

meditative mosaics



Use the felt shapes to create a mosaic.

Can you make something inspired by nature?

What about something using only angular shapes?

This is what is known as a **meditative activity**.

These are relaxing activities that help us flex our brains in a calm manner. Some benefits of meditative activities are higher empathy, better focus and memory, and less stress.

Notice how you feel when you add a shape to the wall. Do you feel calm and relaxed? How do you feel when your work is complete?

