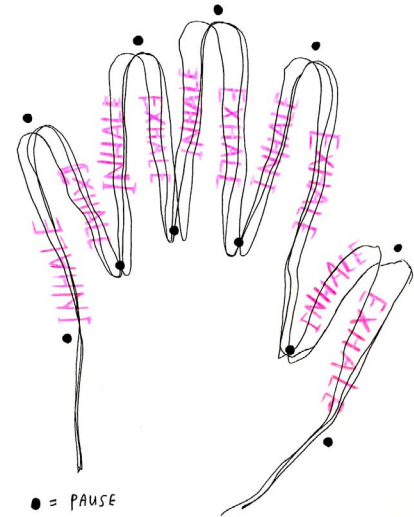




# Chill-Out Drawing For a Stressed-Out Time

EPISODE LENGTH: 8:33 (CLICK FOR DIRECT LINK)

**SUMMARY:** Sometimes life can feel overwhelming and stressful. It is something we all experience, grown-ups and kids alike. Today’s podcast is a short and sweet drawing exercise based on the **FIVE FINGER BREATHING** technique of neurologist Dr. Jud Brewer, which a 6-year-old taught to WendyMac. Dr. Brewer is the Director of Research and Innovation at Brown University’s Mindfulness Center. We are adapting this breathing technique to drawing and are calling it “Five-Finger Drawing.” The exercise starts around 2:10. Pencil — and all of us — feel a little calmer and more chiiiiiiiiilled out.



**SUPPLIES:** paper, pen/pencil, hands

**OTHER DRAWTOGETHER RESOURCES:**

Watch video Episode 2, “Magical Band-Aid,” for another comforting way to draw through overwhelming times.

**SOCIAL-EMOTIONAL LEARNING:** calming oneself, awareness of mind-body connection

**CREATIVE SKILLS:** fine and gross motor skills, using our hands to make shapes

**Guiding Questions:**

- What are some other techniques that help calm your energy or make you feel more chilled out when you get overwhelmed?
- How did you feel before and after the Five-Finger Drawing exercise?
- How does it feel to color and create from the result of your Five-Finger Drawing?