

WELCOME TO

THINK

&
Paint

CURATED BY
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FOUNDER OF T&P
EMCEE AND VISUAL ARTIST

Peace Painters!

Today, we will be a gathering for conscious conversation and art creation. With guided prompts to make you think and a blank canvas for you to paint, Think & Paint encourages you to exchange unique and intimate life perspectives, both visually and verbally.

Don't forget to share your painting with us on social media!

Thank you for joining our community!

We affirm you will have an enlightening experience.

THE ART PRINCIPLE OF PERSPECTIVE AND BALANCING YOUR REALITY

We invite you to make
yourself comfortable and
create a safe space
together. After setting up
your canvas and paint,
please review this packet
to get you thinking.





What is Perspective?

Perspective in art refers to the technique used to represent three-dimensional objects and depth on a two-dimensional drawing surface. It creates the illusion of distance and volume on a flat surface like canvas. The most common types of perspective are linear perspective and atmospheric perspective.



Examples of Perspective



BS

Finding Healthy Ways To Balance Perception & Reality

When someone says that they can't do something for you, what is the very first thought that comes to your mind?

When faced with an unknown possibility, do you tend to think of the worst case scenario or best case scenario? Why?

Do you tend to lean more into your identity of self or rely on external factors to help shape your reality ? Explain why.



What was a defining moment in your life where your perspective was forced to expand ?

When we construct an idea based on our perceptions and beliefs, why does it feel so real without any concrete evidence ?

What does it look like when you are misperceiving things?

What are some techniques you use for grounding yourself when your perceptions feel out of sync with reality?



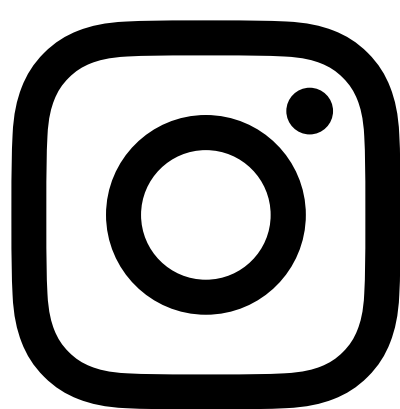
How do you differentiate
between constructive self-
reflection and harmful self-
criticism?

What are some ways to use
positive affirmations effectively
without distorting reality?

What are some healthy ways to
silence your mind, when it starts
to create its own narrative?



**SHARE YOUR
ARTWORK!**



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**NEXT THINK & PAINT
SOHO HOUSE CHICAGO
APRIL 3RD**