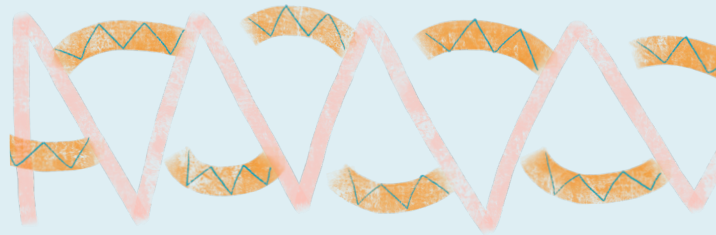


Get abstract

Draw how you're feeling today. You can do this realistically or using shapes and colours that represent how you feel.

Sit, close your eyes and think of a happy memory. Tune into the sensory details of the memory - what can you see, hear, smell? Notice how the memory makes you **feel**.



Open your eyes

Make a drawing about that experience.

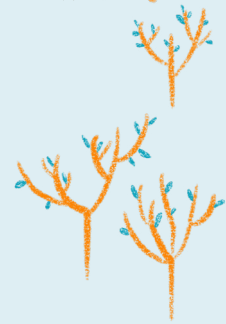
If you have access to music, **close your eyes** and make a mark to the sounds you hear.

Like the pencil is dancing on the surface of the page.

There is no right or wrong way to do these exercises. Have a go and be kind to yourself.



De-stress and Draw



Drawing can be a wonderful way to be mindful and have a break from the stresses and worries of the day.

Whether you're a doodler, budding artist or haven't picked up a pencil in years, mindful drawing is a great way to unwind and bring your mind into the present.

Many people **draw to de-stress**. You don't have to be skilled at drawing to experience its benefits. Simply create patterns, scribbles or whatever comes to mind. Just grab a pen or a pencil, or whatever you have to hand!

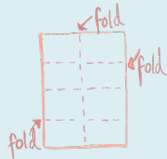


Start

small and build
your confidence

Fill a page with:

circles
stars
squares
twirls



Fold your paper to create a grid.
Fill each space with a doodle of
something that makes you feel happy.
It might be a person, animal, place,
hobby, smell or taste.

Try

**a continuous
line drawing.**

Draw something front of you
(or from a photo on your phone)
without taking your pencil off
the page. No cheating!

“But I can’t draw...” As adults
we lose confidence in our creative
abilities. Try not to worry about what
your drawing ‘looks like’. This is
about having a go and being in the
moment. Be kind to yourself -
you don’t have to be Picasso!



Play

with pattern

Think of a shape from nature.

You might be able to see something
outside your window or look at a photo
on your phone or magazine.

Can you draw it again and again
to make a pattern?

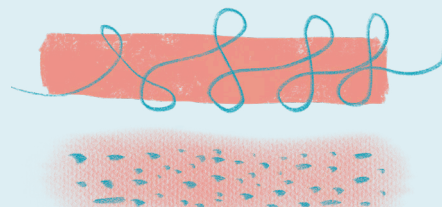


Can

**a line suggest an idea,
emotion, or movement?**

Draw what might represent
a quiet line, a loud line or a dancing
line and repeat it to create a pattern.

Even just a few minutes of doing
something creative now and
again can make a difference
to your wellbeing.



Drawing breath

Rest your pencil on the page and
close your eyes. Let your pencil flow
with your breath. Change direction
of your mark with each new breath.
This exercise is about **noticing your
breath** and really not about the
image you make!

Take a moment to notice and observe
your breathing. Visualise your
breath as a line and represent this
on the paper.

In moments of quiet, listen for the
sound of the mark you make on the
surface of the paper.

If you notice self-critical thoughts,
gently remind yourself, ‘It doesn’t
matter what my drawing looks like,
what matters is that I am doing
something creative for my wellbeing.’

