

# **BILATERAL DRAWING PROMPTS**



**A BRAIN BOOSTER**

**ASHA SURESH**

[www.aashcreations.com](http://www.aashcreations.com)

# Welcome!

Bilateral drawing is a fun exercise where you use both hands at the same time to create shapes, patterns, or doodles. This simple activity engages both sides of the brain, helping with focus, coordination, and emotional expression.

## Who can benefit?

- Children: Improve motor skills, focus, and creativity
- Adults: Reduce stress, calm the mind, and enhance problem-solving
- Everyone: Boosts brain connectivity and encourages self-expression

A mindful, playful way to exercise your brain while exploring your inner world!

Asha Suresh



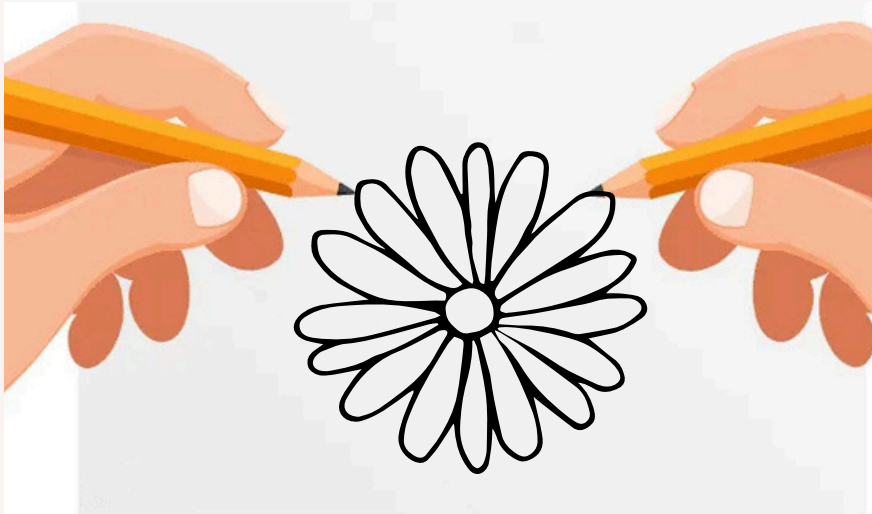
## ABOUT ME

I'm Asha, a Counselling Therapist and Expressive Art Therapy Practitioner with 20+ years of experience. I help individuals, professionals, and groups explore emotions, reduce stress, and build resilience — all through the power of art.

My mission is to make therapeutic tools accessible, creative, and practical for growth, self-care, and emotional well-being.

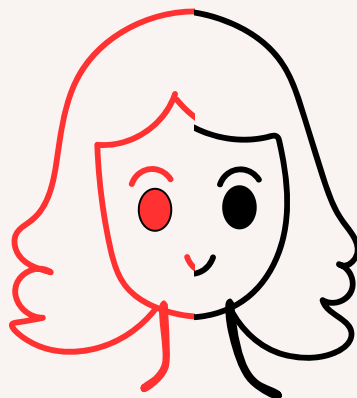
## PROMPT 1: MIRRORED FLOWERS

Draw a simple flower, each hand creating mirrored petals.



## PROMPT 2: SYMMETRICAL FACES / EMOJIS

Draw a simple face or emoji mirrored on both sides of the paper.



### PROMPT 3: SPIRALS

Draw spirals with both hands moving at the same time. Start by letting both hands move in the same direction. For an added challenge, try making one hand move clockwise and the other counterclockwise — notice how it engages your focus and coordination



