



mindfulness, trust, reflection, focus, passion, thankfulness, creativity, self-compassion

ARTS & CRAFTS

## THIS RELAXATION MADE MY DAY!

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Sit in a quiet place where you feel comfortable and take a pencil/pen and a piece of paper. Think about something that matters to you or occupies your mind. It can be a thought, a feeling, or a memory. Start with drawing light strokes, bringing your thoughts to paper. Let your creativity flow – there is no right or wrong.

***This creative activity helps you relax and organize your thoughts. It can positively influence your mood and energy.***

# THIS PRESENCE MADE MY DAY!

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Take a moment to be fully present.

Find a blank sheet of paper and a pencil or any drawing tool you have.

Allow your mind to wander and start scribbling without any specific intention or thought. Let your hand move freely across the paper, creating shapes, lines, and patterns.

***This activity encourages  
mindfulness and helps you to  
be present in the moment.***

## THIS CREATIVITY MADE MY DAY!

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Begin by drawing abstract shapes and lines. Let your hand move freely across the paper without a specific plan. Try different techniques such as shading, hatching, or stippling to add depth and variety to your drawing. Play with wet and dry effects if you have access to water.

***This activity stimulates your creativity and helps you relax.***

***It promotes the release of endorphins and reduces stress.***

# THESE PAINTINGS MADE MY DAY!

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**INSIDE:** Close your eyes and draw a circle. Let the pencil circle and follow your thoughts.

**OUTSIDE:** Open your eyes and draw one or more intertwined circles.

Think of family, friends, idols and draw something abstract or symbolic in the circles.

Take a moment to reflect on what you have drawn.

*This activity helps you understand and express your inner thoughts and how they connect with the outside world.*

## THIS JOURNEY MADE MY DAY!

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Take a moment to consider what being human means to you. Let your thoughts come naturally. Draw with a pencil whatever comes to your mind when you think about being human. This can be a person, an emotion, a symbol, or anything that represents humanity to you. If you're comfortable, share your thoughts and artwork with others.

***This activity is a personal journey that helps you confront and appreciate the essence of being human.***