

Exercise 15 - Mindfully listening

using shape, line, space and form

In this exercise have some pencils and art paper ready.

You are going to listen to a piece of music by a band called Sigur Ros - [click here](#) . This is basically a song about being playful.

So we are going to be playful with all the shapes and lines we know - this could be straight lines, wavy lines, spiky lines, jagged lines, spirals or circles, triangles, squares, hexagons. There are multiple ways we can draw these lines and shapes by changing the size and form.

While you are drawing listen to the music and let the music help you in changing your shapes and lines - can you hear the music change tempo? Do you suddenly hear a different instrument? Can you hear someone sing? Using these questions and forming some of your own - let these questions help you guide your pencil to make different lines and shapes creating a sense of form and space.

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 abstract 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?

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 this shape looks - I like how these spirals dance across the page.

Curiosity:

Use your curiosity by asking yourself questions - I wonder if I make this line what will happen? I wonder if I make this shape what it will look like beside this spiral? I wonder if I draw three triangles all different sizes what will happen? I wonder if I make this shape what will happen?

Enjoy listening and creating your creations! 😊