



Mindful Edge Interactive™

Skill for Being with the Ups and Downs of Life

(Stress Management and Life Strategies for Youth)

Curriculum for Teachers of Youth (13-29),

Classroom Communities and Helping Professionals

## **Mindful Art Practices**

*You can't stop the waves,  
but you can learn to surf!  
~John Kabat-Zinn*

*The Mindful Edge™ 8-lesson Program  
Stress Management and Life Strategies for Youth*

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*The Mindful Edge® provides Stress Reduction & Life Strategies for Youth, based on the principles  
of the MBSR (Mindfulness-Based Stress Reduction) Workshop program created by Jon  
Kabat-Zinn at the University of Massachusetts Medical Centre in 1979.*

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## Table of Contents

|                          |    |
|--------------------------|----|
| Art in Motion -----      | 1  |
| Colour Walk-----         | 2  |
| Drawing the Breath ----- | 3  |
| Favorite Place -----     | 4  |
| Feel the Photo-----      | 5  |
| Ikigai-----              | 6  |
| Igikai Template-----     | 7  |
| Lifescape -----          | 8  |
| Mind the Music -----     | 9  |
| Origami Cup -----        | 10 |
| Rose-Thorn Bud-----      | 11 |
| Simple Joys-----         | 12 |
| Thought Party -----      | 13 |
| Train of Thoughts-----   | 14 |
| Ultimate Me -----        | 15 |

# Art in Motion

## Mindfulness Skills

- Focused Attention (Concentration): Directing your visual focus outward onto a specific target, which blocks out racing thoughts, to-do lists, and worries about the future.
- Grounding (Sensory Awareness): Anchoring your brain in the present physical environment rather than internal anxiety or "what-if" scenarios.

## Description

**Art in Motion** helps with creative problem solving, expression of aesthetic taste, increase awareness, foster creativity, and promote self-reflection.

## Prep Time

- 2 minutes for practice introduction

## Supplies

- Phone to take and use digital photos
- Stop motion app (Life Lapse, iStopMotion...)

## Practice Time

30-60 minutes

## Steps

- Use a stop motion app to create a short, artistic video about anything you'd like!
- Create the video by moving objects/toys around your home or make a video of yourself doing something you love!
- To create the video, take many photos, moving objects or yourself slightly between each photo you take. The app will put your photos together to create your own personal video/movie!
- Once your video/movie is finished, you may wish to hold a premier! Invite friends, family, and loved ones to watch your video/movie with you! If not, no worries!
- It is more than alright to keep your video/movie just for yourself too!



## Reflection Questions

- ❖ *Can you give your video/movie a title?*
- ❖ *What feelings came up for you during this mindful*
- ❖ *art activity?*
- ❖ *Was there a theme to your video/movie?*
- ❖ *Did this theme reflect something about you? What?*

# Colour Walk

## Mindfulness Skills

- Focused Attention (Concentration): Directing your visual focus outward onto a specific target, which blocks out racing thoughts, to-do lists, and worries about the future.
- Grounding (Sensory Awareness): Anchoring your brain in the present physical environment rather than internal anxiety or "what-if" scenarios.

## Description

A **colour walk** is a simple mindfulness activity where you pick a single colour before heading outside and actively search for every object, plant, or sign in that shade. The intention is to cultivate self-care, increase mindfulness, soothe anxiety, and explore the outdoors!

## Prep Time

- 2 minutes for practice introduction and distribution of supplies

## Supplies

- Paper
- Markers, coloured pencils and/or crayons

## Practice Time

10-15 minutes

## Steps

- Choose a target colour (like blue, yellow, or green) before you step out the door.
- Put away digital distractions by leaving your phone on silent or airplane mode to stay completely present.
- Walk slowly and let your eyes scan high and low, looking for your chosen colour in unexpected places like leaves, signs, clothing, or front doors.
- Notice the details by pausing briefly to appreciate the different light, depth, and textures of the colour when you spot it.



