



Art Sphere Inc.  
Transforming Lives Through Art

STRENGTHENING OUR COMMUNITIES SINCE 1998

# MINDFULNESS THROUGH ART

*for ages: 8-14*



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# CREATING JOURNEYS THROUGH THE ARTS

*Follow your creativity and go beyond where the path leads so you can leave a trail to inspire others to express themselves, too!*

## Preface

We are pleased to present the series *Creating Journeys Through the Arts* to take you on a path to transform everyday materials into art, to explore the intersections of art with nature, literacy, technology, theater, music, mindfulness and STEAM and to learn how to use the arts to express your core values. Throughout this journey, we invite you to reflect on the legacy that can be created through the arts.

## How to Use Our Online Materials and This Book

Not everyone learns the same way. Some people are more visual, some more musical, some more mathematical<sup>1</sup>. Our lessons include symbols at the top of each page that indicate the different learning styles to be found in each project. By pointing out the different ways that a project can be approached, parents and teachers can guide their children to their individual paths to artistic success and ways to express their unique creative voices. The different learning styles and the symbols used to represent them in this book include:



**Literacy and Verbal-Linguistic**  
(using words effectively)



**Recycling and Naturalistic**  
(responding to nature)



**Technology and Logical-Mathematical**  
(reasoning, calculating)



**Health and Intra-personal**  
(understanding one's own interests, goals)



**Theatre and Bodily-Kinesthetic**  
(using the body effectively and creatively)



**Musical-Rhythmic**  
(sensitivity to rhythm and sound)



**Multicultural and Interpersonal**  
(understanding, interacting with others)

<sup>1</sup> These learning styles are based on Howard Gardner's discussion of types of intelligences. For more detail, see: Howard Gardner, *Frames of Mind: The Theory of Multiple Intelligences* (New York: Basic Books, 1983).



The lesson plans are more than just making art objects. They incorporate ideas such as compassion, mindfulness, respect for nature, healthy eating, cooperation, and other ideas for living in a way that contributes to a civil society. The pages are laid out as if you and the class are taking a journey:

- **Your Destination:** summarizes the outcome
- **Travel Kit:** list of materials you will need to make the object
- **On the Path:** ideas and directions for each child to make his/her own object, and ideas for exploring the meaning of each object
- **Group Tour:** how to transform the individual process into an interactive and collaborative group experience
- **Extend your Journey:** vocabulary, helpful references, and links to explore additional ideas

*Find ways to express yourself - it's okay to think outside the box!*

Knowing that links sometimes become inactive or are changed is beyond our control, and we apologize for the inconvenience. All the referenced links in this book have been checked for accuracy. Please check our blog: (<https://artsphere.org/free-resources/curriculum/>) and other social media channels for more suggestions on creative art projects.

The lessons in this book are written by instructor, **Madison Drake**. The design and illustrations are by **Blair Nakamoto**.



# GLOSSARY

**Anxiety** Feelings of worry, nervousness or unease, often about a future event or something uncertain.

**Appreciation** Enjoying the good qualities of someone or something.

**Attention** Intentionally noticing what is happening to someone or something else.

**Aware** To be conscious of something, to know about something.

**Breathe** To inhale and exhale, taking air in and out of your body.

**Calm** Being peaceful and free from intense emotions like anger or nervousness.

**Castle** A large, strong building where royalty usually lives.

**Character** A pretend person, like in a book, drawing, or movie.

**Compassion** Being sensitive towards someone else, and wanting to help them or be there for them.

**Conscious** Being awake, being aware.

**Control** The power to restrain or handle something, like feelings.

**Coping** Trying to solve problems and deal with stress in life. Different coping skills can help people do this.

**Creative** To be able to make or do something new with imagination.

**Dream** Thoughts, images and feelings that usually come to mind while sleeping.

**Embodiment** A tangible or visible form of an idea, quality or feelings.

**Environment** The area around a person, or a place with certain animals and plants.

**Exhale** To release, or breathe out air.

**Fantasy** An imaginative, creative thought or image.

**Focus** To direct your attention to one activity.

**Forgiveness** To stop feeling angry or resentful towards someone else.

**Fort** A strong building used for protection and defense.

**Gratitude** Being thankful and showing appreciation for something.

**Grounding** Skills used to calm down when you are feeling overwhelmed, upset or anxious. Grounding calms your mind and brings you back "into the moment."

