

Exercise 14 - Mindfully

listening and drawing a soundscape

For this exercise have some pencils, colours and art paper ready.

You are going to listen a forest soundscape - [click here](#). You can listen to the soundscape for as long as you wish.

You can either draw something concrete (the actual forest you are hearing) or you can draw something completely abstract (shapes and lines).

While you are drawing focus on the sounds of the forest - what can you hear? Can you hear animals? Can you hear the wind? Can you hear the branches moving in the wind? Can you hear water?

Remember mindfulness is focused attention using the senses - without judgement - showing curiosity - related to what you are focused on.

Non Judgement:

Let you pencil/pen create but try not to be judgemental about what you are drawing, remember in art there are no mistakes - it's an experience where each time our creativity grows and we become more confident. It is really important you are a friend to yourself - this might seem odd - but think about how you would talk to a friend if he/she were drawing. What would you say?

Curiosity:

Use your curiosity by asking yourself questions - I wonder if I make this line what will happen? I wonder if this is what a cuckoo looks like? I wonder if how many trees I can draw? I wonder if I make this shape what will happen? Every so often (2-3mins) take a pause and admire your work. For example - Ooh I like how I made this line move - I like how my trees look like there swaying in the wind - I like how this shape looks like a bird - I like how this circle looks.

Enjoy listening and creating your creations! 😊

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