# Mindfulness

UConn 4-H

Background

Practicing mindfulness can allow us to understand and manage our feelings and can help us to feel calmer and more centered. Activities that encourage you to tune into your emotions, reach or return to a state of calm, are great ways for you to practice mindfulness. These activities may include going for a walk with a friend or family member, spending time with a pet, or creating a craft like the one below!

Supplies and Tools

Art paper or cardstock
Paint
Paintbrush
Permanent marker
Water
Cardboard or newspaper
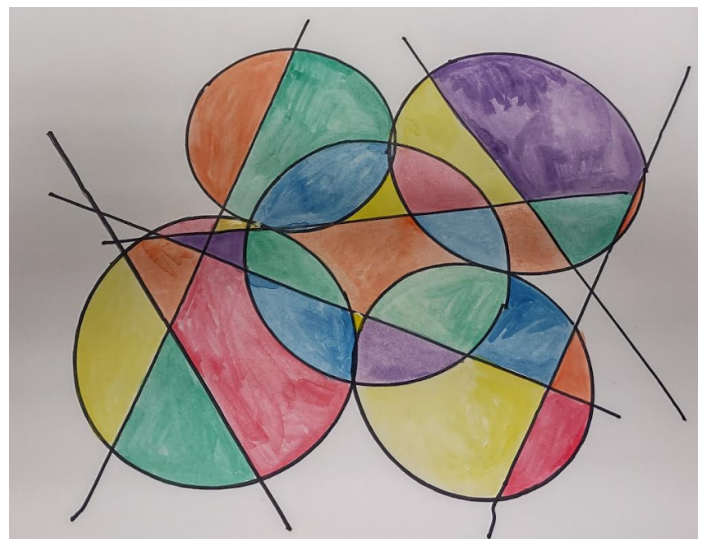
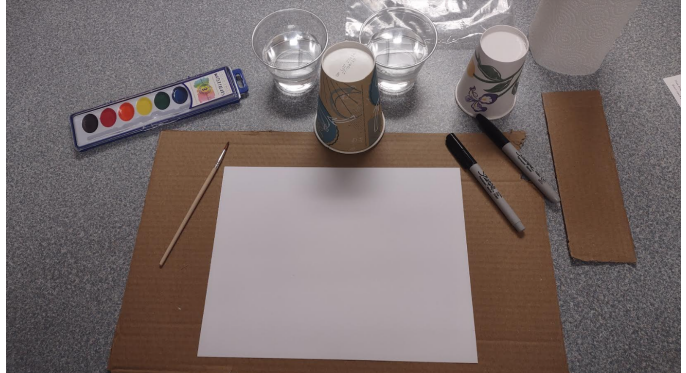# Activity Steps

1. Set out all the materials on the table to create a workspace. Make sure to put newspaper or cardboard under the cardstock to make sure no paint gets onto the table.


2. Using the disposable cups and straightedge, make different sized circles and lines on the paper with the permanent magic marker. You can make thin lines or thick lines and the shapes can go anywhere on the paper and can overlap. Just try to let your mind relax and stay in the moment.
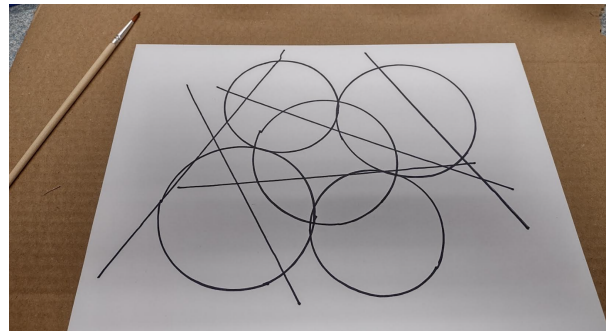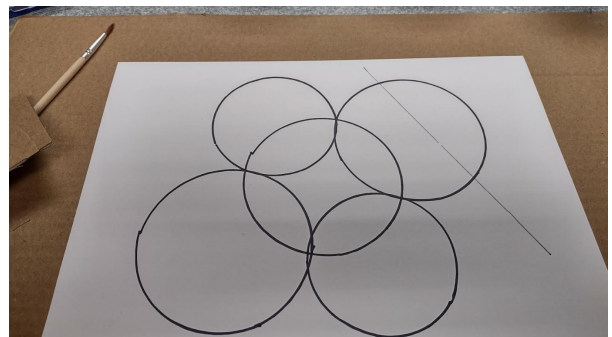

3. After you are satisfied with your design, open the paint and begin coloring your design. Use whatever colors feel right at the time in whichever combination or pattern you would like. You can make the paint bright by using less water on your brush or pastel by using more water.
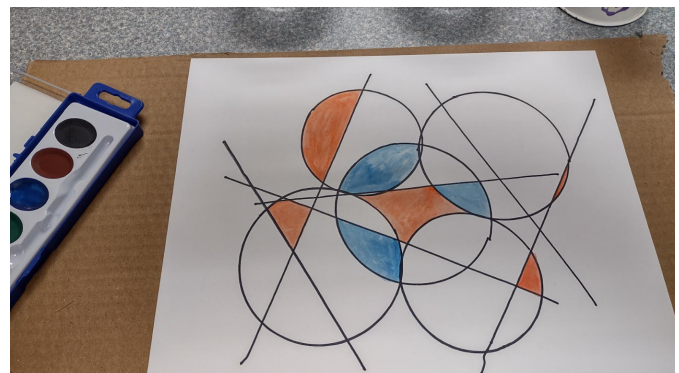
4. Once you have finished painting your design let it dry for about an hour or so and then show it off to friends and family.
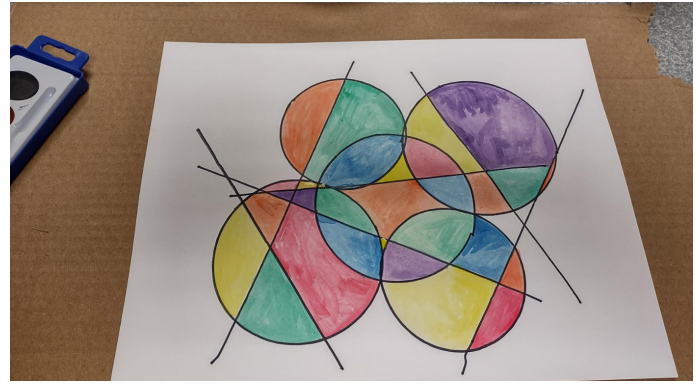
If you enjoyed this project, visit 4-h.extension.uconn.edu to learn more about UConn 4-H. Check out the UConn 4-H New London County webpage to view the video associated with this activity.

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