**Illustration** A picture that goes with words in a book, newspaper, or other writing.

**Imagine** To form a thought, picture or image in your mind.

**Improvise** To make something up on the spot, to use whatever materials are available.

**Inhale** To breathe air in.

**Journaling** Writing down events in your own life and your feelings in a safe place for only you to read.

**Meditation** Focusing your mind for a period of time for spiritual purposes to relax. This can be done in silence, or with chanting.

**Mindful** Being conscious and aware of the present moment, calmly seeing and accepting your feelings and physical sensations.

**Observe** Watching or noticing something carefully.

**Overcloud** To mask, cover, dim or hide.

**Overwhelm** To strongly emotionally affect.

# GLOSSARY (CONTINUED)

**Palace** The official home of the king, queen or other royalty.

**Peace** A state of quiet or calm.

**Perspective** The way something is seen from a particular point of view, or understanding the importance of things.

**Positivity** An optimistic, hopeful attitude.

**Predict** To try to guess what will happen in the future.

**Prophecy** A prediction, often about events that will happen in the future.

**Regal** Fit for a king or queen, something magnificent.

**Resilience** Being able to overcome difficulties and stand strong in the face of adversity.

**Royal** Having to do with a king, queen or any members of their family.

**Sacred** Something that is very important spiritually, something to be respected.

**Safari** An expedition to observe animals in their natural environment.

**Senses** Any of five ways to understand or experience one's surroundings. The five senses are touch, smell, taste, sight and hearing.

**Serenity** A state of being calm, peaceful and untroubled.

**Stress** Mental or emotional strain from difficult events or circumstances.

**Surreal** Very different from something real or like a dream.

**Symmetric** Made up of exactly similar parts facing each other.

**Thankful** To be grateful for and appreciate someone or something else.

**Unique** Different from anything else; one of a kind.

**Village** A small town or community.

**Vision** Seeing someone or something in a dream, or having an idea for the future .



### Travel Kit:

notebook, paper, collage materials (magazines, newspaper, stickers, etc), glue, scissors, markers, pencil

### Your Destination:

Create a personal, creative journal containing tools for mindfulness, grounding, positivity and gratitude.

### On the Path:

**Step 1** Select any sort of notebook that you have. It can be a new journal, or an old composition book/ school notebook with pages left to use. Decorate the cover by collaging images of things you enjoy, words of inspiration, pictures of friends and loved ones, stickers, or other materials. Glue these things onto the cover of your journal in any way you would like.

**Step 2** Create reference pages for grounding skills, coping skills, and gratitude prompts. Use your markers, crayons, pens and pencils to make your pages using the provided prompts. Feel free to add extra stickers or drawings. These are supposed to be tools that are meant to make you happy.

**Step 3** Create another section in your journal for pasting in mandalas, more collages, and coloring print outs.

**Step 4** Next, create a large section for daily positivity journaling, and leave space to write down your daily thoughts.

### Group Tour:

If you would like to, add a page in your journal for family and friends to doodle in together. Ask friends and family to contribute collage items for your journal.

### Extend the Journey:

If you are not sure what to write about in your journal, here are some helpful prompts:  
<https://www.journalbuddies.com/journaling-resources/mindfulness-journaling/>

**Learn New Vocabulary:** grounding, coping, positivity, gratitude, journaling

**Resources and Visual Aids:** Coloring pages to print out and put in your journal:  
<https://www.art-is-fun.com/free-adult-coloring-pages/>

**Access Our Instructional Video:** <https://www.youtube.com/watch?v=cf9d6OBVxhMbe>

**Learn More:** <https://artsphere.org/interactive-programs/classes/creative-writing/>



## Your Destination:

Mindfulness does not have to be about sitting still. You can practice mindfulness by going outside, exercising, and enjoying nature through a mindfulness walking safari. This can be anywhere from your neighborhood. Sidewalks, your local park, or a nearby patch of woods are all good places to go on your safari. Using your observation skills, you can calm your mind and relieve stress, all while enjoying the great outdoors.

## On the Path:

Go on a mindful safari. Use this time walking to relieve stress by experiencing the relaxing benefits of exercise and being in nature.

**Step 1** Go outside on a walk. Pay attention to your environment by using your senses of touch, sight and hearing. Make sure you are quiet so you can notice different things in nature.

**Step 2** What do you hear? Notice the nature sounds around you: bird calls, wind, the rustling of leaves on the trees.

**Step 3** What do you see? Notice the birds, the animals, the trees, and the flowers. See if you can find any bugs, and take some time to watch what they do. What are the birds doing? What color are the flowers? If you can, sit down on a patch of grass, and look up at the sky. What do the clouds look like? Can you see any shapes in the clouds?

