

60+ Minute
Activity
For
EVERYBODY

Meditative Drawing & Colouring

One of the things that has become more and more clear over this last while is that there is great value in immersing ourselves in the arts. Whether it's hunkering down with a cup of tea and a good book, watching a movie, listening to uplifting tunes, or engaging yourself in an artistic project, there are benefits to our mind. This activity is aimed at helping you find some calm. Some people call it meditative doodling, some people call it sketching without a plan, and other people just see it as lines, dots, shapes and colours on a page.

Activity

Instead of buying a colouring book, with intricate mandalas and pre-set art for you to colour, allow yourself to draw without rules, or self-expectations. Find a quiet space away from distractions where you can presently focus on your art. Lines, dots, shapes, intricate designs, patterns, etc. Just allow whatever your hand leads you to do, to pour out on the page.



(photo from: <https://www.pexels.com>)

What Do You Think?

The right side of your brain is sometimes referred to as the analog brain which is more visual and intuitive.

Some psychologists believe the right brain/left brain theory is a myth, and others believe that by tapping into the right side of our brain we are able to harness and articulate our emotions, our imagination, our creativity, our dreams, etc.

Materials Needed:

- Paper
- Pens/pencils
- Coloured pencils or markers
- Creativity
- Calming music or a quiet space

Discussion Questions

- Were you surprised with what you created? Why or why not?
- What does it feel like to express yourself through drawing and colouring?
- How did you feel before drawing and how did you feel after? Notice any differences?
- Did your drawing or colouring spark any thoughts or memories? What are they?
 - What was the main takeaway from your art session?