

# WEEK 1- MINDFUL MONDAYS

Eyes Open Studio

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## Intro

Names, pronouns.

What does your current mindfulness practice look like?

What does your current Art practice look like?

What works for you, what doesn't?

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## Info

Chunking Mindfulness

Art as an applied form of mindfulness

This is not an art class and here is why...

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## Activity Invitations

### Activity 1- Permission Slip

Write yourself a permission slip for our time together.

What do you need to hold on or let go of?

### Activity 2- Mindfulness Tool Kit

What tools, tricks, skills, supports and supporters that you have to help you on this journey?

### Activity 3- Mindfulness Tracker

What tracking/accountability method works best for you?

Where will you keep this to keep yourself motivated.

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## Outro

What was today's session?

What goal/hope/intention are you going into this week with?

# SESSION 2- THE BREATH

Eyes Open Studio

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## Intro

Names, pronouns.

Art Show and Share?/ Update on last week's session.

Fav visual or musical artist?

Describe your style in three words or less.

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## Info

Breath as anchor

Senses and sensations that you notice as you breath

3 R's of mindfulness, *Rest, Recognize, Return*

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## Activity Invitations

Activity 1- Breathing Map

Create a visual representation of your breath. What colours, textures, and movements are involved.

Activity 2- Zen Tangles

Creating miniature line work pieces of art that sometimes follow a specific pattern. Created as an invitation to practice mindfulness.



Activity 3- Mandala Making

Usually made of sand, feel free to make it from paper, drawing, paint, crayons, rocks, leaves, popcile sticks, etc.

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## Outro

How was today's session?

What intention are you bringing into next week?

# SESSION 3- THE BODY

Eyes Open Studio

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## **Intro**

Names, pronouns.

Art Show and Share?/ Update on last week's session.

Where do you feel most grounded?

Energy ball

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## **Info**

Reflection, where does your body feel resources?

What parts of the body require more attention

Start with specific parts, expand to whole.

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## **Activity Invitations**

### Activity 1- Body Map

Create a visual representation of the sensations in your body. What colours, textures, and movements are involved?

### Activity 2- Aura Exploration

Take note of your current energy level, Is there a colour or shape that come up for you? Explore the sensations and feel of it.

### Activity 3- Archetypal Portrait

Are there any symbols, characters or people that you resonate with? Write or draw them out.

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## **Outro**

How was today's session?

What intention are you bringing into next week?

# SESSION 4- CALLIGRAPHY

Eyes Open Studio

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## **Intro**

Names, pronouns.

Art Show and Share?/ Update on last week's session.

Words to live by?

Affirmations you like to work with?

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## **Info**

Calligraphity- a mix between controlled calligraphy and expressive graffiti.

1:7 ration when speaking to self or others

What would you want to share with your past/future self?

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## **Activity Invitations**

### Activity 1- Personal Symbol/Logo

Create a visual representation of yourself. The most basic representation of you.

### Activity 2- Words to Live By Poster

Make an inspirational poster with words or phrases to live by.

### Activity 3- Affirmation Station

Reflect on which affirmations you need to hear. Practice writing them down in interesting/unique ways.

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## **Outro**

How was today's session?

What intention are you bringing into next week?

# SESSION 5- THE ELEMENTS

Eyes Open Studio

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## **Intro**

Names, pronouns.

Art Show and Share?/ Update on last week's session.

Element You vibe with?

Spot in nature that resonates with you

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## **Info**

5 Elements- fire, water, earth, air, space

Guided mediation.

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## **Activity Invitations**

### Activity 1- Elemental Self Portrait

Create a self-portrait using the guided mediation as your source of inspiration.

### Activity 2- Elemental Alter

Create art that honours the elements and the power within you.

### Activity 3- Write your own Guided mediation

May include imagery you are drawn to, or calming, soothing phrases.

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## **Outro**

How was today's session?

What intention are you bringing into next week?

# SESSION 6- NOW WHAT?

Eyes Open Studio

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## **Intro**

Names, pronouns.

Art Show and Share?/ Update on last week's session.

Favourite art making from these session?

Any lessons or take aways from mindfulness based art?

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## **Info**

Reflect on time together:

- Areas of growth
  - Areas that are resourced
  - Areas of opportunity
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## **Activity Invitations**

### Activity 1- Life Line

Create a line that represents your past, present and future.

### Activity 2- Artistic Take Homes

Create a piece that that summarizes and highlights your experiences in this group.

### Activity 3- Vision Board

What do you hope to achieve in your future? Make some art about it.

