

Art with Heart

Mindfulness - Drawing on our emotions during the lockdown

We understand that during this new and challenging time for us all, it can be confusing and difficult to navigate this idea of staying home to protect others. It may be a time for anxious thoughts right now, even for people who don't usually feel anxious. Being creative is a good way of dealing with difficult thoughts or emotions: we can place them on the page and think about them in a different way. Sometimes just the act of expressing confusing feelings can help us feel better, and of course pass some time.

The following activities are a mix of mindful and creative ways of exploring and expressing feelings of being in the moment. You can approach them in anyway that feels right, use a variety of materials you may have to hand, remember there is no right or wrong way of working on these. Just enjoy the process.

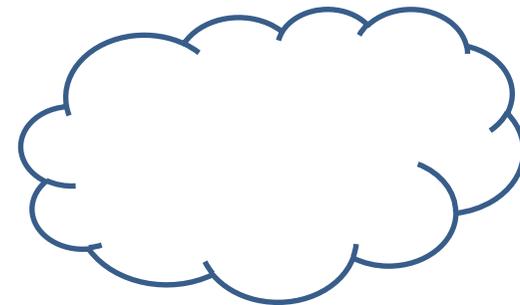
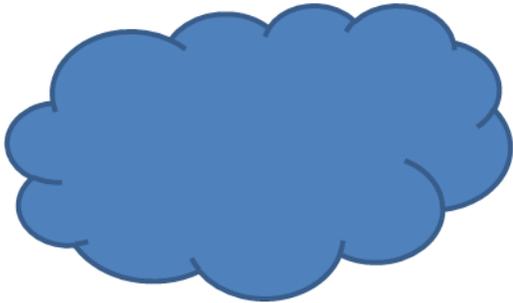
Be curious and brave as you turn your attention to things around you which you encounter every day - let your surroundings inspire you. Try completing these activities by paying attention - think about the way you are working: are you feeling calm, confused, tired or are you feeling something else? Just pause and note these feelings, remember to be kind to yourself.

