



Creative mindfulness

Week 8

Printed sheets

You should have two prints. One of tea stains and the other of random watercolours.

I am hoping that you have had time to look at them today and now I would like you to draw over them. A black pen would be the best thing to use. You can make the shapes into familiar objects, draw over them, write on them, whatever you like. Be inventive and try to let go of your inhibitions. If you like you can regard this as 'ugly art' it does not have to be beautiful!

Today we are going to practice some real mindfulness!

- ▶ First of all I would like you to think about how you feel today, what emotion would describe you right now? What is frustrating you? What are you grateful for?

Draw to music

Using whatever equipment you have in front of you I would like you to 'free draw' I am going to play two pieces of music to you and I would like you to draw for the time that it takes for the music to play.

The first piece is going to be loud and fast, I want you to focus on the music and doodle. You could focus on zentangles, mandalas, words or just free doodle.

Second piece of music

- ▶ Again I would like you to draw for the duration of the piece of music this piece of music will be longer, so less frantic. It will be quieter and more soothing. Again, focus on the music and draw whatever comes to your mind.

Now compare your two pieces.

I am hoping that there will be a distinct difference between them. (though this is just an experiment!)

If you want to continue/complete your pieces without music it would be interesting to see whether you keep the same pace in silence as you started with,