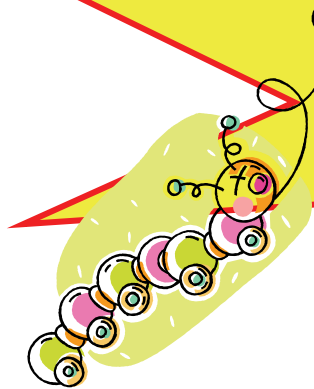


What really, Really bugs me... Sometimes©

A Personal Art from the Heart Adventure©

Created for Children



Conceived & Created By Carolyn Shannon
Illustrated By Diane Montreuil



An Art from the Heart Adventures© Workbook
Published by True Emotions Artwork Plus©

What really, *really* bugs me...sometimes© created by Carolyn Shannon

Illustrations by Diane Montreuil

Heartworks Contributed by Emma, Matthew & Christopher Montreuil; Madison & Neil Grant

A soul adventure brought to you by:

Venting Creatively©
With *Art from the Heart Adventures*
4416 Morrison St., Niagara Falls,
Ontario, Canada L2E 2B3

Published for you by:

True Emotions Artwork Plus©
4416 Morrison St, Niagara Falls,
Ontario, Canada L2E 2B3
www.arteart.com 905-371-3818

Shannon, Carolyn, 1953-

Copyright 11 2005 by Carolyn Shannon

What really, really bugs me-- sometimes: a personal art from the heart adventure created for children / by Carolyn Shannon.

1. Art therapy for children--Juvenile literature. 2. Emotions--Juvenile literature. I. Title.

RJ505.A7S48 2006a

j152.4

C2006-901117-6

ISBN 978-0-9739766-6-7

All rights reserved:

No part of this book may be reproduced by any mechanical, electronic or photographic process, or in the form of phonographic recording or otherwise be copied for public or private use – other than for “fair use” as embodied in articles and reviews – without prior written permission and consent of both the author/creator and publisher.

No part of this workshop may be utilized as an avenue of income without written permission and consent of the author/creator,

The author/creator has intended this book for enlightenment and entertainment. In the event that you use any of the information in this book for yourself, which is your constitutional right, or share it with others, the author/creator and/or publisher assume no responsibility for your actions.



Thank you, Laura, Madison & Neil Grant, for being the inspiration for this book and first family to experience this special fun, interactive workshop. Thank you Diane, Christopher & Matthew Montreuil for being the first family to experience this adventure individually. Thank you, Gloria Messenger, for your act of faith by purchasing these books for your grandchildren before they had even been printed. Thank you, Norma Audette, for your valuable, insightful suggestions.



Heartwings — this heart has the body of a butterfly and wings of a haloed angel. Patiently and with new awareness it takes a good look at life as it really is before it bravely takes flight to soar into the unknown of tomorrow. *God bless!*

This Book Belongs To:

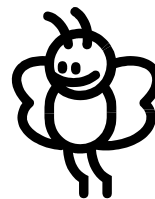
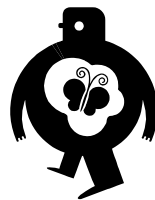
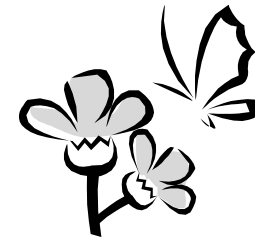


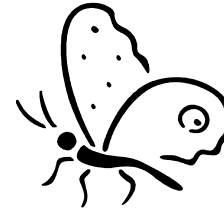
Table of Contents



Introduction.....	1
Things That Bugged Me Today.....	2
Instructions.....	3
Drawing Page(s).....	4-13
Things That Make Me Feel Good.....	14
Instructions.....	15
Drawing Page(s).....	16-25
My Very Own Tree(s).....	26
Instructions.....	27
Drawing Page(s).....	28-37
What Else Can I Create.....	38
Drawing Page(s).....	40-49
My Very Own Personal Thoughts.....	50
MY Originals to Photocopy.....	62



Introduction



What really, really bugs me...sometimes is an Art from the Heart Adventure created for family members to enjoy together or on their own.

This simple step by step program introduces you to a fun way of re-centering yourself. It does this first by teaching you an easy way to vent your emotional frustrations, followed by a way to express uplifting feelings of love or joy, and then encourages you to create a grounding *heartwork* from this new place of balance.

Please note that any of the 3 types of drawings introduced in this book can be done on their own as well. For example, sometimes you might feel like doing 3 or 4 **What Bugged Me** *heartworks* because you've had a really bad day. Other times you might prefer to draw only **Feel Good** ones because you want to celebrate a happy event in your life.

