

MINDFULNESS ART PROMPTS

Choose a card and create a piece of art based on the word given. Think about colours, mark making, materials and shapes to convey the idea.

Note: Feel free to skip a card if it feels too triggering, or you don't feel up to that particular one right now, there is no shame.

MINDFULNESS

Emotion

Thought Starters: Pick an emotion you struggle with, or one you like to feel. What colour is it? Does it have a specific shape? Are there any objects or people you associate with this emotion?

MINDFULNESS

Joy

Thought Starters: Does joy have a colour or shape? Are there particular places, people or objects that make you feel joy?

MINDFULNESS

Music

Thought Starters: Choose a particular piece of music, or music in general.

MINDFULNESS

Spiritual

Thought Starters: What does spirituality mean to you?
Is it a feeling? Is it a deity or place of worship?

MINDFULNESS

Safe Place

Thought Starters: Try and think of a place you would feel safe - this can be real or imaginary. What can you see? What can you hear? What's in the space?

MINDFULNESS

Calm

Thought Starters: Does calm have a specific texture or shape? Perhaps an environment like a calm lake?

MINDFULNESS

Relaxation

Thought Starters: How does relaxation feel to you? Are you in a specific place or time? Are there objects that help you relax - e.g. a cup of herbal tea or a fleece throw.

MINDFULNESS

Scent

Thought Starters: Do you have a favourite scent? How does it make you feel? Does it invoke certain nice memories?

MINDFULNESS

Balance

Thought Starters: What does it mean to have balance in your life/self? Think about different objects, colours and shapes. Think about the different aspects of your life.

MINDFULNESS

Gratitude

Thought Starters: Does gratitude have a shape or colour? or how about a specific gesture? what are you grateful for?

MINDFULNESS

Favourite Memory

Thought Starters: What is one of your favourite memories? how would you show this? is it the scene itself, or the way it made you feel? perhaps the people or things involved?

MINDFULNESS

Sound

Thought Starters: Think of a sound, do you like it? Is it too loud? Is it a comfort? What creates it? What shape is it? What colour?

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Texture

Thought Starters: Think of a texture you like, what does it look like, or what does it make you feel? How about the bark of a tree, or the feel of a soft fleece cushion?

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Happy place

Thought Starters: Where is your happy place? is it a real location or a feeling within you? Perhaps its reading your favourite book, or enjoying a hobby?

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Nature

Thought Starters: What do you enjoy about nature? is it a particular place you like to visit? or is it more abstract like the sound of birds or feel of the breeze?

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Growth

Thought Starters: What does growth mean? Is it personal growth? is it growth in nature?

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Creative rituals

Thought Starters: Do you have a ritual that keeps you creative? For example taking 5 minutes a day to sketch or write? Is there something you could do for yourself?

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Positive affirmation

Thought Starters: Create a positive affirmation particular to you, this can either be just the written words, or including a visual.

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Self Compassion

Thought Starters: What does it mean to be self compassionate? Do you neglect or forget to take care of yourself? Are you too hard on yourself? Do you carve out time for yourself enough?

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Inner strength

Thought Starters: What does it mean to have inner strength? Does it have shapes, colours or textures? What about an event that took inner strength, or someone you admire for having it?

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Time

Thought Starters: How do you think or feel about time?
Does it have a form? Is it constant or does it feel faster or
slower depending on the situation?

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Overcoming anxiety

Thought Starters: How would you visualise anxiety? Is there a particular thing or situation that makes you anxious? What about a victory over your anxiety no matter how big or small.

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Embracing Imperfections

Thought Starters: No one is perfect, Imperfections give you character and make you authentic. Is there a specific 'flaw' you think you have that you could spin into a positive?

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Food

Thought Starters: Think about the different sensations, sounds, tastes and textures of food.

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Touch

Thought Starters: Is it an object that you touch yourself noting the textures and sensations, or is it a gentle, comforting hand on the shoulder?

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Inspiration

Thought Starters: Where do you find inspiration? What does it mean to be inspired? Does it motivate you?

MINDFULNESS

Quiet moment

Thought Starters: Where or when are you in your moment? What can you see or feel? Is there anyone there with you?

MINDFULNESS

Wonder

Thought Starters: Where do you find wonder? The secrets of the vast universe, or pondering the tiny world of the spider in your back garden? How about life and nature? Miraculous technology?

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Focus

Thought Starters: When are you most focused? Do you get into a flow state? Are you in a specific place or time?

MINDFULNESS

Element

Thought Starters: Think of an element - earth, wind, water or fire. Do they represent anything? Is there something you like or dislike it? How about it's use or abuse?