

Sarah Walko
Meditative Drawing

The goal of meditative drawing is to simply get your pen to your paper and flow! Recent studies have shown 45 minutes of drawing can reduce the cortisol levels in your body, lowering your stress levels. This activity can be calming and bring your focus to the present moment. You can also do meditative drawing while in zoom meetings to help with the stress of too much screen time.

Prompts for this can be simple.

Example - Draw a circle, a square and a triangle, work from the center of your page outward, starting in the center of your page.

Another option is to align your breath with your drawing. So draw a line breathing in, then draw a line breathing out.

Additional Prompts:

- Example: Only use a circle shape
- Example: Only use lines
- Example: Use basic shapes and work from the center of the paper outward