## Reflection Questions

- ❖ *What colour did you choose?*
- ❖ *How does this colour make you feel?*
- ❖ *What might your days feel like if you included taking a nature walk everyday?*

# Drawing the Breath

## Mindfulness Skills

 **Focus:** Pay attention to the movement of your hand and your breath.

 **Notice Your Body:** Notice your posture, breathing, and any tension in your hand or arm.

 **Notice, Don't Judge:** When your mind wanders, gently bring your attention back to your drawing.

 **Breathe & Reset:** Use slow, deep breaths to calm your body and mind.

## Description

The 'Drawing the Breath' practice combines breath work with an art activity, making it a practice that promotes self-regulation, creativity, and unique self-expression. It syncs the physical movement of a pen or pencil with the rhythm of your inhalation and exhalation to reduce stress and improve focus.

## Prep Time

- 2 minutes for practice introduction and distribution of supplies

## Supplies

- Paper
- Markers, coloured pencils and/or crayons

## Practice Time

10-15 minutes

## Steps

- Choose a colour to begin with.
- Pick a starting point on the left side of your paper and simply place the point of your marker/coloured pencil/crayon on that point.
- Close your eyes if that is comfortable to you and breathe naturally.
- As you breathe, begin to draw on the page. Let the movement of your marker/coloured pencil/crayon follow your breath.
- After a few breaths, open your eyes if you have them closed and take a look at what you have drawn on the page without judgement..
- Colour in any spaces within your initial drawing as you wish, adding different colours and shapes.
- Add a title to your drawing, naming your breath through your artwork.
- Admire the unique beauty of your breath and share among classmates in a curious, kind, non-judgmental manner.

## Drawing the Breath

1. Choose a colour to begin with.



2. Pick a starting point on the left side of your paper and simply place the point of your marker/coloured pencil/crayon on that point.



3. Close your eyes if that is comfortable to you and breathe naturally.



4. As you breathe, begin to draw on the page. Let the movement of your marker/coloured pencil/crayon follow your breath.



5. After a few breaths, open your eyes if you have them closed and take a look at what you have drawn on the page without judgement.



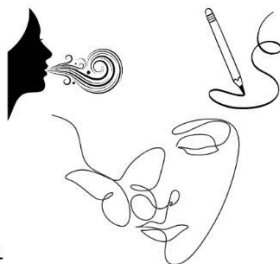
6. Colour in any spaces within your initial drawing as you wish, adding different colours and shapes.



7. Add a title to your drawing, naming your breath through your artwork.



**MINDFUL  
EDGE**



## Reflection Questions

- ❖ *What colour did you choose as your starting colour?*
- ❖ *Why? What does it now represent to you as part of your breath artwork?*
- ❖ *Did drawing your breath help you understand how you are feeling in the moment? How?*
- ❖ *What shapes and colours do you see in your final artwork? Did you draw your breath big or small?*
- ❖ *How would you describe your breath artwork to someone else?*

# Favorite Place

## Mindfulness Skills

- Sensory Scan: Intentionally look for textures (rough bark, smooth stone), listen to ambient sounds, and notice how the air feels on your skin.
- The "No Judgment" Pact: Release the pressure to take a "good" or "social-media-worthy" photo. Accept the weather, light, and scenery exactly as they are.

## Description

The Mindful Photography Favorite Place practice transforms your favorite place from a simple backdrop into a deeply felt experience. Instead of rushing to capture a technically perfect postcard shot, mindful photography focuses on slowing down, activating your senses, and connecting with the present moment. Whether your favorite spot is a quiet corner in your garden, a bustling city street, or a hidden trail in the woods, you can use these skills to see it with fresh eyes

## Prep Time

- 1 minute for practice introduction

## Supplies

- Camera or phone to take photos
- \*Optional\* Digital collage app (Canva, PicCollage - Photo Collage & Editing App...)
- \*Optional\* Printer, paper, scissors, glue, and other craft supplies for a physical version of this activity

## Practice Time

1 hour

## Steps

- The Arriving Pause: Step into your favorite place and put your camera away for the first five minutes.
- Breathing: Take three to five deep breaths to clear mental chatter and anchor yourself in the space.
- Take photos while you explore your favourite local place.
- While you're there, tune into your 5 senses and notice your feelings of happiness and gratitude.
- Create a collage with the photos.



