

### Weekly Art therapies to do at Home -Week 3

For each of the activities find a table where you can draw and have your art materials around you. If possible close the door and let anyone in the house know you are having some 'quiet time' doing some art making. Or if you choose to do these activities together that's ok too. Just check with each child/adult what they would prefer and if you can use all materials. Before both of these activities it is helpful to ground yourself and settle into being in the present moment before starting to draw. So you could practice this breathing exercise:

#### BELLY BREATH

Sit in a chair, back straight and place both feet on the floor. Place one hand on your chest near your heart and then the other on top and close your eyes. Do some deep breathing and notice your chest expanding and your feet rooted on the ground. When we say 'deep breathing' we can also say 'belly breathing' which is breathing in through your nose to your belly and breathing out through your mouth. Try and slow your breathing down and you could say to yourself the word 'belly' as you breath in and 'breathing' as you breath out.

#### 5. CIRCLE OF PEACE

Find a household object that is a circle shape such as a plate or bowl, something that will fill your page that you are using (doesn't matter about size of your paper just as big as you can find, then make sure the circular object is as big as it can be to fill the page as much as possible.) Slowly draw around the circle object so you create a circle on your page. This is your 'circle of peace'. Inside the circle draw shapes, objects, patterns of things that bring a smile to your face, use your favourite colours and notice how you feel as you fill in your 'circle of peace'. Whatever you fill inside the circle image it filling you inside your body with peaceful, soothing feelings and thoughts.

#### 6. GRATITUDE HEART

Draw a large heart on the paper but keeping some space around it to be able to write some words. Fill the inside of your heart with lines to create about 8-10 different sections ( depending on size of your heart). This is your 'gratitude heart'. Draw a line from each section inside the heart to the outside of the heart and write down a person, place or thing that your grateful for right now. (could be your favourite tv show, your pet, your snacks, the sky, the sound of birds, your book, your relative..) Bring a smile to your face and hold in mind smiling as much as you can during this exercise.

Now fill in each of the sections with a different colour/ symbol/ shape that represents the gratitude item you have written for that section. Remember to bring a smile to your face each time you think of that person/place/thing. You will end up with a heart filled with sections of different colours, objects, shapes and lines coming out of the heart with words explaining each thing you are grateful for. Notice how full the heart is with love and gratitude.

Now close your eyes and image all those loving feelings inside your own heart and do your belly breath whilst smiling. Breathing into your heart and body these loving feelings as you smile and breath. Place your heart somewhere where you can see it each morning/evening and try and take a moment to stand in front of it smile, breath and fill your heart and body with these loving grateful feelings.

Take care

Mrs Tait