

THE ART OF MINDFULNESS

MINDFUL CRAFTING



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CHAPTER 1

WHY GET CRAFTY?

Mindfulness means being in the present moment. When you are mindful, you pay attention to how your mind and body feel. One way to practice mindfulness is to be creative.





Crafting is creative.
It requires you to **focus**.
When you focus on
creating art, you **slow**
down and **listen** to
your mind and body.

CHAPTER 2

LET'S CRAFT MINDFULLY!

The first step to crafting mindfully is setting your **intention**. What are you choosing to craft, and why?

Gather your supplies. Notice how your body moves as you do this. Maybe you need construction paper, glue, and scissors. Maybe you just need a pencil and a piece of paper.





HELPFUL HINT: When drawing, watch how the pencil moves. Feel how your hand moves.

Is something bothering you?
Crafting can help calm your
thoughts. Practice breath drawing.

Step 1: Gather paper and a pen
or pencil or a paintbrush and paint.

Step 2: As you inhale, start
to draw.

Step 3: Slowly exhale. As you
exhale, change the direction
of the line without lifting from
the paper. Keep breathing and
drawing until you feel calm.