All you need is a full set of crayons or washable markers and something to put underneath your paper before you start to draw to protect your table from being marked on.

We suggest that the first thing you do is **make at least 10 copies** of each of the drawing pages so that you are ready to draw whenever you like. You may even start a binder to keep all your *heartworks* in so that you may reflect on them for years to come. **Enjoy!**



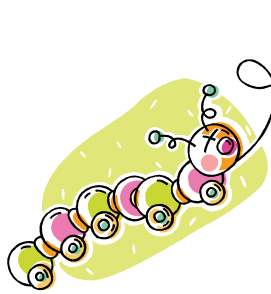
Wow,
These Things
Really,



Really
Bugged Me
Today!!!!!!!



Remember...



Just 10 Simple Steps!!!



1. Close Your Eyes
2. Draw Outline with Black Marker from Your Set
3. Open Your Eyes, & Join the End with Your Beginning
4. Close Your Eyes to Pick a Colored Marker
5. Open Your Eyes & Color In Some Spaces
6. Close Your Eyes to Pick Another Color
7. Open them again to Color more spaces
8. Last time, Close Your Eyes to Pick Color
9. Open Your Eyes to Color more spaces
10. Press Really Hard with Your Black Marker to Add A Box
Around Your Whole Drawing. Make sure to join all openings in your
frame. Now, Look at What YOU Created!!! **WOW!!!**



Today's Date Is My Name Is

What or Who **Bugged** Me Today Was



Today's Date Is My Name Is

What or Who **Bugged** Me Today Was



Today's Date Is My Name Is

What or Who **Bugged** Me Today Was



Today's Date Is My Name Is

What or Who **Bugged** Me Today Was



Today's Date Is My Name Is

What or Who **Bugged** Me Today Was



Today's Date Is My Name Is

What or Who **Bugged** Me Today Was



Today's Date Is My Name Is

What or Who **Bugged** Me Today Was



Today's Date Is My Name Is

What or Who **Bugged** Me Today Was



Today's Date Is My Name Is

What or Who **Bugged** Me Today Was

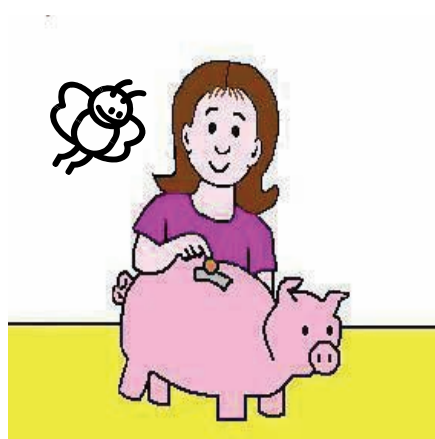


Today's Date Is My Name Is

What or Who **Bugged** Me Today Was



These Are
MY
Feel Good
Heartworks !!!



People & Things
I Like or Love
That Didn't Bug
Me...Today.



Remember...



Just 8 Simple Steps:

1. Close Your Eyes
 2. Pick a Colored Marker from Your Set
 3. Draw Freely Over Page with Your Eyes Still Closed
 4. Open Your Eyes & Color In Some Spaces
 5. Close Your Eyes to Pick Another Color
 6. Open them again to Color more spaces
 7. Last time, Close Your Eyes to Pick Color
 8. Open Your Eyes to Color more spaces
- You can color inside, outside & anywhere you like

Look at What YOU Created!!! WOW!!!