## Reflection Questions

- ❖ *How did tuning into your 5 senses at your favourite local place feel?*
- ❖ *What did you notice?*
- ❖ *How can you foster the positive feelings your favourite place makes you feel into your daily life?*

# Feel the Photo

## Mindfulness Skills

-  **Slow Down**
  - Pause before taking a photo. Take a slow, deep breath and settle your mind.
-  **Engage Your Senses**
  - Before looking through the lens, listen to the sounds around you. Notice what you feel, smell, and sense.
-  **Observe Without Judgment**
  - Notice colours, light, and shadows without worrying about making the “perfect” photo.
-  **Turn Inward**
  - Ask yourself: What caught my attention? How does it make me feel? Notice feelings like joy, curiosity, or calm.

## Description

This Mindful Photography practice is designed to support you through a time when you are experiencing thoughts and feelings that you do not like. You may be angry, upset, annoyed, frustrated, fearful or confused. Whatever it is that you are finding uncomfortable this practice is for those times.

## Prep Time

- 1 minute for practice introduction

## Supplies

- Phone or camera to take and use digital photos
- If you are using your IPHONE, try the HUJI app. (HUJI Cam is a popular mobile app that adds a nostalgic 1998 disposable camera filter, complete with light leaks, grain, and an orange date stamp.)

## Practice Time

1 hour

## Steps

- When you are experiencing strong emotion, set your camera up as explained above, and go walking with your camera. Choose any location you feel drawn to.
- As you walk do not look for a photo opportunity, just walk, paying attention to what you can see.
- Notice the thoughts and feelings that relate to your difficulty. At some point something will catch your eye. Stop and consider what it is.
- Move closer. Frame tightly. Create the photo and move on. Repeat this, paying attention to your feelings and the visual feast before you.
- Act instinctively and release your attachment to what your photos look like.
- Finish when you feel ready.



## Reflection Questions

- ❖ *Return home and DO NOT LOOK at your photos! Leave it a day.*
- ❖ *Next day review your photos and notice the feelings you experience.*

# Ikigai

## Mindfulness Skills

- Starting small: Focus closely on the details of ordinary tasks rather than rushing.
- Being in the present: Live in the here and now to find a natural sense of flow. The joy of little things:
- Appreciate sensory pleasures, like the taste of tea or a quiet morning.
- Harmony and sustainability: Stay connected to your community, nature, and the people around you.
- Releasing yourself: Accept who you are without harsh judgment or perfectionism.

## Description

**Ikigai** is a Japanese concept meaning your "reason for being," and combining it with **mindful skills** means finding deep purpose and joy in the present moment through small, intentional daily habits.

The term is composed of two Japanese words: *iki* referring to life, and *kai*, which roughly means "the realization of what one expects and hopes for". Or what the Japanese call "a reason for being". Understanding what you love and what you're good at leads you to passion.

## Prep Time

- 2 minutes for practice introduction and distribution of supplies

## Supplies

- Paper
- Markers, coloured pencils and/or crayons
- Ikigai Template

## Practice Time

20 minutes

## Steps

Ikigai can be achieved by answering four distinct questions.

