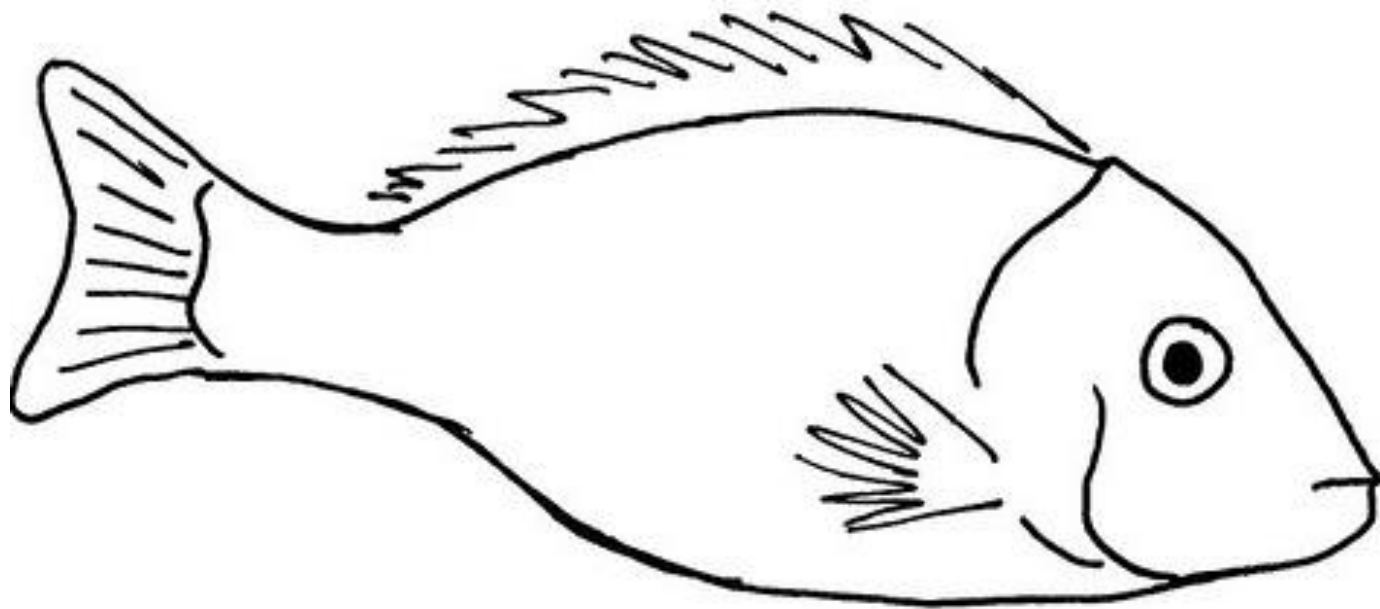


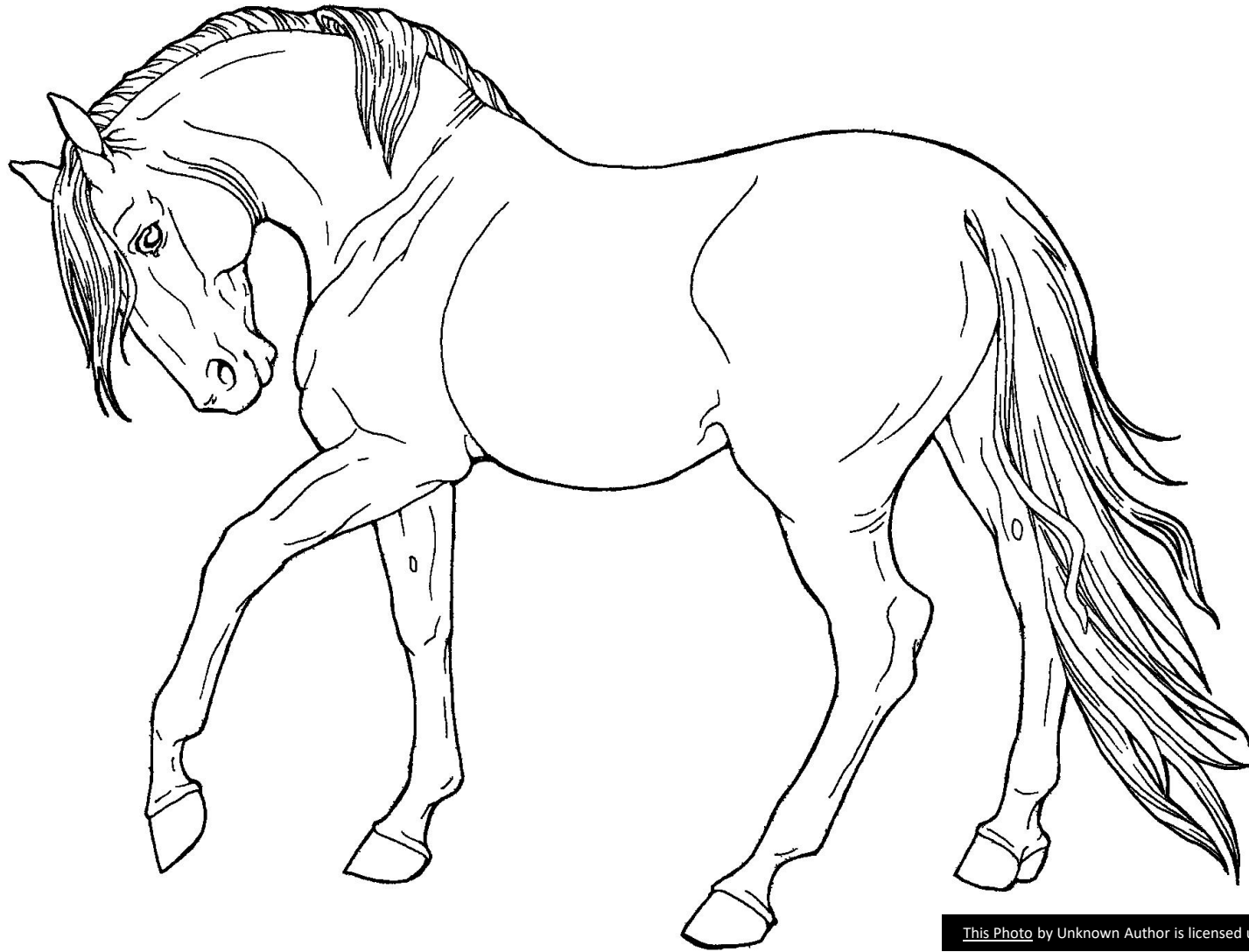
Week 10

# Creative Mindfulness



Your picture  
for the  
week (not  
looking!)

Draw the picture by  
looking at the screen, but  
not your paper.



This Photo by Unknown Author is licensed under [CC BY-NC-ND](#)

Now try this one:  
try drawing this  
picture without  
taking your pen  
of the paper.



You should have collected some images together during the week. This is one that I found. In printing it I chose to blank out some of the colour just so that I could demonstrate.



ALONE

Or you can use mandalas or zentangles to decorate your image



I want you to focus on your pictures and think of the image you have. What it represents to you personally and how you can alter it to present a different impression.

---

- Decorate, illustrate, doodle, whatever takes your fancy to transform your picture from what is in front of you to something completely different.



# homework

For next week I would like you to gather at least 3 objects together that appeal to you.