

MINDFUL PAINTING – WOOD GRAIN

Being mindful means that you are paying attention, **on purpose**, to the way you are feeling without judging or worrying about it. Mindfulness involves focusing on the present moment without letting your mind wander. Practising mindfulness can help you relax your body and feel calm. Creating art is a great way to practise mindfulness.



CREATE a design using watercolour paints and the organic shapes found in the grain of a piece of wood. Practise mindfulness while you are painting. Pay attention to how you stay in the moment and keep your mind from wandering to other things.



PRESENT your painting to a small group of classmates. Discuss how you were feeling as you created your work. Talk about how you practised mindfulness as you were painting. How did you keep your mind from wandering?



RESPOND to your classmates' paintings. Slow your looking down and really savour the artwork. Take in the colours, shapes and rhythms. Consider how all the paintings are unique yet similar. Discuss how the paintings make you feel.



CONNECT how you felt as you created your painting and when it was finished. How did you decide what colours to use? What do you like best about your design? What, if anything, does the design say about you? How do the colours make you feel? How do you feel about the finished work? Why? How did practising mindfulness affect your state of mind.

FOLLOW THE STEPS

WHAT YOU NEED

- Crayola Watercolour Paints
- Crayola Paint Brushes
- Water Containers
- Paper Towels
- Wooden Panel, e.g., Birch, Maple, Ash -
.5 cm x 20 cm x 20 cm (1/4" x 8" x 8")

1



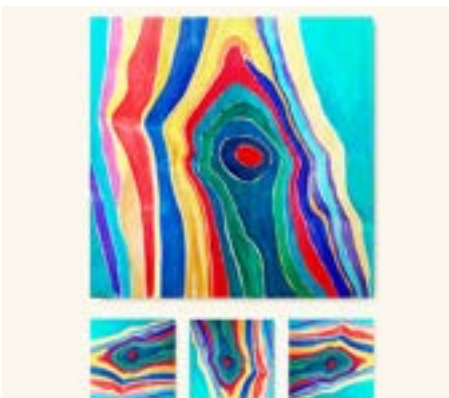
1. Use a small wooden panel such as birch, ash or maple about .5 cm x 12 cm x 12 cm.
2. Examine the patterns of ovals and lines on your wood panel.
3. Look at the panel from all directions.
4. Decide which side will be the top.

2



1. Use watercolours to create a design by following the patterns made by the grain of the wood.
2. While you are working practise mindfulness. Pay attention to how:
 - the colours you choose make you feel;
 - paint flows across the surface of the wood;
 - your body responds as you add each new colour;
 - you accept your own ideas and don't make judgements about them;
 - you keep yourself calm and relaxed.

3



1. From time to time as you work look at the painting from a distance.
2. Respond mindfully to your work and let it guide you.
3. When it is finished view it from different angles. Reflect on:
 - how you chose colours and shapes;
 - how it felt to paint on wood;
 - how it felt to respond to the grain of the wood;
 - how you are feeling.