**Step 4** Reach down and pick up a rock, a stick, a leaf or gently touch the petals of a flower. How do they feel in your hand? Do the flowers smell good? Sit down on a patch of grass, and feel the earth under your hands. Take a moment to notice how the air feels on your skin; is there a breeze?

**Step 5** Once you are feeling relaxed and peaceful, enjoy the walk home, and appreciate what you experienced outside.

## Group Tour:

Take a mindfulness safari with family and friends, and share what you noticed with each other. Everyone has a unique experience of the world around them, and by sharing with each other, you can see the world through their eyes.

## Extend the Journey:

Use your senses to complete these mindfulness activities: <https://bit.ly/3pfvTrf>

**Learn New Vocabulary:** senses, environment, safari, attention, observe

**Resources and Visual Aids:** Anger management skills for kids:  
<https://www.firefliesandmudpies.com/anger-management-skills-for-kids/>

Breathing exercises: <https://bit.ly/3EdPY5C>

**Access Our Instructional Video:** <https://youtu.be/zU6qaUYUDCE>

**Learn More:** <https://artsphere.org/interactive-programs/classes/creative-writing/>





### Travel Kit:

large piece of paper or pages of paper to tape together, pencil, markers crayons or colored pencils

### Your Destination:

Using your creativity and problem solving skills, work together with at least one partner to create a surreal illustration. As a team, you will take turns drawing different parts of a person, animal, or crazy creature. Try to predict what your partner(s) will draw, and find yourselves developing a fun, unique character together.

### On the Path:

Work together to create a unique illustration.

**Step 1** If you do not have a large sheet of paper, tape together two smaller sheets so you have enough room to work.

**Step 2** Fold the paper hamburger style several times so you have at least 3 sections to draw on.

**Step 3** Using the first section of the page, the first drawer will begin to create the head of the character. Make sure the other members of the team do not look at their piece.

**Step 4** Fold back the first section so the rest of the team cannot see it.

**Step 5** The next person to draw will create the next section of the character, like maybe the shoulders or arms. Fold back this section as well so that the others cannot see what it looks like.

**Step 6** Continue passing the paper around so everyone gets a chance to draw their own section, making sure that you do not look at what has already been drawn.

**Step 7** When you have reached the bottom, unfold the paper, and look at what you have created together. Color in your character, and show it off to everyone.

### Group Tour:

With your partners, try new artistic mediums for your combination person. Experiment with collage, paints, charcoals or anything else that comes to mind.

### Extend the Journey:

If you or your friends enjoyed this drawing game, find several more that you can play together. Be sure to compare your drawings at the end of each game: <https://mymodernmet.com/drawing-games/>

**Learn New Vocabulary:** unique, illustration, character, prediction, surreal

**Resources and Visual Aids:** Exquisite Corpse Drawing Game: <https://bit.ly/3J6f89I>

Learn more about surrealist art: <https://www.tate.org.uk/kids/explore/what-is/surrealism>

**Access Our Instructional Video:** <https://youtu.be/1z9QS5YTjv0>

**Learn More:** <https://artsphere.org/interactive-programs/classes/creative-writing/>



## 4. WRITING LETTERS

### Travel Kit:

paper, pens or pencils, envelopes, stamps, decorations

### Your Destination:

Writing mindful letters helps you notice the small details in your life, and it is a great way to show appreciation. Letter writing is a wonderful tool to use to get to know someone, learn to appreciate who they are, and express your feelings. Taking the time to write something allows you to really think about what you have to say. You can slow down and be mindful of your feelings and what you would like to tell the person you are writing to.

### On the Path:

**Step 1** Decide who you would like to write your letter to. It can be a friend, family member, or someone you would like to get to know better. You will write a letter to them, and they can write one to you.

**Step 2** Think about what you would like to say to your person, and write down your ideas. Then, create questions that you will ask them in your letter. Here are some examples of questions and prompts you may want to use, but come up with your own as well:

- What are some of your hobbies?
- What is your favorite song right now, and why?
- Tell me about someone you look up to.
- What is something about yourself that you are proud of?

- What is one thing you do to cheer yourself up on a bad day?
- Tell me one thing you would like other people to know about you.
- Make sure to tell your writing partner the things that you like about them that you already know, and express yourself.