Today's Date Is My Name Is

What or Who Made Me Feel **Good** Today Was



Today's Date Is My Name Is

What or Who Made Me Feel **Good** Today Was



Today's Date Is My Name Is

What or Who Made Me Feel **Good** Today Was



Today's Date Is My Name Is

What or Who Made Me Feel **Good** Today Was



Today's Date Is My Name Is

What or Who Made Me Feel **Good** Today Was



Today's Date Is My Name Is

What or Who Made Me Feel **Good** Today Was



Today's Date Is My Name Is

What or Who Made Me Feel **Good** Today Was



Today's Date Is My Name Is

What or Who Made Me Feel **Good** Today Was



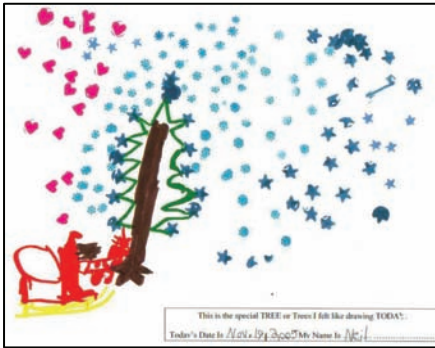
Today's Date Is My Name Is


What or Who Made Me Feel **Good** Today Was

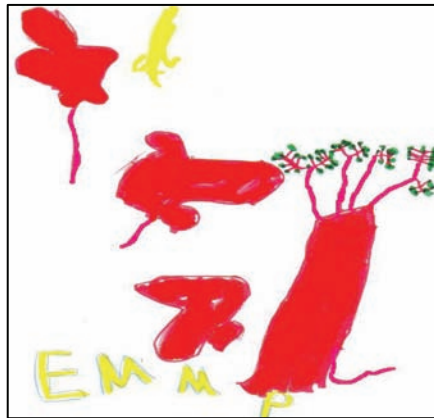
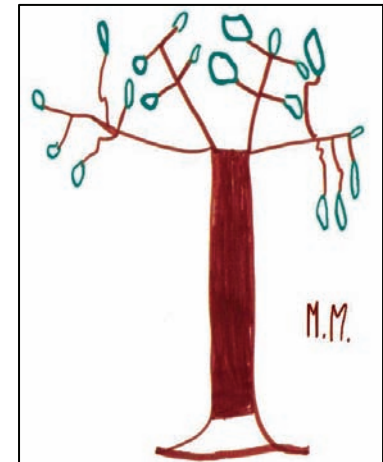
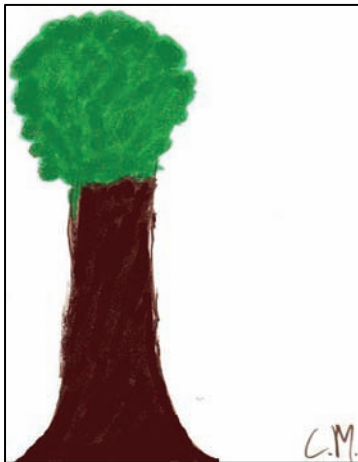


Today's Date Is My Name Is

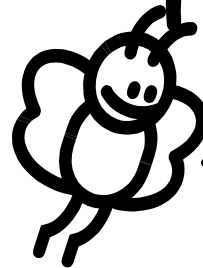
What or Who Made Me Feel **Good** Today Was



These
Are
MY 
Very Own
Trees...



Remember...



This is YOUR Tree(s)!!!

YOUR Tree or Trees Can Be
Any Color,
Any Shape,
Any Size,
Alone, or
With Things.

Let YOUR Imagination Soar!!!

Then, Look at What YOU Created!!!
WOW!!!



This is the special TREE or Trees I felt like drawing TODAY.

Today's Date Is My Name Is



This is the special TREE or Trees I felt like drawing TODAY.

Today's Date Is My Name Is



This is the special TREE or Trees I felt like drawing TODAY.

Today's Date Is My Name Is



This is the special TREE or Trees I felt like drawing TODAY.

Today's Date Is My Name Is



This is the special TREE or Trees I felt like drawing TODAY.

Today's Date Is My Name Is



This is the special TREE or Trees I felt like drawing TODAY.

Today's Date Is My Name Is



This is the special TREE or Trees I felt like drawing TODAY.

Today's Date Is My Name Is



This is the special TREE or Trees I felt like drawing TODAY.

Today's Date Is My Name Is



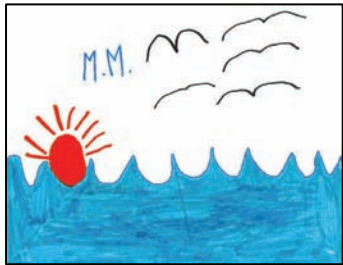
This is the special TREE or Trees I felt like drawing TODAY.

Today's Date Is My Name Is

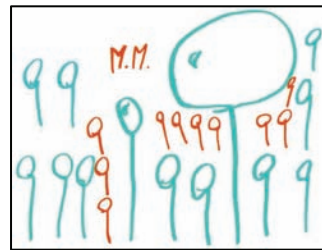


This is the special TREE or Trees I felt like drawing TODAY.

