



# Drawing Your Breath

Get a piece of paper and your pencil crayons or felt-tips.  
Put your pen or pencil onto the paper and close your eyes.  
Think of your breath as a line and draw it onto the paper with  
your eyes closed.

## Try this:

Play with the lines, let your hand and breath lead you.  
Change the colour of your pen, close your eyes and do it again.  
This time your breath might feel different, slower, calmer.  
You can keep doing this on the same paper OR or start a new one.

## Now try:

Do it again with only one coloured pencil or felt tip.  
When you have finished, colour or paint in all of the spaces in different  
colours and create a beautiful abstract picture.

## Top tip:

Try this when you are feeling worried or upset – does it help calm you?



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