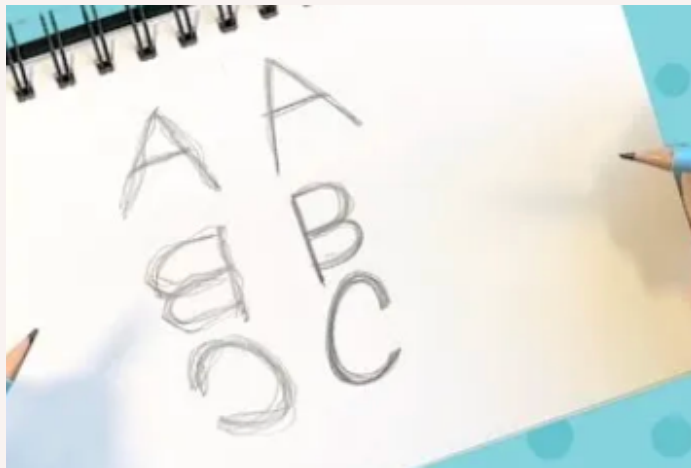
### PROMPT 4: SYMMETRICAL MANDALAS

Start by drawing a circle with both hands at the same time. Then, fill the circle with symmetrical patterns or shapes on both sides



## PROMPT 5: ALPHABET PRACTICE

Write the letters of the alphabet using both hands at the same time. You can try mirroring them (like both hands writing "A" facing each other) or writing in the same direction.



## PROMPT 6: STAR PATTERNS

Draw stars with both hands at the same time — start simple, then try more complex versions.



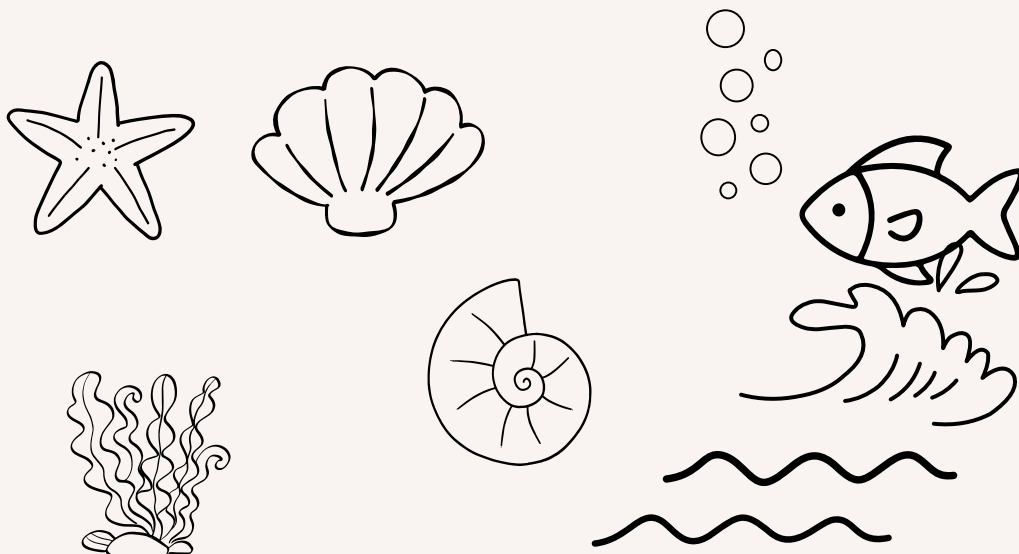
**PROMPT 7:**  
**DRAW A FEATHER / LEAF**

Draw mirrored feathers or leaf starting from a central spine.



**PROMPT 8**  
**RANDOM DOODLES**

Assign a theme (like “ocean” or “garden”) and let both hands doodle freely.






## WANT TO EXPLORE ART THERAPY FURTHER?

I'd love to support you in exploring your emotions, creativity, and self-care using Art Therapy tools. In a personalized one-on-one session, we can:

- Use art to process stress, emotions, or challenges
- Discover creative ways to nurture calm and self-awareness
- Explore how Art Therapy can be part of your daily self-care
- Learn how to integrate Art Therapy tools into your professional practice



 **Send me a DM / WhatsApp 00919207664971**  
or

 **Click the consultation link below**

**Let's work together to help you reconnect with your creativity and well-being.**

[SCHEDULE A PERSONALISED SESSION](#)

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