



*The Mindful
Art Teacher*

FIVE MINUTE MINDFUL ART ACTIVITY: DRAWING THE BREATH

1. You may wish to use a timer or just let your Drawing Meditation end on its own. It's a good idea to keep track of how you feel before and after your Drawing Meditation. You might wish to add a date to your drawing or jot down some thoughts about your experience. It could be fun to conduct this Drawing Meditation or other 5-minute Mindful Art Activities in your Art Journal on a daily, weekly, or as-needed basis.
2. With your pen in the centre of the left-hand side of your paper, begin by drawing awareness to your breath.
3. Draw an upwards-moving line on your inhale. Allow your mark to softly curve as your breath naturally pauses at the top of your breath before drawing a downward line in time with your exhalation.
4. Allow your marks to rise with your inhalation and decrease with your exhale as you follow your breath. Simply notice any thoughts that occur as you Draw Your Breath, without passing judgement. Return your attention to your breathing and trace your breath as best you can with the lines you're sketching.