Claire Gillen – bccs

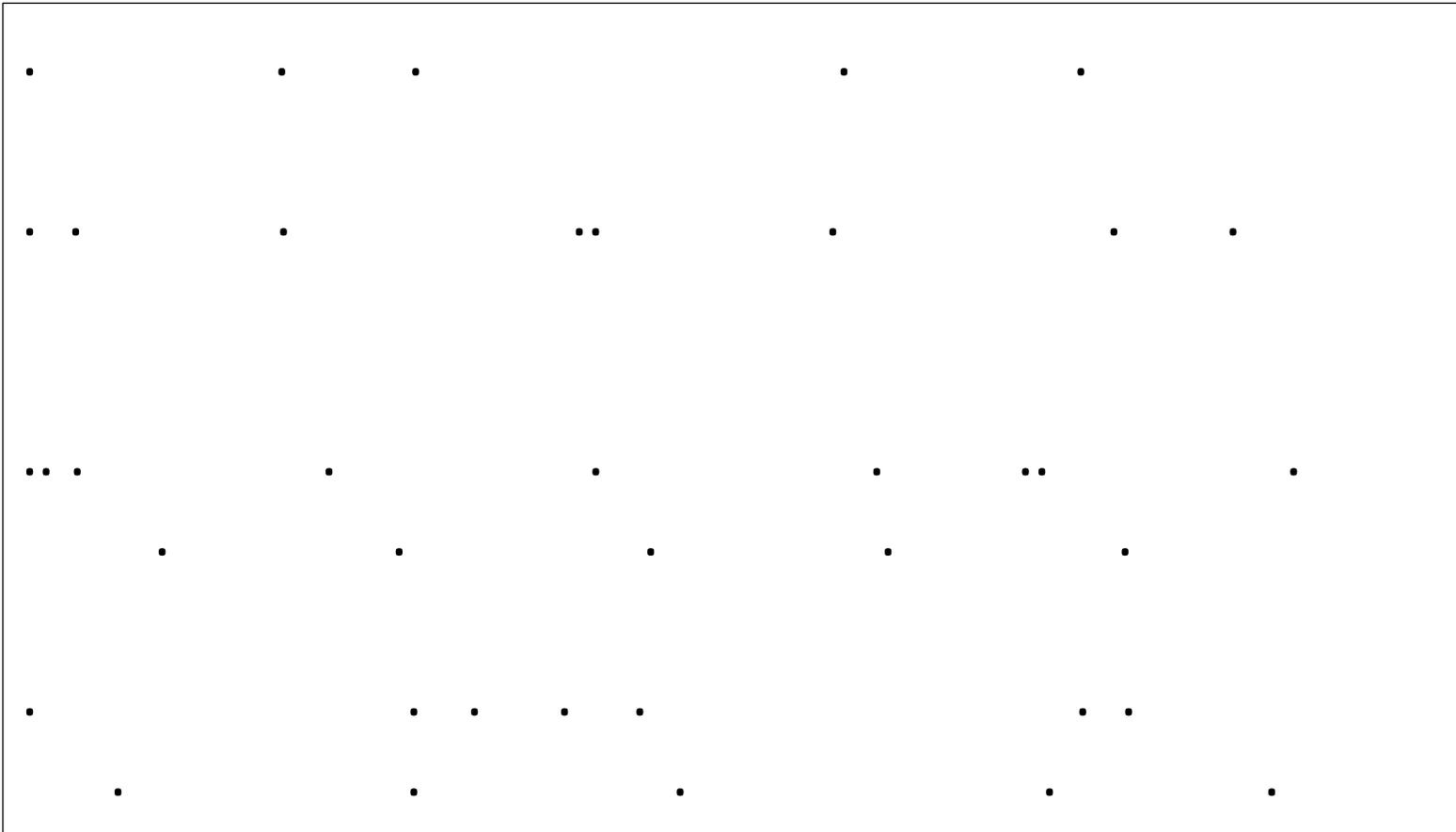
Clouded Thoughts

Thoughts come and go across our minds like clouds in the sky. Some are bigger than others, some more fluffy around the edges and some are rain clouds.

Draw some clouds of your own and write down your thoughts, watch them come and go against the blue sky of your mind. You might like to draw in a background too, to place the thoughts somewhere.

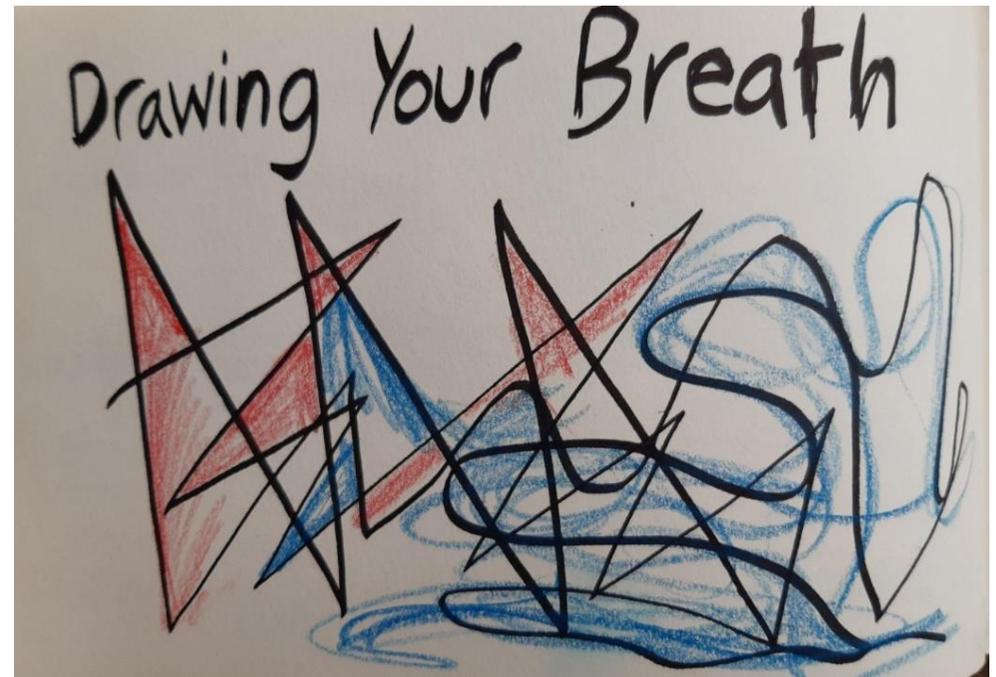


Take a pen or pencil and join the dots, use a slow-paced line, taking your time as you go along.
What do you notice? What do you see?



Breathing in Waves.

Our breath is like a wave, it goes up as you breathe in and down as you breathe out. Grab a pen and draw waves as you breathe. Do not worry what it looks like, you might like to colour in the shapes you create. Note your breaths, are they deep or shallow, fast and then slowing down?



Flower Power

**Find a flower or leaves, something natural, a house plant perhaps?
Really look at it with open eyes, smell it with closed eyes, feel it with closed eyes.
Try to visualise it with your eyes closed, imagine the shape and forms of the plant.
Now capture the plant or flower by drawing it with your eyes open...**



Be Still and Listen...

Try to find a space to sit and just take time for yourself. Put a timer on for three minutes and just simply listen to the sounds around you. Imagine you are a microphone absorbing the sounds and vibrations, note where the sounds appear to be coming from. You might like to draw the directions of the sounds...

