

## New Faces

### Materials Needed:

- Watercolors
- Paint brush
- Watercolor paper
- Fine-tipped black Sharpie/marker



**Part 1: Watercolors.** Create blobs of color in differing shapes on your paper with your watercolor paints. Enjoy the process of creating the blobs, remembering that they do not have to be symmetrical or have any purpose to their shapes.



## **Part 2: Mindful Moment with Tammy**

### De-Stress with Breath

Breathe a few relaxing breaths, and then begin to silently count to yourself as you breathe in and begin counting again as you breathe out. Do this a few times so you can determine the current length of your inhalation and exhalation.

Once you have an idea of the typical current length of your breaths, begin to bring the length of the inhalation and exhalation into balance. So, if you are inhaling to a count of 4 and exhaling to a count of 3, allow the exhalation to slow down a bit so both the in breath and the out breath are now a count of 4.

Spend a few minutes practicing this balanced breath. Once this feels steady, begin to explore extending the out-breath by a count of 1. So if your balanced breath was to a count of 4, let your inhalation remain at 4 counts and extend your exhalation to 5 counts. Stay with this breath ratio for a dozen breaths.

If you begin to feel light-headed, release the technique and allow the body to find the breath that feels right. If you feel comfortable with this 4 to 5 ratio, you may want to explore extending the exhalation by 1 count more so that your in-breath remains at 4 counts, but your out-breath increases to 6. Practice this breath a dozen times. Again, if you feel any discomfort, release the techniques and let the body find the breath that feels right.

After you complete your extended exhalation practice, notice if there is any noticeable change in how you're feeling.

**Part 3: Drawing.** When the paint is dry, use your black Sharpie to create faces within or around the blobs of color on your paper. To give a more abstract look, consider using a single line to create your different faces. Embrace things like large cheeks or eyes, eyebrows of varying shapes, freckles, small or large noses, and so on to add interest and variety to your page of faces. As with the faces of friends and family, the differences and uniqueness of each face is what makes them special and interesting.



Bonus step: Create names and stories for each of your new faces.

