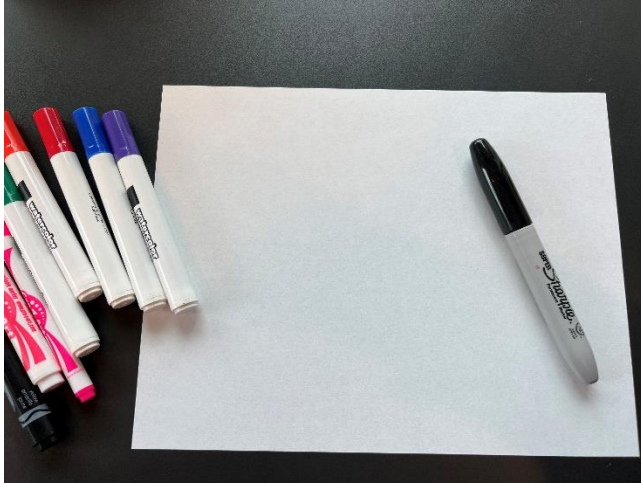


Inside Out

Materials Needed:

- One piece of paper (can be watercolor paper, mixed media paper, or copy paper)
- A black drawing utensil such as a pen or marker
- Your choice of colorful writing or drawing utensils: markers, crayons, pens, etc.



1. Gather your paper and a black pen or marker. A piece of paper the size of (or larger than) a postcard will work for this project.

2. Mindful reflection with Tammy

In the beginner's mind there are many possibilities, but in the expert's mind there are few. -Zen Master Suzuki

For some of us, artmaking may feel intimidating; we may feel anxious that we **'don't know how.'** From a mindfulness perspective, this is good news! We can approach our artmaking with a fresh eye and a quality of receptivity to experiencing something new. This is referred to as **beginner's mind**, and it allows us to be more present and fully engaged with whatever we're doing rather than approaching it from thinking we have got it all figured out. See if you can approach this artmaking activity with a quality of newness, freshness and *not knowing*, the quality of beginner's mind.

3. Allowing your inner critic to take a rest, begin making shapes, lines, or other designs on your paper with your black drawing utensil. This practice is often called "intuitive drawing" and provides a moment to create without judgement or fear of imperfections.



4. When you're satisfied with your design, begin adding color to your artwork as you draw from an inner place of acceptance and ease.

