



IMPERFECT CRAFTS

Perfectionists can find it difficult to turn in assignments that have spelling mistakes, leave items in areas they do not belong, and can often push others away without understanding why. Maladaptive perfectionism occurs when someone has unrealistically high expectations for themselves, that often cannot be achieved. This can lead to low self-esteem and high self-criticism. Through this booth, you will challenge those perfectionistic tendencies and do things the dreaded “imperfectly perfect” way.

Activities

- Coloring outside the lines
- Face painting
- Large Collaborative Canvas