

Mindful Arts

**CREATED BY:**

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MEDIA:

Mixed

SUPPLIES:

Medium of your choice (pen, pencil, paint, markers, crayons, etc.), a surface to apply the medium to (paper, canvas, etc), flat surface to draw/paint on (table, drawing board or easel), clean up supplies (cup of water, paper towels, newspaper, smock, etc)

OBJECTIVE

Often, we run around with our minds detached from our bodies- like balloons floating into the past and future while our bodies amble around taking care of business. That distance, between mind and body, is where stress lives.

In this session, we aim to draw our balloon-mind down closer to our body and practice mindfulness through using art materials. We'll pay special attention to our senses; what we see, hear, smell and feel as we work. We will notice our own thoughts and feelings and gently brush them aside as we apply paint to canvas or pencil to paper. The mind wants us to make an identifiable picture, but we will focus on doing the opposite. This is about bringing our awareness back into our bodies because when we practice awareness, we learn how to cultivate peace which makes it easier to be patient and compassionate with others.

RESOURCES:



- My Frivolous Notions Facebook page: <https://www.facebook.com/FrivolousNotionsbyKathy>
- An article on Mindful Arts: <https://makewithabacus.com/our-minds-on-art-striving-for-wellness/>
- My LinkedIn page: <https://www.linkedin.com/in/kathy-lynott/>
- My Artspace profile: <https://www.artspace.org/kathy-lynott>

- My Instagram: <https://www.instagram.com/kathy.lynott>
- TikTok: @kathy1084
- Previous class I offered at the Schack: <https://www.schack.org/classes/view/month/1459468800/>
- My YouTube channel: <https://www.youtube.com/watch?v=AG7WFBcNzVs>
- My Artist presentation from 2015: <https://prezi.com/fpuovk4s7kaf/kathy-j-lynott/>
- My Etsy: <https://www.etsy.com/shop/FrivolousNotions>
- St. Louis Cake Walk: <https://astlouiscakewalk.wordpress.com/tag/kathy-lynott/>
- My StraightUp feature article: https://issuu.com/straightupmag/docs/str8up_jan_2014
- My Street Art project contribution: <https://www.schack.org/past-exhibits/everetts-summer-street-art-celebration/>

QUESTIONS:

- To begin with: “baggage check” ...what is on my mind that I need to metaphorically “put on a shelf” so I can focus on this moment?
- What am I noticing with my senses (see, hear, smell, feel)? Do the art materials have a smell? A texture? How does it feel to push the medium around the paper or canvas? What sounds do I hear? Play around with holding the brush or pen differently, notice what that experience is like for you.
- What considerations are you likely to encounter as you design your pieces?
 - Your mind will want to make this art into something it can label (a house, a landscape) but resist that when you notice it and gently avoid any identifiable imagery.
 - Notice thoughts and feelings when they come up, but imagine they are fallen leaves on a slow moving river passing in front of you: you notice them, but you let them keep passing by as you return your attention to the details of the art materials. Sometimes they might get caught in a little eddy and you might be tempted to pick them up, but resist and bring your awareness back to the art.
 - You may notice a critical voice in your head making judgements on what you are making or on what the outcome of this project will be. Invite that critical voice to fade into the background because it is not important for this project. Remember to let go of any attachment to the final painting or drawing. You can even throw it away when you are done, because this project is about the practice of being mindful, the process.
- You can expect to feel a little nervous or confused at the beginning and you may not “know where to start.”
 - Dive in and keep going because as you continue to pay attention to your senses and allow any thoughts of feelings to pass by, you will notice a sense of calm blossom inside of you.
 - By the end, you will have practiced an important skill that you can further develop on your own, share with friends and family or use to help with focus and stress!

<p>STEP ONE</p>	<p>Gather your materials in a space where you can focus on the work and enjoy what you are doing. You may need a table to work on, a drawing board or easel.</p>	 
<p>STEP TWO</p>	<p>Begin by asking yourself 2 questions:</p> <ol style="list-style-type: none"> 1. What do I hope to get out of this session? (write that down or speak it to yourself) 2. What is on my mind that I need to put aside so I can focus for this session? (mentally put those thoughts and feelings on a "shelf") 3. Then start applying your medium to the surface: slow/fast, hard/soft, and pay attention to what you see, hear, smell and feel. 	  
<p>STEP THREE</p>	<p>If you start to "see" an identifiable object, change what you are doing to make it something you can't label.</p>	 

<p>STEP FOUR</p>	<p>As you finish your time on this practice of mindfulness, notice those sensory moments that brought you joy or happiness: the thickness of the paint, the bristles of the brush, the colors of the crayons or the lines and shapes made by pencil, pen or marker.</p>	
<p>STEP FIVE</p>	<p>Take some time after you have stopped working to reflect on the process:</p> <ol style="list-style-type: none">1. What thoughts/feelings did you notice?2. Notice any changes you feel in your body, thoughts in your mind.3. Share your experience on Instagram, Facebook, TikTok! I'd love to hear your thoughts and see what you did!	 <p>You did it! You played with art and practiced mindfulness!</p>