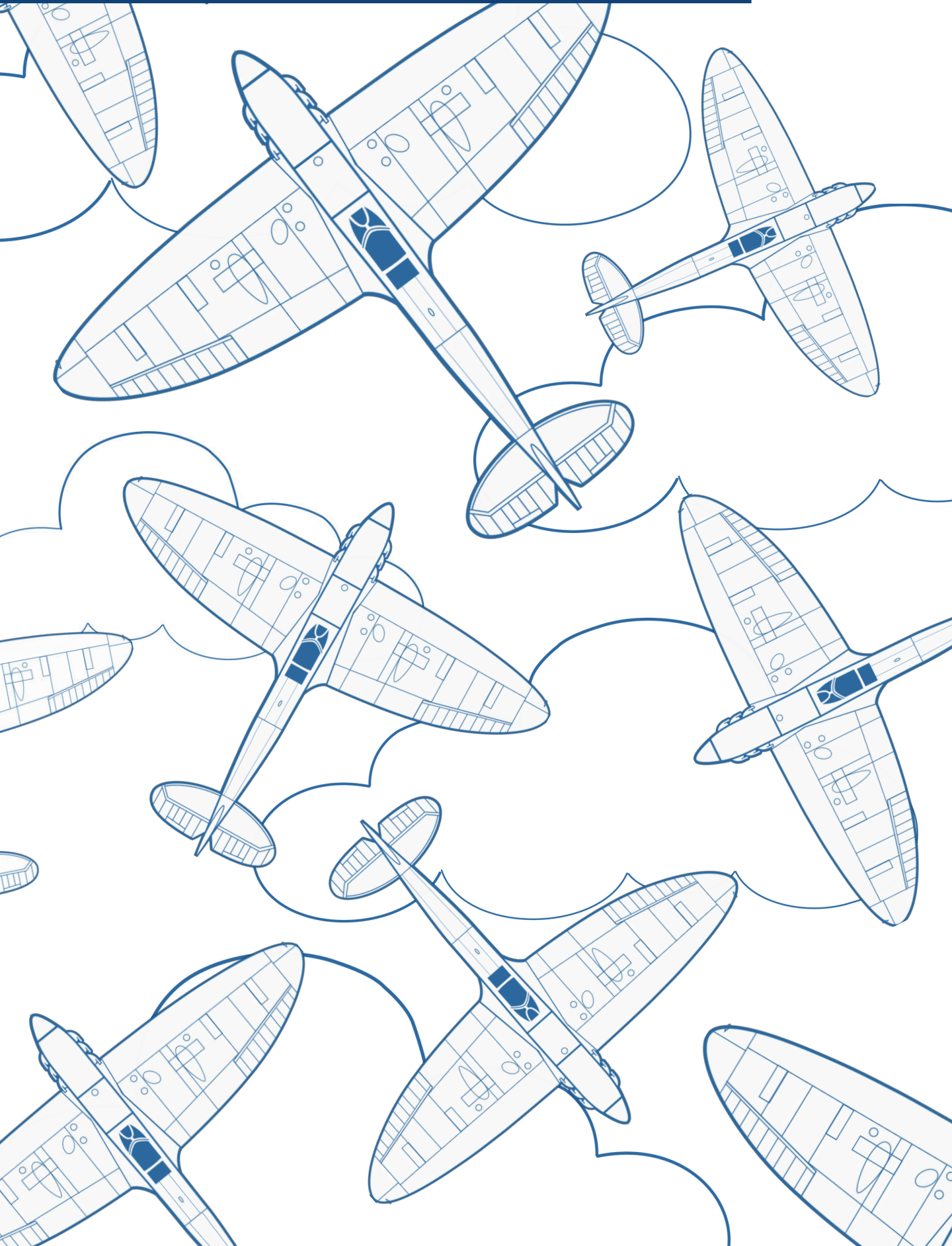


# Art for Mindfulness

Create a moment of calm by colouring colour in the Spitfires and the cloudy sky in the background.

