

Instruction Sheet For The Kinetic Drawing Technique

Kinetic Family Drawing

"Draw a picture of everyone in your family, including you, doing something, some kind of action."

Kinetic Animal Family Drawing

"Draw a picture of a family of animals doing something."

Kinetic School (Kindergarten) Drawing

"Draw yourself, your (kindergarten) teacher, and a friend or two in the picture. Have everyone doing something."

Kinetic Business Drawing (For Adults)

"Draw your boss, two or more employees and yourself doing something."

Once the drawing is finished, ask the client to:

1. number the human figures in the order they were drawn,
2. label themselves with a star,
3. label the people on the drawing with their names and ages,
4. label who is doing what,
5. write their own name and age on the back of the paper.

For references see: Vass, Z. (2012). A psychological interpretation of drawings and paintings. The SSCA Method: A Systems Analysis Approach. Budapest: Alexandra Publisher

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