

KIDS' ACTIVITY PACK
DOODLE YOUR WORRIES AWAY

**Affordable
Art Fair**

AAAAAND BREATHE...

We are all constantly breathing, but the way we do it can have a big impact on how we feel.

Looking at the painting below, try breathing in slowly for five seconds, and then out for five seconds. Do this for a whole minute.

**How are you feeling?
Have you noticed any changes?**

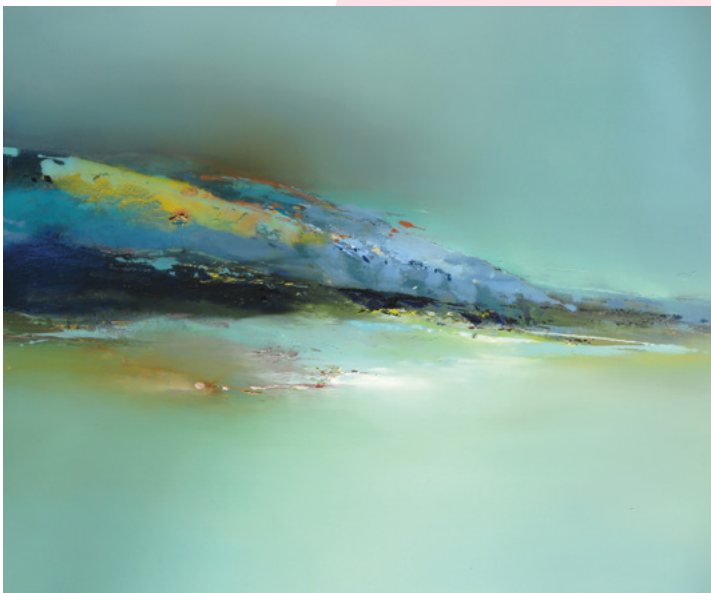


Image above: Elaine Jones. Seafront with Sunlight.
Oil. 150 x 150 cm, First Contemporary.

DISTRACTIONS THROUGH DOODLING

Doodling is a really great way of clearing your mind. It can enhance your creativity, relieve stress, improve memory, and keep you focused!

We've had a fun time filling this space with all our weird and wacky ideas.

Can you colour the lines and shapes in, and maybe even draw more of your own?



EXPRESSION THROUGH ART

Often, artists find that painting helps them to understand their emotions and choose a variety of shapes and colours to express themselves.

How are you feeling today? **Using the frame below, draw yourself and try to think of how you can show it.**

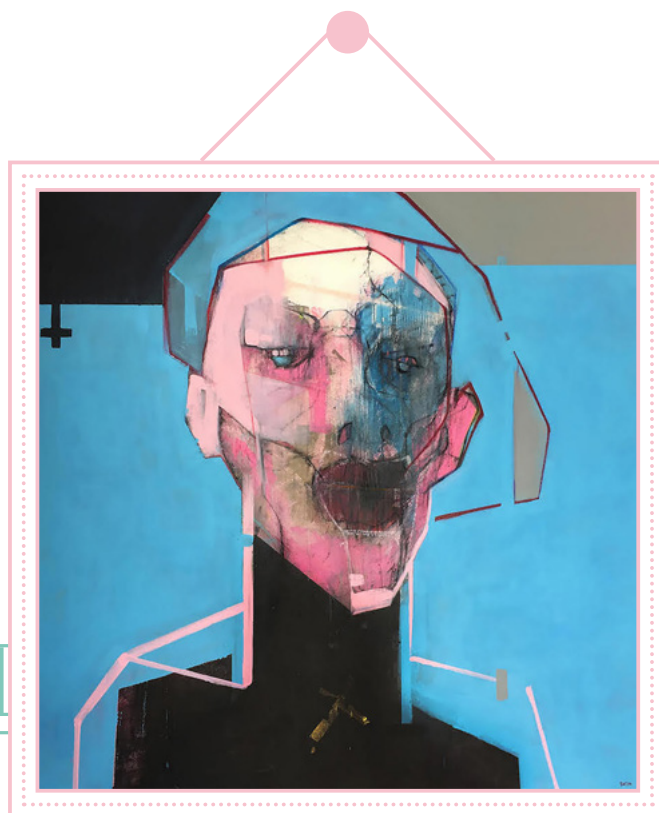
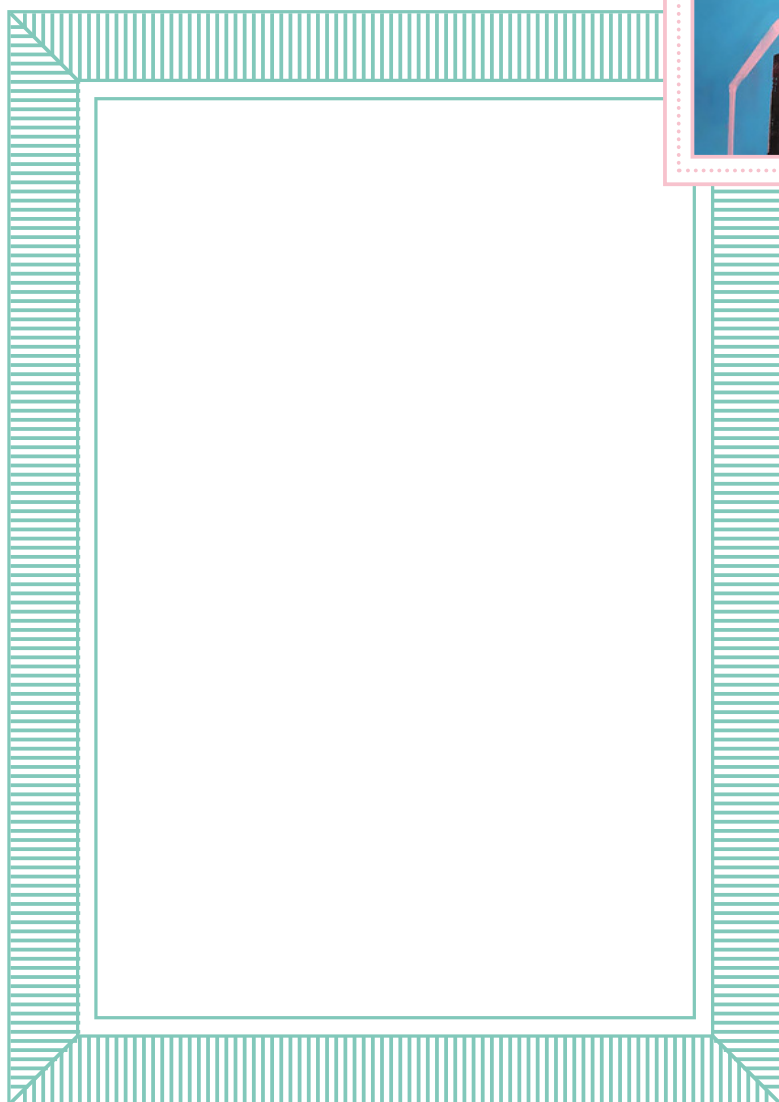


Image above: Schalk Van Der Merwe. Blind faith. Mixed media on Fabriano. 110 cm x 100 cm, Nadia Arnold.