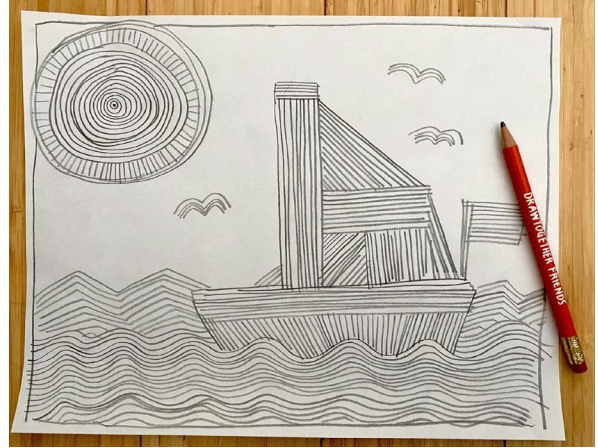




Emotional Doodles, Slow & Steady

EPISODE LENGTH: 9:35 (CLICK FOR DIRECT LINK)

SUMMARY: This episode is about using drawing to reduce anxiety. Start with your paper in landscape. Draw wavy lines across the page, layering them over each other. Take a deep breath in and out as you draw the waves, moving slowly across the page. It's a simple but powerful meditative drawing exercise to calm the nervous system. The waves move concentration away from thoughts that are negative and tense. After a few minutes, you'll notice you feel less anxious and you'll end up with a pretty cool drawing.



Halfway through, WendyMac shifts line directions and layers them in different ways. There are no rules, so keep drawing in the way that feels good to you! See the image here for an example.

“We’re not trying to get somewhere with drawing, we are just trying to be in the moment.”

SUPPLIES: paper, pen/pencil, a sense of going right to left and up and down

OTHER DRAWTOGETHER RESOURCES: Watch video episode 1, “Inside Weather,” for more ways to draw (and process) feelings.

SOCIAL-EMOTIONAL LEARNING: identifying emotions, recognizing that emotions are temporary and have physical effects, monitoring and managing emotions, developing focus

CREATIVE SKILLS: fine and gross motor skills, line patience

Guiding Questions:

- When you started drawing lines, what did you think? As you continued drawing, how did your feelings change? What was the *process* like?
- What are other repetitive things you can do to help calm yourself down and move your focus away from negative thoughts and emotions?
- If you’ve done the other Emotional Doodles podcasts, which did you like the best and why? How do you think it helped you to relax?