**Step 3** Write your letter to your partner. When you are done, you may decorate the letter however you would like to add a personal touch.

**Step 4** Exchange letters with your partner. If you cannot exchange them in person, have someone help you send it through the mail. A handwritten letter is always nice to receive, and it is something people do not get very often.

### Group Tour:

Start a pen pal letter exchange with some of your friends or family members. Send letters to each other, and get creative. You can even send small gifts along with your letters like stickers or drawings.

### Extend the Journey:

If you are unable to exchange your letters in person, you will have to send your letter in the mail. Here is how to address an envelope, so it gets to the right person:

<https://www.luther.edu/mail-center/envelope-package-addressing/>

**Learn New Vocabulary:** compassion, appreciation, perspective, forgiveness, attention, thankful

**Access Our Instructional Video:** <https://youtu.be/7W2EssNPUN0>

**Learn More:** <https://artsphere.org/interactive-programs/classes/creative-writing/>



## 5. BUTTERFLY MEDITATION

### Travel Kit:

a quiet, comfortable area with enough room to sit and move your arms freely, and a pillow or cushion to sit on

### Your Destination:

Learn the basic meditation techniques of breathing, using mantras and visualization to calm your mind and help find your inner peace.

### On the Path:

**Step 1** Sit on the ground in your quiet area, using a pillow or cushion as a seat if you would like to. Make sure you are sitting in a comfortable position, cross legged.

**Step 2** Take a few deep breaths, inhaling through the nose and exhaling through the mouth. Close your eyes to help focus on yourself and your breathing.

**Step 3** As you breathe, place your hands on your belly. Take this time to really notice how your belly grows with each inhale, and shrinks with each exhale.

**Step 4** Now, use the "OM" mantra in addition to your breathing. Inhale, and then slowly say the sound (aum) out loud as you exhale. Repeat this several times. You should begin to feel yourself calm down as your mind quiets, focusing on the mantra and your breathing.

**Step 5** Finally, use your breathing techniques while moving your body, visualizing yourself as a butterfly. Close your eyes and imagine that you are a butterfly flapping its wings in a breeze, floating along. As you inhale deeply through your nose, open your arms like a butterfly's wings. As you exhale through your mouth, close your "wings." Fly like this, making sure to breathe, for as long as you would like. When you are ready, and your mind and body are relaxed, open your eyes.

### Group Tour:

While meditating can be relaxing alone, it is often fun to do with friends and family as well. Take the meditation techniques you learned here, and meditate with someone else. If they do not know how to meditate yet, be their guide.

### Extend the Journey:

Try looking for other meditation techniques online with your friends or family, and have a meditation "class" together.

**Learn New Vocabulary:** meditation, sacred, inhale, exhale, serenity

**Resources and Visual Aids:** Video to guide one of your future meditation sessions:  
[https://www.youtube.com/watch?v=56\\_8aK3cLEA](https://www.youtube.com/watch?v=56_8aK3cLEA)

**Access Our Instructional Video:** [https://youtu.be/NlvnisRtA\\_0](https://youtu.be/NlvnisRtA_0)

**Learn More:** <https://artsphere.org/interactive-programs/classes/creative-writing/>



## 6. KINGS AND QUEENS OF OUR CASTLE

### Travel Kit:

construction paper, collage materials (magazines, newspaper, stickers, etc.), scissors, glue, markers, coloring pencils or crayons, accompanying video

### Your Destination:

Inspired by the lion in Geneviève Côté's book *Mr. King's Castle*, create your own dream castle using collage techniques. This activity will sharpen your reasoning, creative and imaginative skills.

### On the Path:

**Step 1** Using the accompanying video, follow along with the story of Mr. King as he and his friends create a castle together.

**Step 2** Using your scissors, cut out different shapes that you will use to build your own castle. Look back at the book to see what kinds of shapes Mr. King used that you could use, too. Use your imagination. What would you like your dream castle to look like?

**Step 3** Take a piece of construction paper and use it as the background for your castle. Using the shapes you cut out, experiment with different placements to "build" your castle.

**Step 4** When you have finished designing your castle using your shapes, glue them down onto the construction paper.

**Step 5** Use stickers, markers, crayons or new cut out shapes to decorate your castle. You may add it to your mindfulness journal, or display it on a piece of construction paper for everyone to see.

### Group Tour:

On a large piece of paper, design a larger castle with friends or family. Take turns adding pieces to the castle. How does it look?

