



ESKER YOUTH ENGAGEMENT

CREATIVE MINDFULNESS DRAWING

Love drawing or doodling? Use it as a tool to calm your mind and body through mindfulness 😊

WHAT IS MINDFULNESS?

Mindfulness is the ability to be connected to the present moment, and what you're doing in the here and now. There are many benefits to mindfulness; one is that it helps to reduce stress and anxiety, and create a sense of calm. This drawing activity is more about the **process** of creating mindfulness than the final outcome.

YOU'LL NEED:

- 👁️ 1 piece of regular white paper
- 👁️ Pens, markers or pencil crayons to draw with- you can use one colour, or many colours
- 👁️ Pencil
- 👁️ Eraser
- 👁️ Clear tape
- 👁️ Piece of tissue or another piece of paper
- 👁️ Round glass (if you would like to create a peace sign, like the example)
- 👁️ Ruler (if you would like to create a peace sign, like the example)



INSTRUCTIONS:

- 👁️ **Tape** your piece of paper down with clear tape
- 👁️ **Decide on an image.** It could be anything! I chose a peace sign. You could choose another shape, or text.
- 👁️ **Draw your image/text** fairly lightly using a pencil and eraser. If you are creating a round shape (like the peace sign), use the glass to trace a circle, and a ruler for the central lines. If you choose to draw text, make it block or bubble lettering so the text has some thickness. Everything that is inside your shape will be **negative space**, meaning, we're not going to fill it in with doodles.



👁️ **Before you begin**, take 3 deep breaths, in through the nose, and out through the mouth. Select your pen or marker, and focus on **how it feels to hold it**. Make sure you're not gripping too tightly.

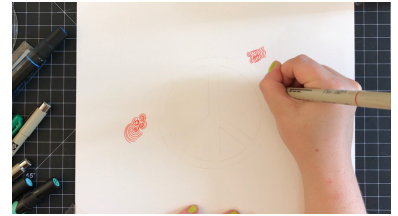
👁️ **Start to doodle** anything at all on the page, avoiding only your shape/text.

👁️ **Pay attention** to the feeling of the pen as it moves on the paper, the texture of the paper, any thoughts you have, and how your body feels.

👁️ **Focus** on the area where you are drawing, and allow yourself to doodle without thinking too much about the bigger picture or what you will do next.

👁️ **Fill in** the whole page around your shape or lettering. As the page fills, you may want to use a piece of **tissue** or paper under your drawing hand so you don't transfer ink onto other areas of the page.

👁️ You know you're finished when the page is full; this may take hours, or you may need days or weeks to complete it. You may suddenly not feel like doing it anymore, and come back to it when you feel like you need to create a calm space for yourself.



Post your drawing on Instagram and tag [@eskerfoundation](https://www.instagram.com/eskerfoundation), we'd love to see what you make 😊

For an **instructional video**, visit: <https://vimeo.com/eskereducation/creativemindfulness>

