



## **MODULE 4. UNDERSTANDING MENTAL HEALTH CONDITIONS AND MENTAL ILLNESSES**

### **Hearing Voices Drawing Activity**

Pass out blank paper to each of the class participants. While they participate in the Hearing Voices Activity (either Option #1 or Option #2) have them follow your instructions for this drawing.

1. Turn the paper horizontally.
2. Start at the bottom left corner of the paper.
3. Draw a line to the upper right-hand corner of the paper and stop about 1 inch from the top and 3 inches from the right side.
4. Draw a line straight down to the bottom of the page and stop when equal to your starting point.
5. Draw a line to your left, crossing your starting point by 1 inch.
6. Draw a line upward and across the paper to the middle of the page – have it be perpendicular to your first line and stop about 1 inch from the top.
7. Draw a line to your right – about 4 inches, crossing your first point at the top and stopping about 1 inch from the right side.
8. Draw a line downward about 2 inches.
9. Draw a line across the page to your left and stop when equal to your starting point.
10. Draw a line downward and connect it to your starting point.
11. Place a smiley face on your starting point.
12. Place a star at your second point at the top of the page.