### Extend the Journey:

Collages are a great way to express yourself. Create a collage of things that inspire you to achieve your goals. Ideas for how to make your collage art for kids: <https://artfulparent.com/collage-art-ideas-kids/>

**Learn New Vocabulary:** castle, royal, regal, fort, palace, village

**Resources and Visual Aids:** *Mr. King's Castle* read aloud story: <https://www.youtube.com/watch?v=t8wA6yFswl>

Free Library for kids: <https://libwww.freelibrary.org/programs/kids/>

**Access Our Instructional Video:** [https://youtu.be/Zn5j4vuM7\\_c](https://youtu.be/Zn5j4vuM7_c)

**Learn More:** <https://artsphere.org/interactive-programs/classes/creative-writing/>



## 7. MINDFULNESS JAR

### Travel Kit:

a clear jar with a lid, water, loose glitter, food coloring or thin paint

### Your Destination:

This activity explains how strong emotions can take hold and how to find peace when these strong emotions feel overwhelming. Through the visual of the jar and the use of mindful “4-7-8” breathing (explained in step 5), you will learn how to keep your emotions from clouding your thoughts.

### On the Path:

**Step 1** Fill your jar with water until it is almost full. Then, choose the color of food coloring or paint that you would like to use, and add it to the water until you like how it looks.

**Step 2** Add the glitter to the jar, close the lid, and shake it up. It should look almost like a snow globe.

**Step 3** Shake your jar, and watch how the glitter swirls in the water. Imagine that the glitter is your thoughts when you are stressed, mad or upset. See how they whirl around the jar and make it really hard to see clearly? That is why it is so easy to feel overwhelmed when you have strong emotions; because you are not thinking very clearly. It is also why you might make silly decisions when you feel upset.

**Step 4** Now, set the jar down, and watch what happens to the glitter when you are still for a few moments. See how the glitter settles down and the water clears? Your mind works the same way. When you are calm for a little while, your thoughts start to settle, and you start to see things more clearly.

### Group Tour:

Share your mindfulness jar with friends or family. Teach them your new mindfulness skill, and help them make their own jar. Use the 4-7-8 breathing technique to meditate together.

### Extend the Journey:

Breathing exercises are a great way to calm down and decrease stress. More breathing techniques: <https://www.moshikids.com/blog/deep-breathing-exercises-for-kids/>

**Learn New Vocabulary:** overwhelm, stress, mindful, overcloud, peace, imagine

**Access Our Instructional Video:** <https://youtu.be/2J4G3LVbgoA>

**Learn More:** <https://artsphere.org/interactive-programs/classes/creative-writing/>



### Travel Kit:

paper and pencil for journaling, paper for painting, watercolors, water, paintbrushes, online dream dictionaries

### Your Destination:

Create a painting based around a dream you had, and interpret it. Dreams can sometimes send us messages that can get jumbled as we walk through our daily lives. By journaling your dreams and interpreting them through symbols and colors, we can unlock their meanings.

### On the Path:

**Step 1** Recall a dream you would like to interpret and paint. Write down the dream in as much detail as possible. Note the symbols, objects or colors that stood out to you the most.

**Step 2** Using your watercolors, create a painting of your dream. Make sure to use the important colors and symbols you picked out.

**Step 3** Using online dream dictionaries, discover what those symbols, objects or colors mean when you see them in your dreams. How can you use those messages in your daily life?

### Group Tour:

With a partner, take turns sharing a recent dream. Then, try to draw the other person's dream and interpret it for them.

### Extend the Journey:

Using your mindfulness journal, keep a dream journal section and continue interpreting your dreams. What can you learn about yourself through your dreams?

**Learn New vocabulary:** symbol, embodiment, vision, conscious, fantasy, dream, prophecy

**Resources and Visual Aids:** What do colors mean in dreams? <https://journeyintodreams.com/colors/>

Free online dream dictionary: <http://www.dreammoods.com/dreamdictionary/>

Learn more about the science of dreaming: <https://kids.frontiersin.org/article/10.3389/frym.2019.00140>

**Access Our Instructional Video:** <https://youtu.be/SvD7UBS5z-A>

**Learn More:** <https://artsphere.org/interactive-programs/classes/creative-writing/>



## 9. MAKING MANDALAS

### Travel Kit:

paper, pencil, markers, small objects (beads, pasta, buttons, etc.) optional: glue

### Your Destination:

Create two mandalas: one by drawing and one by arranging objects into a mandala shape. Mandalas have been used for meditation in Eastern cultures for centuries. Circular in shape and usually containing geometric patterns, they are ritualistic symbols of the universe in both Hinduism and Buddhism. Their often complex and intricate patterns also make them a great mindfulness tool.