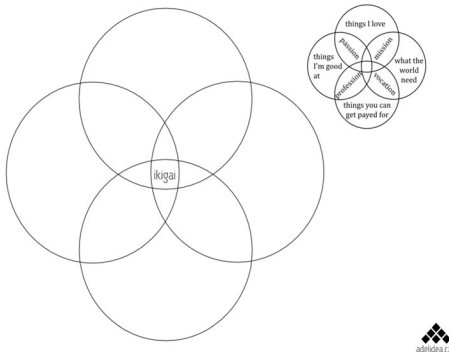
- What do you love? (your passion)
- What does the world need? (your mission)
- What are you good at? (your vocation)
- What can you be paid for? (your profession)

Knowing the answer to these questions allows you to understand your meaning to life.

Understanding what you love and what you're good at leads you to passion.

On the other hand, finding what the world needs and what you can be paid for identifies your vocation.

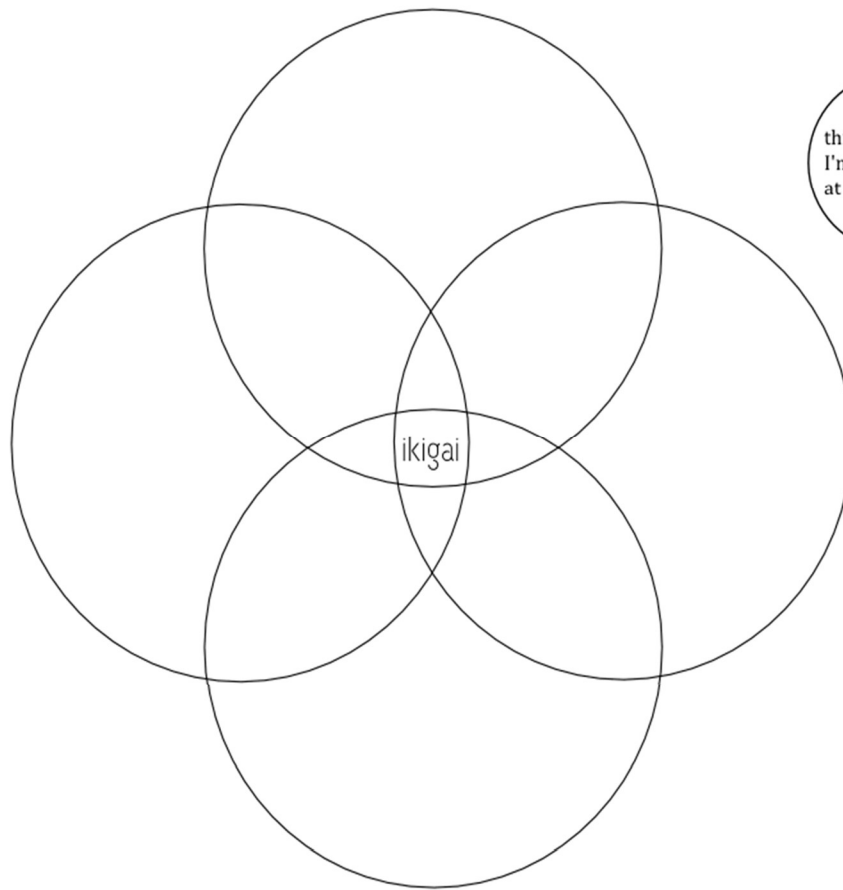
Use to template to contemplate these 4 questions.



## Reflection Questions

- ❖ How did this activity affect you?
- ❖ Did it bring clarity and focus?

# Igikai Template



# Lifescape

## Mindfulness Skills

- Present Moment Awareness: Practice grounding yourself by noting what your senses feel, hear, or see right now.
- Emotional Regulation: Use your map to visualize how different aspects of your life impact you emotionally.
- Self-Awareness: Notice the rich diversity of your life, your cultural heritage, and your community.
- Non-Judgmental Acceptance: Notice aspects of your life as they are without labeling them as "good" or "bad". The map provides a safe canvas to look at reality accurately.

## Description

A Lifescape is a map of all the elements that make up your life. This artistic expression is a self-reflective practice ~ it can show the rich diversity of your life, how interconnected you are and the depth of your self-awareness.  
We invite you to explore this opportunity to express who you are and what makes you unique.

