



# The Art of Mindfulness

As you watch the video, try this activity that lets you relax and stretch your artistic brain.



- ❖ Have some blank paper and drawing materials ready (crayons, markers or pencils)
- ❖ Start watching the video of the peaceful, flowing water.
- ❖ Listen to Shannon's words as her voice guides your thoughts.
- ❖ As you watch the water video, let your mind wander.
- ❖ After a few minutes, pause the video.
- ❖ Pick up your paper and use your drawing materials to draw the picture you see in your mind.
- ❖ Then, continue watching the water video for a few more minutes.
- ❖ Pause the video again and draw another picture of what you see in your mind or add on more details to your first drawing.

It's fun to see what pictures your mind will create as you watch and listen to the video. Did you draw a picture with water, or maybe something else?

Have a friend or family member try this activity, then share your drawings. Are the pictures similar or completely different? Talk about your artwork!