### On the Path:

**Step 1** Look up different patterns that you can use in your mandala and the meanings of colors. You may use the links in the "Resources and Visual Aids" section of this project to get started.

**Step 2** Set your intention for your mandala-making meditation time. This means thinking of something you would like to focus on while making the mandala, such as calming your mind, a personal goal you would like to achieve, or something that makes you happy. Then, select the colors for your mandala by matching your intention to how each color makes you feel.

**Step 3** For drawing a mandala, first take a sheet of paper, and draw a large circle to create the outer edge of the mandala. Then, draw a line straight down the circle and a line straight across to create a t shape. Draw a line through each of the four sections you just created to divide them in half. After that, you may draw a smaller circle inside the first one you drew. Add as many

circles as you would like to create sections of the mandala. When you are ready, start to draw patterns inside the outermost circle, adding different patterns to each circle going towards the center. Let your mind relax and wander as you draw, calming your mind down. When you have finished your patterns, color in your mandala using the special colors you picked for your intentions. Try to make some nice patterns in your mandala.

**Step 4** For creating a mandala using small objects, start by drawing another mandala outline the same way as you would when drawing one. Then, select the small objects you would like to use, choosing items that match the colors you picked out if you can. When you are ready, begin placing the objects in patterns on the lines of the mandala. Again, let your mind relax and wander as you think about your intention and make your mandala. When you are done, you can glue the mandala down on the paper, or simply sweep it away when you finish your project and your mind is calm.

### Group Tour:

Take turns drawing different sections of a mandala with a partner. Try and build off of the other person's designs to create a complex piece of art together.

### Extend the Journey:


Put the mandalas you create into your mindfulness journal to save them and inspire you to make more mandalas. Learn more about mandalas: <https://www.invaluable.com/blog/what-is-a-mandala/>

**Learn New Vocabulary:** symmetric, calm, improvise, mindful, focus, creative, sacred

**Resources and Visual Aids:** Mandala patterns: <https://www.doverpublications.com/zb/samples/828522/sample7d.html>

**Access Our Instructional Video:** <https://youtu.be/5ZnNLJMbNQQ>

**Learn More:** <https://artsphere.org/interactive-programs/classes/creative-writing/>



## 10. MINDFULNESS WAND

### Travel Kit:

toilet paper or paper towel roll, markers or other decorative items, streamers or other thin ribbon, tape, scissors

### Your Destination:

Create a “mindfulness wand,” and use it as a tool for breathing meditation. Breathing meditation helps to calm our minds and develop inner peace.

### On the Path:

**Step 1** If you are using a paper towel roll, cut it to your desired length. When that is done, cut your toilet paper or paper towel roll in half lengthwise.

**Step 2** Use the cut you just made to roll your wand in on itself to make it thinner. When it is as thin as you would like it to be, use your tape to secure it. Now you can add decorations to your mindfulness wand.

**Step 3** Take your ribbons or streamers, decide how many you would like to use, and cut them to your desired length. They should be long enough to wave in the breeze when you wave your wand.

### Group Tour:

Share your mindfulness wand with a friend or family member who needs it. Always try to be there for the people you care about.

### Extend the Journey:

Learn more about mindful breathing using this breathing exercise video: <https://www.youtube.com/watch?v=w3Aol2CCsdo>

**Learn New Vocabulary:** resilience, anxiety, breathe, breath, control, aware

**Access Our Instructional Video:** <https://youtu.be/kMC4Fqf4EIA>

**Learn More:** <https://artsphere.org/interactive-programs/classes/creative-writing/>





Art Sphere Inc.  
Transforming Lives Through Art  
STRENGTHENING OUR COMMUNITIES SINCE 1998



## ABOUT US



Art Sphere Inc. (ASI), founded in 1998, provides meaningful free arts programs for underserved populations in an effort to engage the creativity in communities, empower neighborhoods, explore the positives in peoples' lives, and heal the mind, body, and spirit through the arts.

Working with hundreds of volunteers every year and partnering with numerous civic, academic and governmental organizations, our grassroots events help support inner-city neighborhoods. ASI's in-school, after-school, in-person and online workshops lay the framework for the arts to nourish the character and development of youth, open up a new world of social engagement and reinforce the school curriculum.

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