

Thriving Kind Module 9 - Setting the Compass Pt 1

Materials Needed:

- a map (or other printed ephemera)
- a wooden plaque or canvas
- a pen, thin marker, or pencil
- a paintbrush
- stencil shapes or cut out drawings to trace
- scissors
- liquid glue

Introduction & Practice by Tammy

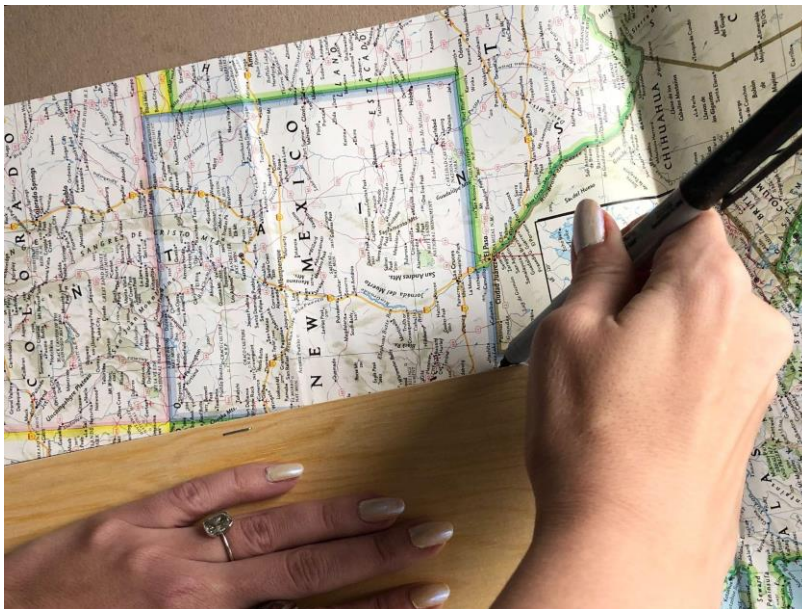
1. Gather your materials: while we will be using a map and a wooden plaque in this demonstration, you can use any piece of printed paper and many types of base would work. As long as your base is smaller than your map or printed paper, any shape can be used.



2. Open your map and spend some time studying it. What parts draw you in? If it's a map of a familiar place, you might choose locations that are important to you. If it's a map of an unfamiliar place, you might choose to use an area with names that stand out or sound familiar to you, or one with lakes or coastlines that you can connect with. You may also just find one area of your map the most visually interesting. Once you've decided on the area you'd like to focus on in this project, place your base over it.



3. Use a pen, thin marker, or pencil to trace around the shape with your dominant hand, while using your non-dominant hand to hold it in place. (Note: pencil may be hard to see on a map).



4. Using your scissors, carefully cut along the traced outline on your map.



5. Untwist the cap of your liquid glue and add it along the back of your plaque or base.



6. To create a smooth layer of glue and as few bumps as possible, use a paintbrush to spread out the glue, making sure the edges are extra sticky.



7. Carefully line up your map to the corners of your base and place it down. Place both hands in the center and move them to the edges to press out most of the wrinkles.



8. Spend some time pressing down the edges of the map and holding them in place for a few minutes as the glue starts to dry.



9. Considering our earlier mindfulness practice, determine which images or symbols most call to you. If you have a drawing practice, you can sketch directly onto the map in pencil.



10. If you are using stencils, carefully trace your shapes.



11. The first part of the project is complete! To minimize wrinkles, you may consider setting your art piece underneath a stack of heavy books before beginning the second part of this practice.

