

## Artist's Logbook



Artist Name: Sarah-Jane Mason

Art-form: Mixed Media

Activity Name: Buddha Breath

### Instructions

#### You will need:

Paper  
Pencil/pen  
Coloured pencils/pens  
Small pieces of  
coloured paper  
Scissors  
Glue Stick or PVA  
Breath

#### How to:

1. Close your eyes, put your hands on your tummy and watch your breath. Notice how your breath doesn't stop, it just keeps on going.
2. We are going to draw like our breath - in one continuous line. This means that once you put your pencil on the page, you can't take it off until you have completed your drawing. Draw the outline of this [Buddha Sculpture by Nikki De Saint Phalle](#) using just one long line.
3. Repeat step one. Use coloured pens to make marks around the outside of your Buddha that show how you feel when you watch your breath.
4. Now you are going to fill your outline with all sorts of different coloured papers. If you want to be even more mindful, you could use recycled papers eg. sweet wrappers, crisp packets or cereal boxes.