

Draw Your Breath

Creative Mindfulness Starters

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Felix Gonzalez-Torres: "Untitled" (L.A.)

Focusing on your breathing is an important part of mindfulness to focus your attention.

- First, just take notice of your breathing. How does it feel to breathe?
- Notice your lungs filling with air, and then the air moving out and in.
- Follow your breath's journey as it enters and leaves your body. How does breathing move your entire body?
- If you could see your breath, imagine the shape it would be.
- Pick up your pencil and notice how it feels in your hand.
- Take one breath in and draw a line using the pencil on your paper
- Keep drawing as you breathe out.
- Continue to breathe and draw for a few minutes, letting yourself go with the flow.
- You can try doing this with your eyes closed to really let your breath take control.