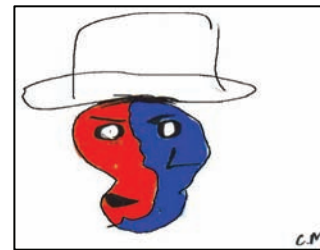
Today's Date Is My Name Is



Water



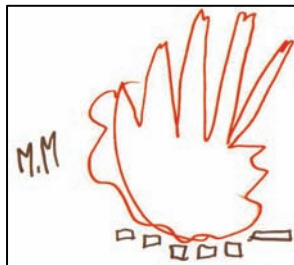
balloons



mask



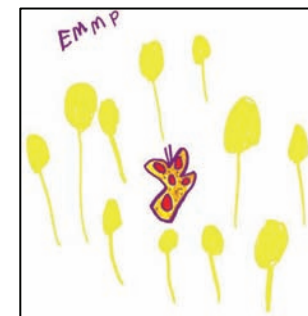
Water



fire

What Else
Can

Create?



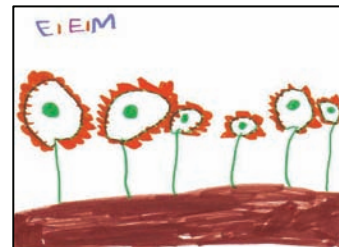
butterfly



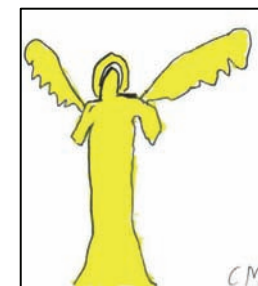
puppet



puppets



flowers



spirit

What Other Heartworks Can I Create?

(when I feel like it)

I can use *my imagination* to draw MY very own:

Flower(s)

Water

Fire

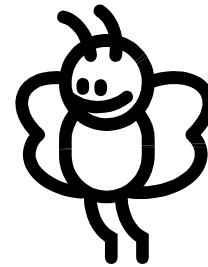
Mask(s)

Puppet(s)

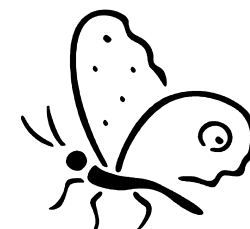
Balloon(s)

Angel(s)

Butterfly(s)

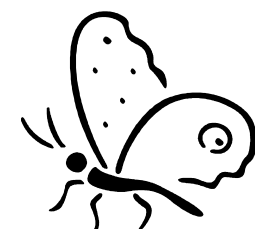


They can be any size or color I wish them to be
Because they are mine...all MINE!



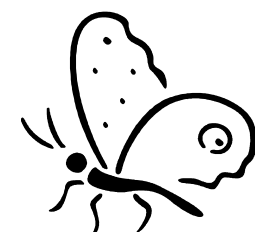
This is the special _____ I felt like drawing TODAY.

Today's Date Is My Name Is

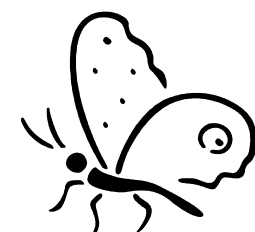


This is the special _____ I felt like drawing TODAY.

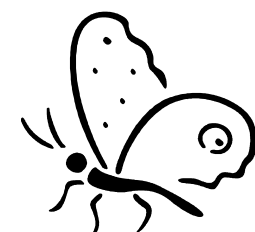
Today's Date Is My Name Is



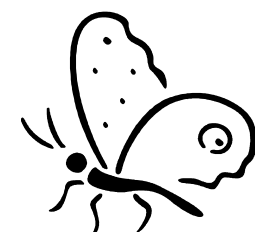
This is the special _____ I felt like drawing TODAY.
Today's Date Is My Name Is



This is the special _____ I felt like drawing TODAY.
Today's Date Is My Name Is

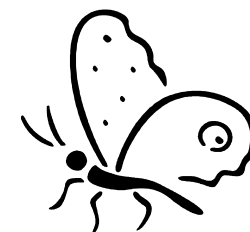


This is the special _____ I felt like drawing TODAY.
Today's Date Is My Name Is



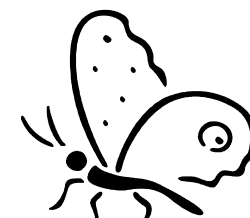
This is the special _____ I felt like drawing TODAY.

Today's Date Is My Name Is



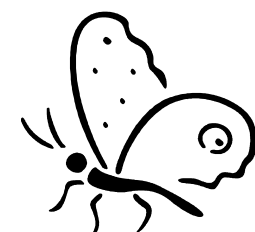
This is the special _____ I felt like drawing TODAY.

Today's Date Is My Name Is



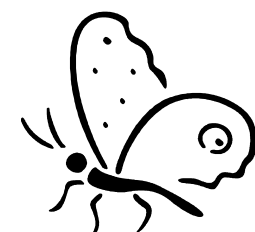
This is the special _____ I felt like drawing TODAY.

