

# MINDBRIDGE

## Creating your own Stream of Leaves:

### Materials Needed:

- 1 Piece of Felt Paper of your Choice
- 3 Paper Leaves
- Water Soluble Markers
- Watercolor Kit
- Scissors

### Steps:

- Cut out three leaves of your choosing from the pre - stenciled leaf paper
- Write all three of your immediate negative thoughts from exercise #2, onto each of the leaves using water soluble markers (preferably darker colors)
- Glue these three leaves onto a felt sheet of your choosing
- Use the provided watercolor kits, and watercolor over the leaves to let your negative thoughts “wash away”

Examples: <https://fittobeloved.com/2019/07/06/how-to-needle-felt-leaves/>

