

# Art Activity: Meditative Drawing

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This can be a great activity to **support a client in grounding themselves** and/or support them in **calming feelings of anxiety or frustration**. It hones mindfulness skills by bringing the client's attention inward by using the act of drawing/coloring the main tool. The client can do this while talking with you or they can quietly focus on the drawing while breathing and enjoying the process.



## Materials

- Paper
- Markers

*(You can add and substitute other artistic supplies, such as crayons, if you wish)*

## Directions

1. Have client think about something such as an animal, natural element (trees, mountains, lakes, sun, moon, etc.), something that they enjoy and/or feels calming to them.
2. Have the client translate that animal or natural element into a simple outline on a piece of paper. (Alternatively, find a simple outline to print out that the client can add to.)
3. Have the client fill in the outline with color, asking them to fill the entire page with color.
4. Encourage the client to mindfully color the image, by paying attention to the act of coloring/drawing, focusing on the process, and breathing. (Be prepared to provide some guidance around bringing attention to the breath and slowing down thoughts.)
5. Once complete, you can follow up with some strengths-based debrief questions to gauge how the activity felt for the youth, how it impacted their level of stress, etc.