## **Childhood Family Drawing**

## Media:

- Familiar drawing media
- One sheet of 12 x 18 inch white drawing paper

## Directive:

- Draw a picture of your family at the time the eating disorder started. Be sure to include each family member and draw your family engaged in an activity. Make sure that everyone is doing something. Also, indicate the time period and culture by including clothing styles, songs that you liked, favorite television shows, as well as books and magazines that influenced you.
- When the picture is finished, please title it and date it.

Adapted from: "Using Art to Treat Eating Disorders", Hinz, L.D (2006)