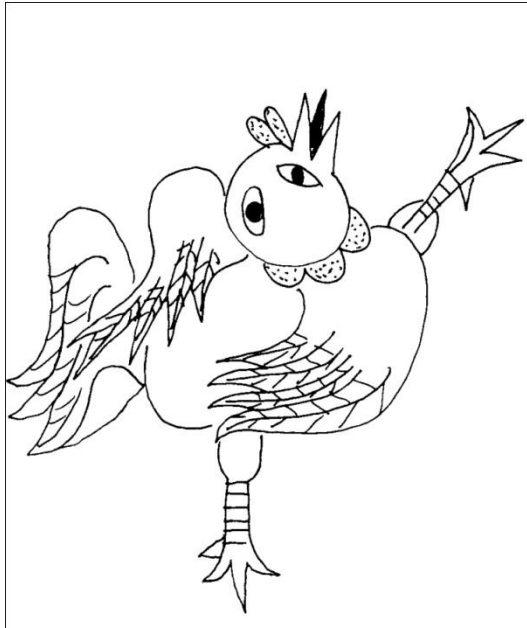
Color each of the cubist chickens below with the appropriate color scheme:

COMPLEMENTARY

Colors Used? _____

ANALOGOUS

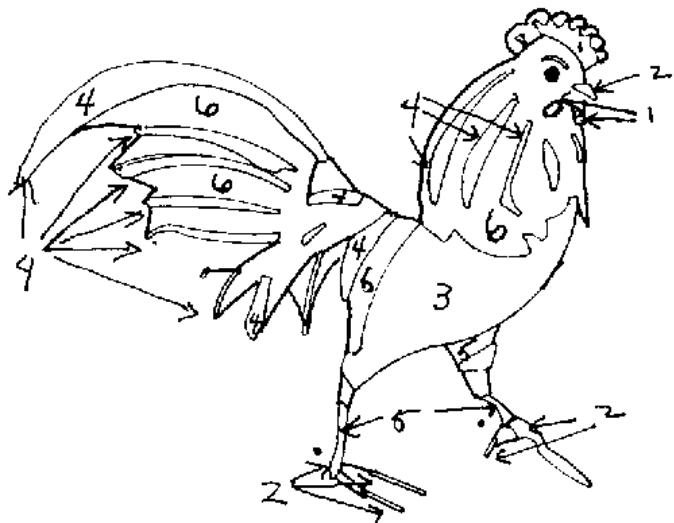
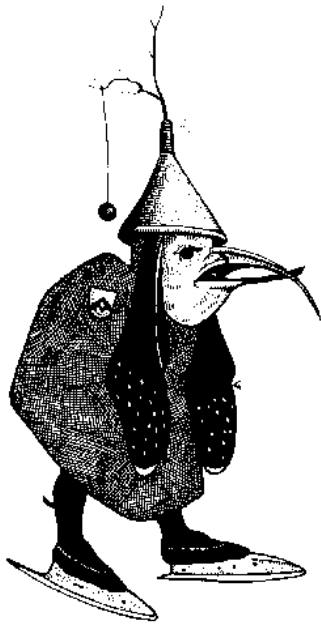
Colors Used? _____



Color each of the cubist chickens below with the color type:

MONOCHROMATIC

POLYCHROMATIC



Exploring shape

Create a mandala using the four basic shapes below. In her book, *Signs of Life: The Five Universal Shapes and How to Use Them*, Angeles Arrien suggests that you create a **mandala*** by combining the four shapes below. Each shape represents an aspect of your life. When finished, this mandala will represent your understanding of the relationship between these different basic aspects of your life experience. You may use any combination of these basic shapes. If you want to add color as another layer of symbolic meaning, feel free to do so.



Stability



Growth and change



Wholeness



Relationship



Goals, dreams, visions (possibilities)

Reading them in order of preference:

Position 1: Where you think you are

Position 2: Your Strengths

Position 3: Where you are

Position 4: Your Motivation

Position 5: Old, unfinished Business

*A **mandala** is a geometric or pictorial design usually enclosed in a circle. It is based on patterns of basic shapes and in Jungian psychology represents the inner harmony of the self.