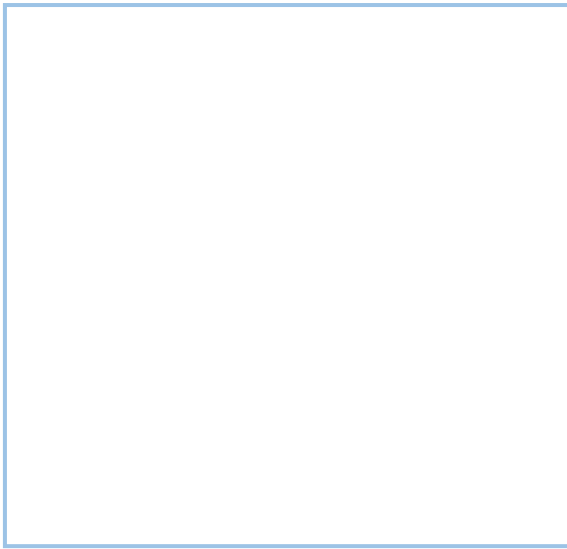


## Art for Mindfulness

Enjoy some time outside in nature and have a go at these short activities  
(If it's raining, these activities could also be completed by looking out of a window)

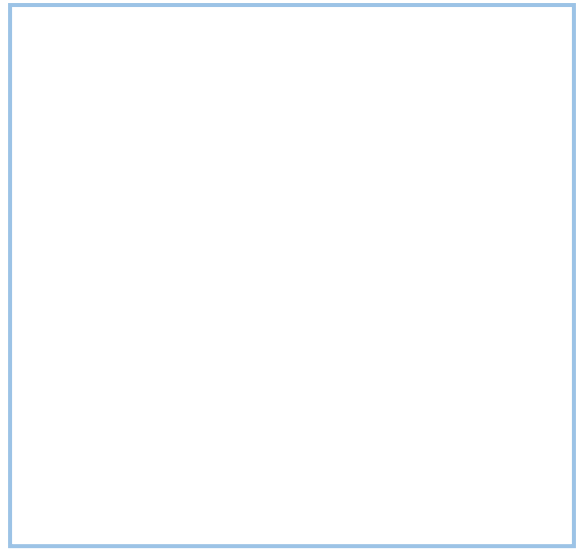
### Activity One

Look up to the sky and sketch the first flying thing that you see (this may be an animal/insect or aircraft) in the box



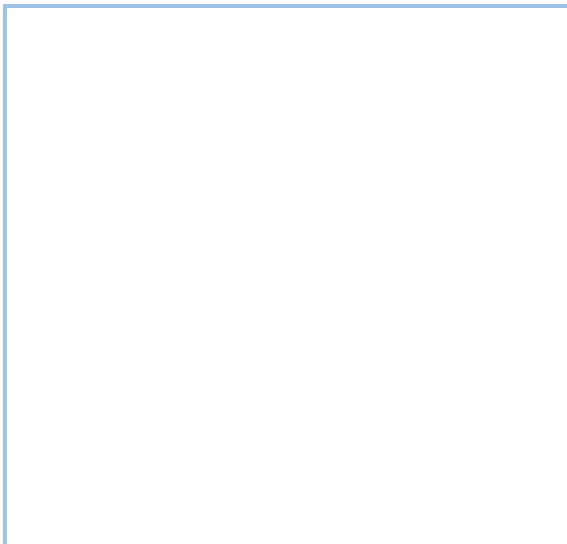
### Activity Two

What is the weather like today? Draw a picture in the box to record this. You could draw symbols or go more abstract



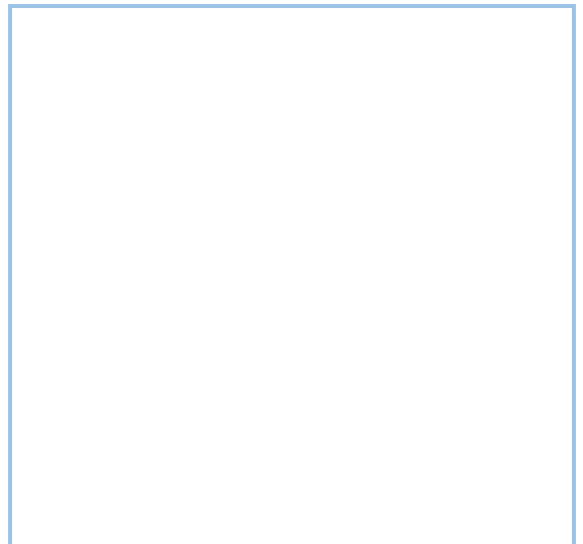
### Activity Three

Find an interesting plant or part of a plant (e.g. a leaf) and draw it in detail below



### Activity Four

How do you feel after spending some time in nature? Draw how you're feeling below. Again, you could use symbols or try something more abstract



## Art for Mindfulness

Create a portrait of your favourite person or animal in the space below

If you're worried about making it look perfect, take the pressure off by having fun with blind, continuous line drawing.

To do this, focus your eyes completely on your subject (the person or animal you're drawing) and don't look down at your page while you draw. Keep your pen/pencil in contact with the page until you've finished your drawing. This will help you keep track of where you are.