## Prep Time

- 2 minutes for practice introduction and distribution of supplies

## Supplies

- Paper
- Markers, coloured pencils and/or crayons
- Pictures from magazines, or photos to make your collage.

## Practice Time

20 minutes

## Steps

This is a snapshot of your life at this point in time. It can be drawn, written, or you can cut and paste from magazines, incorporate photos or a combination.

See if you can show the following 5 aspects:

1. The people in your life: family, friends, teachers, pets
2. The activities you are involved in: school, time with family & friends, sports, music, arts, clubs, hobbies, jobs and the places in your life that
3. Values and beliefs
4. Goals/Aspirations
5. Issues/Worries

Your Lifescape can illustrate: The aspects of your life that potentially impact your physical, social and emotional well-being and happiness; using headings, sub-headings, & captions to explain pictures where needed, drawing from both your personal experience.



## Reflection Questions

- ❖ How did this activity affect you?
- ❖ Are these aspects of your life that you keep to yourself and others that you share with your friends, family and community?
- ❖ Did you discover inner aspects of yourself while doing this activity?

# Mind the Music

## Mindfulness Skills

- "What" Skills (Observing and Describing): Noticing specific elements of the music—such as rhythm, melody, vocal vibrato, or pauses of silence—without labeling them as good or bad.
- "How" Skills (Non-judgmentally and with Participation): Immersing yourself completely in the auditory experience, letting go of critical thoughts when your mind wanders, and gently bringing your focus back to the sound.
- Emotion Regulation: Using targeted songs to shift moods or mindfully processing whatever feelings (joy, calm, sadness) bubble up during a track.

## Description

Sounds elicit different emotional responses, which are often associated with prior experiences.

A Mind the Music mindfulness activity uses intentional music listening to train present-moment awareness, non-judgmental observation, and develop emotional regulation.

Using mindful listening exercises, youth develop an awareness of their personal filters & better understand how emotions are related to the meanings that they give to particular sounds. Exploring both receptive & expressive sounds, youth further develop their skills at differentiating thoughts, feelings & body sensations.

## Prep Time

- 1 minute for practice introduction

## Supplies

- Short segments of music (30 – 60 seconds ) from different genres. (pop, rock, classical, new age & country- western). including music from different parts of the world, that children are not familiar with, can facilitate disengaging from autopilot.
- Notebooks & pencils

## Practice Time

- 30 minutes

## Steps

1. Dim the lights to bring your attention to the sense of hearing, mindfully hearing the sounds.
2. Listen to a segment of music.
3. Direct your attention to the sounds of the music while noticing any thoughts or images, feelings & body sensations that may arise as a result of listening to the music.
4. When music segment ends, record the images, thoughts, feelings & body sensations in their notebooks.
5. Repeat with another genre of music.



## Reflection Questions

- ❖ What was your experience of listening to the different types of music?
- ❖ Did you notice a difference in the images, thoughts, feelings & body sensations for the different types of music?
- ❖ Did you find anything that surprised you?

# Origami Cup

## Mindfulness Skills

- Neuroplasticity: Demonstrates how practice creates neural pathways.
- Emotional-awareness
- Patience
- Problem solving

## Description

An origami paper cup is a simple, tactile craft that doubles as an effective, hands-on mindfulness activity to ground you in the present moment.

