

The Hard Peel

Creativity

for Inner Child Work

Choose Your Medium

Doodle, Draw, Color

Collage, Paint, Dance

Anything that feels playful

Creative Prompts

Draw your safe place

Make a collage of all the things you love

Write a short story where your inner child is the hero

Let Go of Perfection

No one needs to see it

Focus on feeling, not form

Celebrate the mess, it's a part of the magic



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