

## 10 Ways to Take an Art Break with a Pen and Piece of Paper

The following “Art Break Ideas” are not meant as a replacement for an art class or to be viewed as an art lesson. These ideas are meant to provide at least 10 minutes of self guided play to encourage emotional processing, relaxation, and connection with self and others (if you invite them to join the fun!).

- **Hand Tracing** - Trace your hand. Write something you love inside each finger. Create a pattern on the palm of the hand.
- **Circles within Circles Drawing** - Cover a piece of paper with circles without letting them intersect. Now, draw circles within the circles in any way you choose.
- **Eyes Closed Scribble Drawing** - Close your eyes and draw a quick scribble on a piece of paper. Open your eyes and look at the scribble and draw “what you see.” So, see what forms or shapes pop out to you and darken those lines.
- **Color Hunt** - Pick one color. Hunt for that color and write and/or draw what you find.
- **Double Doodle** - Draw a line down the center of a piece of paper. Hold a pen in each hand. Try to draw the same thing on each side of the paper simultaneously with both hands.
- **Close Eyed Drawing** - Draw something with your eyes closed. Try not to peek!
- **Drawing without lifting up your pencil** - Try to draw something without lifting your pencil.
- **Connect-the-Dots** - Put dots all over a paper. Connect the dots. Feel free to fill in the shapes created by the intersecting lines.
- **Shape Hunt** - Pick a shape. Look for it around you. Write and/or draw what you find.

**For more ways to Take an Art Break visit [artismoving.org](http://artismoving.org)**