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## **Outro**

How was today's session?

What intention are you bringing into next week?

# SESSION 7- DUALITY

Eyes Open Studio

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## Intro

Names, pronouns.

Art Show and Share?/ Update on last week's session.

What does duality mean to you?

How does it surface in your life?

What are two seemingly contradicting feelings/ energies you hold?

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## Info

Duality- an instance of opposition or contrast between two concepts or two aspects of something;

Guided meditation- holding opposition ideas

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## Activity Invitations

### Activity 1- Space Making

Design a space/vessel which can hold your opposing feelings.

### Activity 2- Symbol Exploration

Explore the symbols that represent your duality.

### Activity 3- 1+1=2

Name the contrast/ juxtaposition. Do the contrasting emotions have a new name when blended together?

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## Outro

How was today's session?

What intention are you bringing into next week?

# SESSION 8- WORDS THAT HEAL

Eyes Open Studio

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## Intro

Names, pronouns.

Art Show and Share/ Poem Share

Experiences with Poetry?

Favourite Song Lyrics?

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## Info

Words that heal- Throw back to our session on affirmations.

Time for free-association writing

Similes, metaphor and other poetic devices can allow us to look at something in a different light. eg.

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## Activity Invitations

### Activity 1- Black-Out Poetry

Write a poem using selected words from a page from a book. Examples here.

### Activity 2- I am Poem

Using 20(or so) I am statements, write a poem.

### Activity 3- Make Your Own Magnetic Poetry

Write some meaningful or random words on pieces of paper. Re-arrange them as you see fit. (Try writing a haiku)

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## Outro

How was today's session?

What intention are you bringing into next week?

# SESSION 9- TRANSITIONS

Eyes Open Studio

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## **Intro**

Names, pronouns.

Art Show and Share/ Poem Share

Highlight from summer?

Favourite things about fall?

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## **Info**

Transitions-Summer to fall

Saturday night marked the harvest moon

How can we set up rituals/habbits for the upcoming months?

Any specific intentions for the next six months?

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## **Activity Invitations**

### Activity 1- Capture the Season(s)

What are somethings you wish to hold onto from the summer?/What do you wish to let go of?

### Activity 2- Create a Garden

What are some things you wish to harvest this fall?

### Activity 3- Highlight goals for the next 6 Months

Contemplate on some accomplishments you wish to work on in the next coming season.

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## **Outro**

How was today's session?

What intention are you bringing into next week?

Next session: Gratitude

# SESSION 10- GRATITUDE

Eyes Open Studio

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## Intro

Names, pronouns.

Art Show and Share/ Poem Share

Highlight from summer?

Favourite things about fall?

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## Info

Transitions-Summer to fall

Saturday night marked the harvest moon

How can we set up rituals/habbits for the upcoming months?

Any specific intentions for the next six months?

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## Activity Invitations

### Activity 1- Black-Out Poetry

Write a poem using selected words from a page from a book. [Examples here.](#)

### Activity 2- I am Poem

Using 20(or so) I am statements, write a poem.

### Activity 3- Make Your Own Magnetic Poetry

Write some meaningful or random words on pieces of paper. Re-arrange them as you see fit. (Try writing a haiku)

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## Outro

How was today's session?

What intention are you bringing into next week?

# SESSION 11- ABUNDANCE

Eyes Open Studio

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## **Intro**

Names, pronouns.

Art Show and Share/ Poem Share/ Life Share

Abundance- felt sense, images of words that surface

In what ways do you have an abundance mindset?

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## **Info**

Abundance- "Everything that I want I already have"

Full Moon Vibes!

How can we set up rituals/habits for the upcoming months?

Any specific intentions for the next six months?

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## **Activity Invitations**

### Activity 1- Relationship with Abundance

What does your relationship to abundance look like?

What do you need to release/let go of?

### Activity 2- Seed/Sprout/Flower

What is seed is being planted, what is growing, what is in bloom?

### Activity 3- Abundance Tracker

What is flourishing in your life right now? What is worth celebrating, where in your life is there abundance and celebration?

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## **Outro**

How was today's session?

What intention are you bringing into next week/month?

# SESSION 12- SELF-COMPASSION

Eyes Open Studio

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## **Intro**

Names, pronouns.

Art Show and Share/ Poem Share/ Life Share

Self-Compassion- The practice of maintaining a warm and loving attitude towards oneself (thoughts, feelings and emotions).

