

"The best way to capture moments is to pay attention."

- Jon Kabat-Zinn



This work sheet includes a number of drawing tasks which aim to help you be present and mindful. You can use any drawing materials you like and you're welcome to adapt the tasks to suit you - they are there to inspire you to draw and cultivate mindful awareness!



### Shifting Perspective

Find an object that you're able to move in different positions or look at from different angles.

1. Draw the object from your first angle, starting with a focal point to help guide the overall proportions of the lines and spaces that make up the object.
2. Shift or move around the object and draw from a different angle, noticing how your view has changed.
3. Keep moving your object and drawing from different perspectives, getting to know the item intimately.

### Capturing Texture

Find three objects that have interesting textures and feel them with your hands to familiarise yourself.

1. Notice how the different textures feel against your skin - are they soft or hard? Smooth or rough? Flat or fuzzy?
2. Draw your first object with particular attention to the texture of its surface, remembering how it felt on your hands and trying to capture that sensation on paper.
3. Move onto drawing your other objects, remembering to focus on their feel and texture.

### Noticing Colour

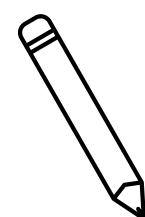
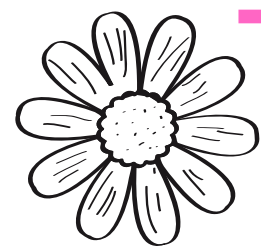
For this task you will need coloured pens, pencils, crayons or pastels, and any colourful object for you to focus on.

1. Study your object and its colours - what tones and shades does it reflect? Are they rich or subtle? Dark or light?
2. Draw a rough outline of the object, and then pick which combination of colours to use to fill in the colourful spaces.
3. Press lightly or firmly to portray different intensities of colour, and add overlapping layers of lines or multiple colours to create new tones or darker shades.

### Defining Shadows

Find an object that casts an interesting shadow in whatever light setting you are in.

1. Really look at the object and its shadow and how the two stand next to each other and interact.
2. Draw the outlines of the object and its shadow, trying to mimic the shapes and proportions on your page.
3. Next, use cross-hatching (criss-cross lines) to create darker tones and shades. If you're using a pencil you can smudge these areas to create a more blended effect.



Drawing is a wonderful way to develop your ability to focus and be mindful in everyday life. Mindfulness means being aware of the present moment and paying attention to what you can sense both internally and externally in the here and now, which can greatly improve your experience of life.

