

Teacher's notes

This activity is a calm, relaxing and mindful activity for the children to complete.

The world is a busy place and this activity links in with the idea of self-actualization and esteem.

Painting or drawing keeps our mind focused on one task and reduces stress and anxiety. It can help us to process difficult emotions and can cheer us up when we are feeling down.

Needs covered

- ★ **Self-actualization**
- ★ **Esteem**

Paint a picture

Choose your favorite picture from a book. Draw or paint it.

A large, empty rectangular area defined by a dotted blue line, intended for drawing or painting a picture.

This picture is from _____