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## **Info**

Self-Compassion- we do this daily. Regularly we tend to our needs, and care for ourselves. However, when things get challenging, we sometimes let those things slide. How can we speak to ourselves the same way we speak to those we love?

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## **Activity Invitations**

Activity 1- write a love letter to yourself

Reflect and savour what you love about yourself.

Activity 2-Self-Compassion Response

Think of something you are struggling with right now, make some art that welcomes you in fostering a more compassionate lens on the situation.

Activity 3- Noticing Previous Success

think of a time were you had practice self-compassion. What was that like? Where was the inspiration to do so? What was different? What was the same?

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## **Outro**

How was today's session?

What intention are you bringing into next week/month?

# SESSION 13- NEWNESS

## Eyes Open Studio

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### Intro

Names, pronouns.

Art Show and Share/ Poem Share/ Life Share

Welcoming in the New- What intentions, visions, goals, cycles (etc.) are you welcoming into your day/month/life year?

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### Info

A new year can be a great time to reflect on the past year, and make visions for the future. This session is all about taking stock of accomplishments and setting ourselves up for success in the next chapter of life.

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### Activity Invitations

#### Activity 1- Vision Board

Make a vision board for the new year.

#### Activity 2- Empowerment Portrait / Portal

What activities or actions made you feel most empowered/ inspired last year? Envision/capture yourself at peak empowerment.

#### Activity 3- Success/Knowledge Tracker

What did you learn last year? What were your successes and accomplishments? What were your areas of ultimate growth?

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### Outro

How was today's session?

What intention are you bringing into next week/month?

# SESSION 14- BLUENESS

## Eyes Open Studio

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### Intro

Names, pronouns.

Art Show and Share/ Poem Share/ Life Share

Embracing the blue. How do we stay hopeful/cheerful/present/alive/ during the coldest of winter months?

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### Info

Seasonal Affective disorder (not sure why they have to disorder it but whatever) is common, with up to 20% of northern dwellers experience some form of it or another. It is cold, less sunshine, less happening. It can be hard to stay chipper when life seems so dim. Today we will explore ways to cope and get through these dark nights.

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### Activity Invitations

#### Activity 1- Tangled Up in Blue

Make some art about sadness. Make a playlist. Listen to it until your eyes gush tears. Embrace the sadness fully.

#### Activity 2- Light your Fire

What activities bring your warmth and joy? What warms your soul? What gives you cozy vibes?

#### Activity 3- Who Lotta Love

What are areas of your life/body that need more resources? What parts are well resourced? Make some art about it.

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### Outro

How was today's session?

What intention are you bringing into next week/month?

# SESSION 15- CHANGE

## Eyes Open Studio

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### Intro

Names, pronouns.

Art Show and Share/ Poem Share/ Life Share

Mindfulness of change, what does that look like? As we think about the time change, and the change of session, what thoughts, feelings, emotions surface?

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### Info

Change is constant. It is one of the few certainties of life. What does the changing of the seasons mean to you?

How can we embrace change?

What changes am I grateful for?

What activities or practices do you have that keep you grounded in the moment?

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### Activity Invitations

#### Activity 1- Seed, Stalk, Blossom

What seeds are you planting, what do you have to support this, what do you wish to blossom?

#### Activity 2- Spring into Success

What can you do to set yourself up for a successful spring?  
(Whatever successful means)

#### Activity 3- Winter->Spring

What growth did you notice over the winter? How can you keep that momentum moving forward? Equinox might be a good time to reflect on previous 6 months, future 6 months.

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### Outro

How was today's session?

What intention are you bringing into next week/month?

# SESSION 16- REST

## Eyes Open Studio

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### Intro

Names, pronouns.

Art Show and Share/ Poem Share/ Life Share

Rest and relaxation are the best things we can do for our overall well being. Today we are making space and cultivating more restful moments in our lives.

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### Info

Rest and relaxation are good for decreasing stress, decreasing chronic pain, lowering blood pressure, improving immune health and improving mood.

How can we embrace rest and relaxation, how can we make it a priority?

"When we rest, we rest. "

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### Activity Invitations

#### Activity 1- Recharging State

Design/make a place in your life/dwelling that intentionally encourages chilling.

#### Activity 2- Break Badges

Create a tracking/reward system for engaging in restful activities.

#### Activity 3-" Sleepytime She Comes"

Develop the perfect nighttime routine. Sleep hygiene can drastically improve someone's sleep.

#### Bonus Activity

Dismantle Capitalism

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### Outro

How was today's session?

What intention are you bringing into next week/month?