



TOP TIPS

Check out YouTube for some great art tutorials. Here are some to get you started.

- Alphonso Dunn
- Sophie Chan
- Proko
- Chloe Rose Art
- Schaefer Art

There are many places to explore mindfulness and its benefits, here is one to begin with, freemindfulness.org

Use the 30-day template overleaf, or use a sketch book or note book.

You could respond creatively on a postcard then send it to someone who you think would like to receive it.

30 Days of Mindfulness

Take 10 minutes out of your day for mindfulness and do something positive that will make you happy.

Below you have a prompt for 30 days, respond to the prompt in any way you want, sketch, paint, write, take a photo, anything you can think of.

Your creative response to the following....

- | | |
|--------------------------------|------------------------------|
| 1 Your name graffiti style | 16 An insect |
| 2 Something you carry with you | 17 Home |
| 3 A tree | 18 A drink you enjoy |
| 4 An aircraft | 19 You |
| 5 Something you like to wear | 20 A door |
| 6 Delicious food | 21 A sunset or a sunrise |
| 7 A bird | 22 How you feel today |
| 8 Something on a shelf | 23 A star or planet |
| 9 A leaf | 24 A medal for someone |
| 10 Something from the sea | 25 Someone from history |
| 11 A toy you have / had | 26 Some words |
| 12 A season you like | 27 A chocolate bar |
| 13 A superhero / your hero | 28 A place you want to visit |
| 14 Your happy place | 29 An animal |
| 15 A way you like to travel | 30 Your 3 wishes |



Upload your creation
#30daysofmindfulness
@rafmuseum



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