



Video Outline

Title of Lesson: Breath Drawing Game

Ages: 5-18

Video time: 2 min 5 sec

Video link: <https://www.youtube.com/watch?v=grJ7DKrApNE>

Intro to video:

This is a quick and easy drawing game that I recently learned from a great teacher (thank you Ilana!). You can use this activity as a warm up, in between projects, or to get centered. All you have to do is draw while you're breathing, in or out. Between breaths, you just don't draw. This is super open ended. The lines are up to you. Just draw when you breathe. :) Have fun!!

Sections:

Step 1: Let's talk about breath, and drawing when you breathe.

Step 2: Breathe in and draw. Stop. Breathe out and draw. Stop. (40 sec)

Step 3: Just do this for a minute or so, no pressure. Have fun with this mellow and meditative exercise!