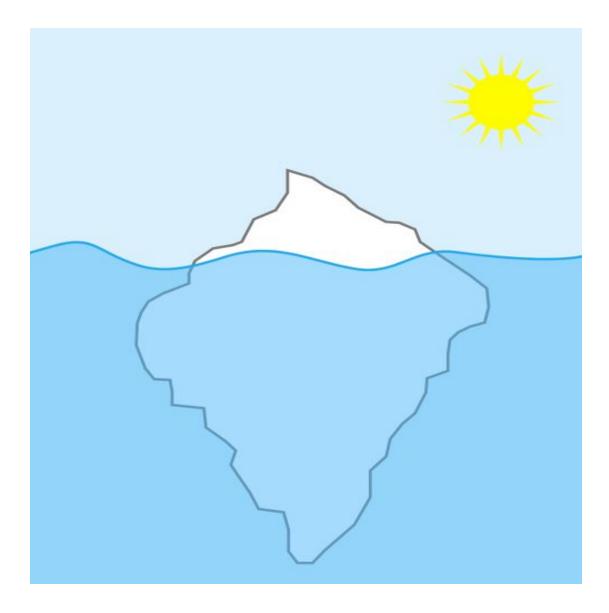


A collaboration among the University of Minnesota, University of Minnesota Physicians and Fairview Health Services

Iceberg Art Exercise

Materials: Paper Crayons, Oil Pastels, or Markers (your choice)

Use this iceberg or draw your own. On top of the iceberg, draw what emotion people see. Underneath, draw what people don't see.



University of Minnesota Masonic Children's Hospital Integrative Health and Wellbeing Department