## Prep Time

- 2 minutes for practice introduction and distribution of supplies

## Practice Time

10 minutes

## Supplies

- Square pieces of paper – Coloured paper or origami paper

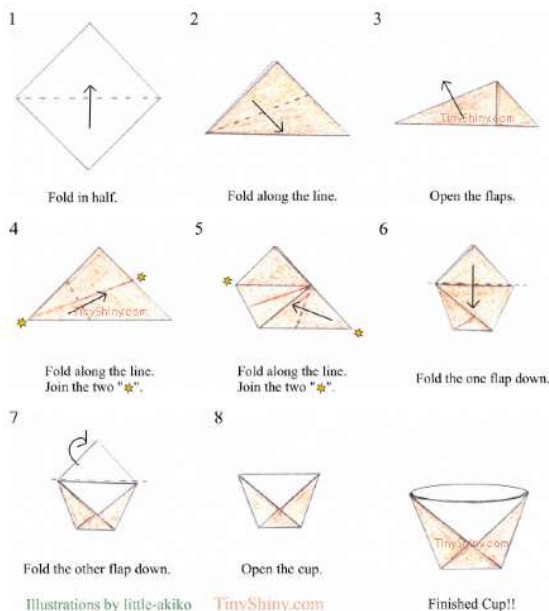
## Steps

- Start with a square: Begin with a square sheet of paper.
- Make a triangle: Fold the bottom corner diagonally up to the top corner to form a large triangle.
- Fold the corners: Take the bottom-left corner of the triangle and fold it across to the opposite edge, making the bottom edge flat and parallel to the top.
- Repeat with the bottom-right corner in the opposite direction.
- Tuck and separate: Fold down the front top flap towards you, and fold the back top flap away from you.
- Open the cup: Gently pull the sides apart and open the center to reveal your functional paper cup.
- Unfold your cup.
- Repeat folding it a second time.



Origami Cup

This is a very simple origami design. Start with square origami paper or Use thicker paper if you want to drink out of the cup. Follow diagrams and instructions below.



Illustrations by little-akiko

TinyShiny.com

Finished Cup!!

## Reflection Questions

- ❖ Did you find this activity easy or difficult? Why? Either answer is okay!
- ❖ What feelings came up while folding your origami cup? Relaxation? Frustration?
- ❖ How did you feel when you were told to unfold your cup and make it again without instruction?
- ❖ Was refolding the cup using your original folds easier or harder than following the craft instructions?

# Rose-Thorn Bud

## Mindfulness Skills

- Emotional Balance: It teaches you that you can struggle and feel grateful at the same time.
- Self-Awareness: It helps you pause, notice your feelings, and process your day without judgment.
- Stress Reduction: Naming your challenges and blessings lowers stress hormones and helps you regulate your emotions.

## Description

The Rose, Bud, and Thorn art activity is a simple mindfulness and reflection exercise where you identify a positive highlight, a current challenge, and a future hope.

- Rose: A success, a small win, a moment of joy, or something positive from your day.
- Thorn: A difficulty, a stressor, a challenge you faced, or an area where you need support.
- Bud: A new idea, an opportunity, or something you are looking forward to in the near future.