Today's Date Is My Name Is



This is the special _____ I felt like drawing TODAY.

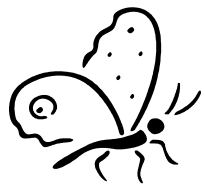
Today's Date Is My Name Is



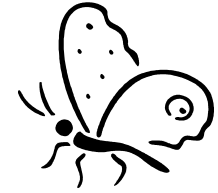
This is the special _____ I felt like drawing TODAY.
Today's Date Is My Name Is

MY
Very Own
Personal Thoughts
&
Feelings
About
MY
Heartworks





Things I Learned or Saw



When

Looking

At



MY

Heartworks:

There was a rabbit in my drawing!

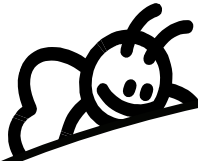
I saw an angel in my heartwork!

I learned how to colour my bad feelings away!

I learned that even bad feelings make really cool drawings!



Remember...
DO NOT DRAW ON THE NEXT 4
PAGES!



Use These Next Pages

ONLY

to

MAKE COPIES

So You Never Run Out!!!



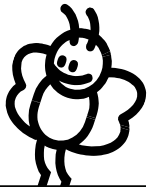
Today's Date Is My Name Is

What or Who Bugged Me Today Was



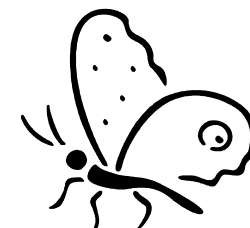
Today's Date Is My Name Is

What or Who Made Me Feel Good Today Was



This is the special TREE or Trees I felt like drawing TODAY.

Today's Date Is My Name Is



This is the special _____ I felt like drawing TODAY.

Today's Date Is My Name Is

Who said venting anger and frustrations isn't fun! **Carolyn Shannon**, teacher, author and intuitive counselor proves it can not only be enjoyable but very enlightening. In her quest to encourage self-discovery and empowerment by providing tools that assist individuals in *looking at their lives from a different view*, she had done just this. She offers individual, couple, family and large group workshops that encourage others to find the **WOW** in all their thoughts, emotions and action. She believes her gifts to you are created by All for All forevermore then brought to All for All by Carolyn Shannon.



Can't make it to a workshop? Visit www.ventingcreatively.com. All Art from the Heart Adventures are offered on Cd. Each takes your through the journey in easy to follow steps and offers a wealth of interpretations that may reflect in your *heartworks*. Prefer a book to Cds? Check out the ones offered here:

THE MIDDLE CHILD OF OUR CREATIVE VENTING FAMILY:

The "Light"er Side of Venting Anger & Frustrations Away

In this fun, "light" hearted booklet, Carolyn shares the 7 "Quick Fix" Techniques she used during her 20 years as a High School teacher.

Drawing from her stressful experiences she shares with you the humorous venting tools and methods she used to keep her temper and *sanity*.

A easy, quick read that will put a "*smile*" on your face and "*lighten* up your life. (Also in Ebook format)



THE FOUNDING MEMBER OF OUR CREATIVE VENTING FAMILY:

Art from the Heart Adventures (Also in Ebook format)

You don't have to be an artist to take an adventure into your own creative mind. An **Art from the Heart Adventure** takes you beyond any physical destination. It is a journey you embark on to visit your heart and soul. You don't just read about the an **Art from the Heart Adventure**. You **DO** the adventure!

When you vent anger & frustrations while you colour creatively you can't help but Discover Your WOW in the **NOW**!



Art From the Heart Adventures is a uniquely interactive book that will change your life!

Morning Workshops & Afternoon Tours of Niagara Falls Day Retreats

For Details: CALL 905-371-3818 EMAIL arthearl@vaxxine.com

VISIT www.ventingcreatively.com

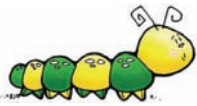


“Hey!!!



This is MY book!!!”

Get YOUR OWN if you want one!!!



Here's where You Can Get Yours!



Venting Creatively with True Emotions Artwork Plus
True Emotions Artwork Plus at www.ventingcreatively.com or www.artheart.com
4416 Morrison Street, Niagara Falls, ON Canada L2E 2B3
905-371-3818 artheart@vaxxine.com

ISBN 978-0-9739766-6-7

*Created by All for All forevermore
Brought to All from All for All
By Carolyn Shannon
Namaste'*



Bye!