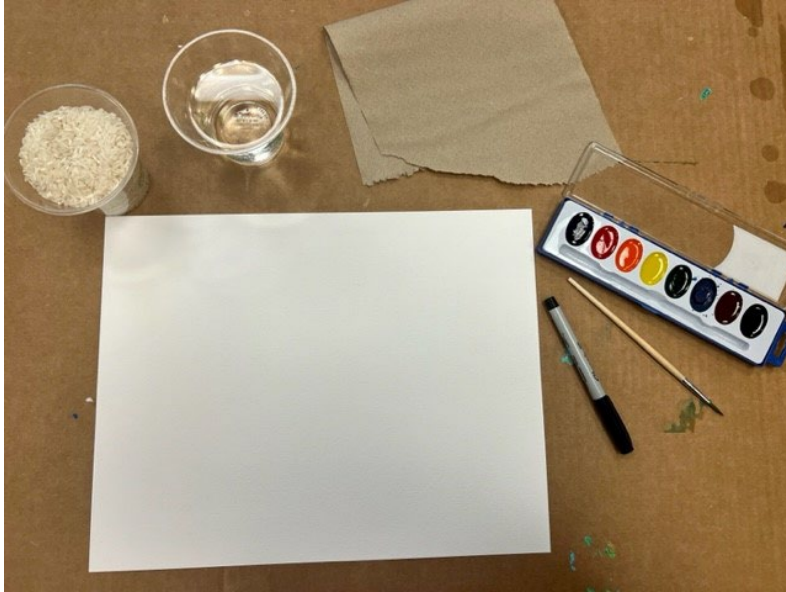


## Another World

### Materials Needed:

- Watercolor paper
- 1/2 cup of rice (quinoa or other grains work fine)
- Felt-tipped marker/Sharpie
- Watercolor paints
- Paint brush

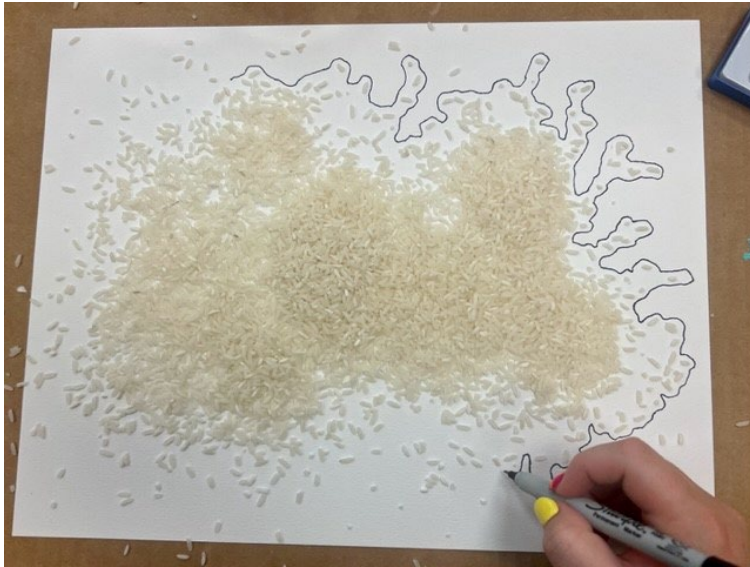


### Part 1: Scattering your rice

1. Hovering above your sheet of paper, begin slowly pouring your 1/2 cup of rice onto the paper.



2. Without moving or rearranging the rice, begin outlining the shapes it created with your felt-tipped marker or Sharpie.



3. Dump the rice back into your cup and observe the shapes your outlines have made. You'll notice a design that looks like a map. Using your marker, begin drawing symbols to indicate different land or water features. These could be mountains, rivers, deserts, or even cities or villages. Use your imagination to create a new world or country.



## Part 2: Mindful Moment with Tammy

Before you go further with creating your map, take a Mindful Moment to replenish your creative palette. Sitting back into the support of your chair, let your hands rest comfortably in your lap and then closing your eyes or dropping your gaze. Allow your attention to slowly move through your body, noticing the places where the chair supports you and then see if you can let go a bit more into that support. Then expand your attention to also feel the flow of the breath in and out of the body. With each exhalation, imagine that a gentle river of softness and relaxation is flowing from the top of your head, slowly down the entire length of your body. Continue this practice for about 20 more mindful breaths before returning to your art-making project and resting in the effects of your practice..

### Part 3: Watercolors

1. When you're satisfied with your symbols, you can use your watercolor paints to give the map some color.



2. Think of a name for your world to complete your map.