## Prep Time

- 2 minutes for practice introduction and distribution of supplies

## Supplies

- Paper
- Markers, coloured pencils and/or crayons

## Practice Time

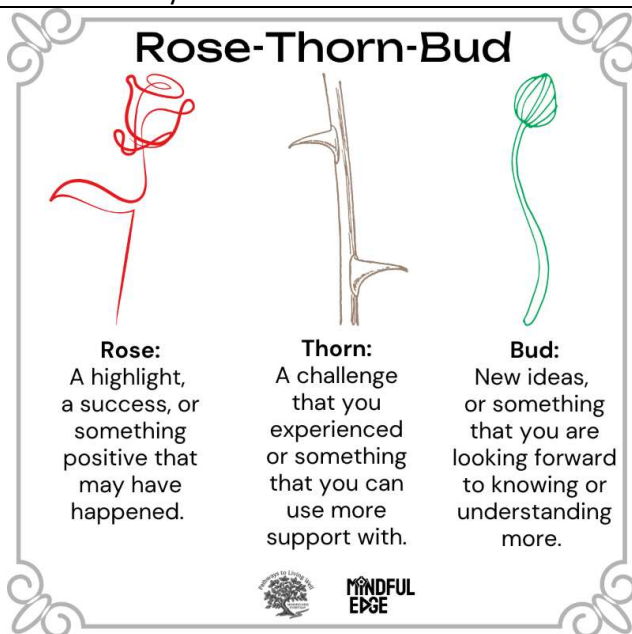
20 minutes

## Steps

- Distribute a sheet of paper along with coloured pencils, crayons or markers with 3 different colours to work with.
- Pick your first colour to draw a rose on the page. Using the same colour, write about a highlight, success, or positive moment that you have experienced in the past week.
- Pick your second colour. Use this colour to draw a stem and flower buds to go along with their initial rose/flower. Using the same colour, write about something you are looking forward to in the near future.
- Finally, pick your last colour. Use this colour to add thorns to the stem of their rose/flower drawing. Using that same colour, write about a challenge you experienced or something that did not go well this past week.
- Admire your beautiful artwork and reflect what you've written!

## Reflection Questions

- ❖ *How can you celebrate your highlight or success from this past week?*
- ❖ *How does the thing you are looking forward to make you feel?*
- ❖ *How can you take action on the new idea you wrote about?*
- ❖ *What supports do you have in yourself or in your community to help you with the challenge you have written about?*



# Simple Joys

## Mindfulness Skills

- Emotional Balance: It teaches you that you can struggle and feel grateful at the same time.
- Self-Awareness: It helps you pause, notice your feelings, and process your day without judgment.
- Stress Reduction: Naming your challenges and blessings lowers stress hormones and helps you regulate your emotions.

## Description

**Simple Joys** mindful art practice are to cultivate self-care, increase feelings of gratitude and happiness, relieve stress/anxiety, and explore the outdoors!

## Prep Time

- 2 minutes for practice introduction and distribution of supplies

## Supplies

- Camera or phone to take photos
- \*Optional\* Digital collage app (Canva, PicCollage...) \*Optional\* Printer, paper, scissors, glue, and other craft supplies for a physical version of this activity

## Practice Time

20 minutes

## Steps

- Take a nature walk and snap photos of anything that inspires you.
- Slow down, practice noticing and experiencing joy in the simple moments. Name what you appreciate and why.
- Create a digital collage using your photos on a computer or phone.
- If you wish, print your photos and make a physical collage!



## Reflection Questions

- ❖ *How did taking photos during your walk change what you noticed?*
- ❖ *Did you find anything that surprised you?*
- ❖ *How do you feel when you can notice and appreciate small, joyful moments?*

# Thought Party

## Mindfulness Skills

- Emotional Balance: It teaches you that you can struggle and feel grateful at the same time.
- Self-Awareness: It helps you pause, notice your feelings, and process your day without judgment.
- Stress Reduction: Naming your challenges and blessings lowers stress hormones and helps you regulate your emotions.

## Description

The Rose, Bud, and Thorn art activity is a simple mindfulness and reflection exercise where you identify a positive highlight, a current challenge, and a future hope.

- Rose: A success, a small win, a moment of joy, or something positive from your day.
- Thorn: A difficulty, a stressor, a challenge you faced, or an area where you need support.
- Bud: A new idea, an opportunity, or something you are looking forward to in the near future.

## Prep Time

- 2 minutes for practice introduction

## Supplies

- Paper
- Markers, coloured pencils and/or crayons

## Practice Time

20 minutes

## Steps

- Distribute a sheet of paper along with coloured pencils, crayons or markers with 3 different colours to work with.
- Pick your first colour to draw a rose on the page. Using the same colour, write about a highlight, success, or positive moment that you have experienced in the past week.
- Pick your second colour. Use this colour to draw a stem and flower buds to go along with their initial rose/flower. Using the same colour, write about something you are looking forward to in the near future.
- Finally, pick your last colour. Use this colour to add thorns to the stem of their rose/flower drawing. Using that same colour, write about a challenge you experienced or something that did not go well this past week.
- Admire your beautiful artwork and reflect what you've written!

## Thought Party Journaling

Take a page in your journal  
and make 2 columns.  
Record thoughts that may  
be helpful or unhelpful.



**A FRIEND MIGHT SAY....**

**A PARENT MIGHT SAY....**

**A TEACHER MIGHT SAY....**

**A SIBLING MIGHT SAY....**

**WHAT I MIGHT SAY TO MYSELF....**

**HELPFUL**

**NOT HELPFUL**

Consider how thoughts impact your experience.



## Reflection Questions

- ❖ *How can you celebrate your highlight or success from this past week?*
- ❖ *How does the thing you are looking forward to make you feel?*
- ❖ *How can you take action on the new idea you wrote about?*
- ❖ *What supports do you have in yourself or in your community to help you with the challenge you have written about?*

# Train of Thoughts

## Mindfulness Skills

- Emotional Balance: It teaches you that you can struggle and feel grateful at the same time.
- Self-Awareness: It helps you pause, notice your feelings, and process your day without judgment.
- Stress Reduction: Naming your challenges and blessings lowers stress hormones and helps you regulate your emotions.

## Description

The Rose, Bud, and Thorn art activity is a simple mindfulness and reflection exercise where you identify a positive highlight, a current challenge, and a future hope.

- Rose: A success, a small win, a moment of joy, or something positive from your day.
- Thorn: A difficulty, a stressor, a challenge you faced, or an area where you need support.
- Bud: A new idea, an opportunity, or something you are looking forward to in the near future.

## Prep Time

- 2 minutes for practice introduction and distribution of supplies

## Supplies

- Paper
- Markers, coloured pencils and/or crayons

## Practice Time

20 minutes

## Steps

- Distribute a sheet of paper along with coloured pencils, crayons or markers with 3 different colours to work with.
- Pick your first colour to draw a rose on the page. Using the same colour, write about a highlight, success, or positive moment that you have experienced in the past week.
- Pick your second colour. Use this colour to draw a stem and flower buds to go along with their initial rose/flower. Using the same colour, write about something you are looking forward to in the near future.
- Finally, pick your last colour. Use this colour to add thorns to the stem of their rose/flower drawing. Using that same colour, write about a challenge you experienced or something that did not go well this past week.
- Admire your beautiful artwork and reflect what you've written!



## Reflection Questions

- ❖ How can you celebrate your highlight or success from this past week?
- ❖ How does the thing you are looking forward to make you feel?
- ❖ How can you take action on the new idea you wrote about?
- ❖ What supports do you have in yourself or in your community to help you with the challenge you have written about?

# Ultimate Me

## Mindfulness Skills

- Present Moment Awareness: Practice grounding yourself by noting what your senses feel, hear, or see right now.
- Self-Awareness: Notice the rich diversity of your life, your cultural heritage, and your community.
- Non-Judgmental Acceptance: Notice aspects of your life as they are without labeling them as "good" or "bad". The map provides a safe canvas to look at reality accurately.

## Description

The **Ultimate Me** mindful art practice helps build self-esteem and confidence, outline priorities, self-reflection, as well as setting intentions and goals.

## Prep Time

- 2 minutes for practice introduction and distribution of supplies

## Supplies

- Camera or phone to take photos
- \*Optional\* Digital collage app (Canva, PicCollage...)
- \*Optional\* Printer, paper, scissors, glue, and other craft supplies for a physical version of this activity

## Practice Time

30-60 minutes

## Steps

- Take a photo of yourself!
- Print your photo and make a digital or paper collage, adding elements to the photo that represent how you would like to show up in the world.
- Add goals, quotes, things that inspire you!

Remember that you are more than enough just as you are!!



## Reflection Questions

- ❖ Can you give your artwork a title?
- ❖ How did it feel to consider how you would like to show up in the world?
- ❖ What small step can you make today to get you closer to becoming the person you want to be?