



Mindful Art Activities

Drawings on Tin Foil



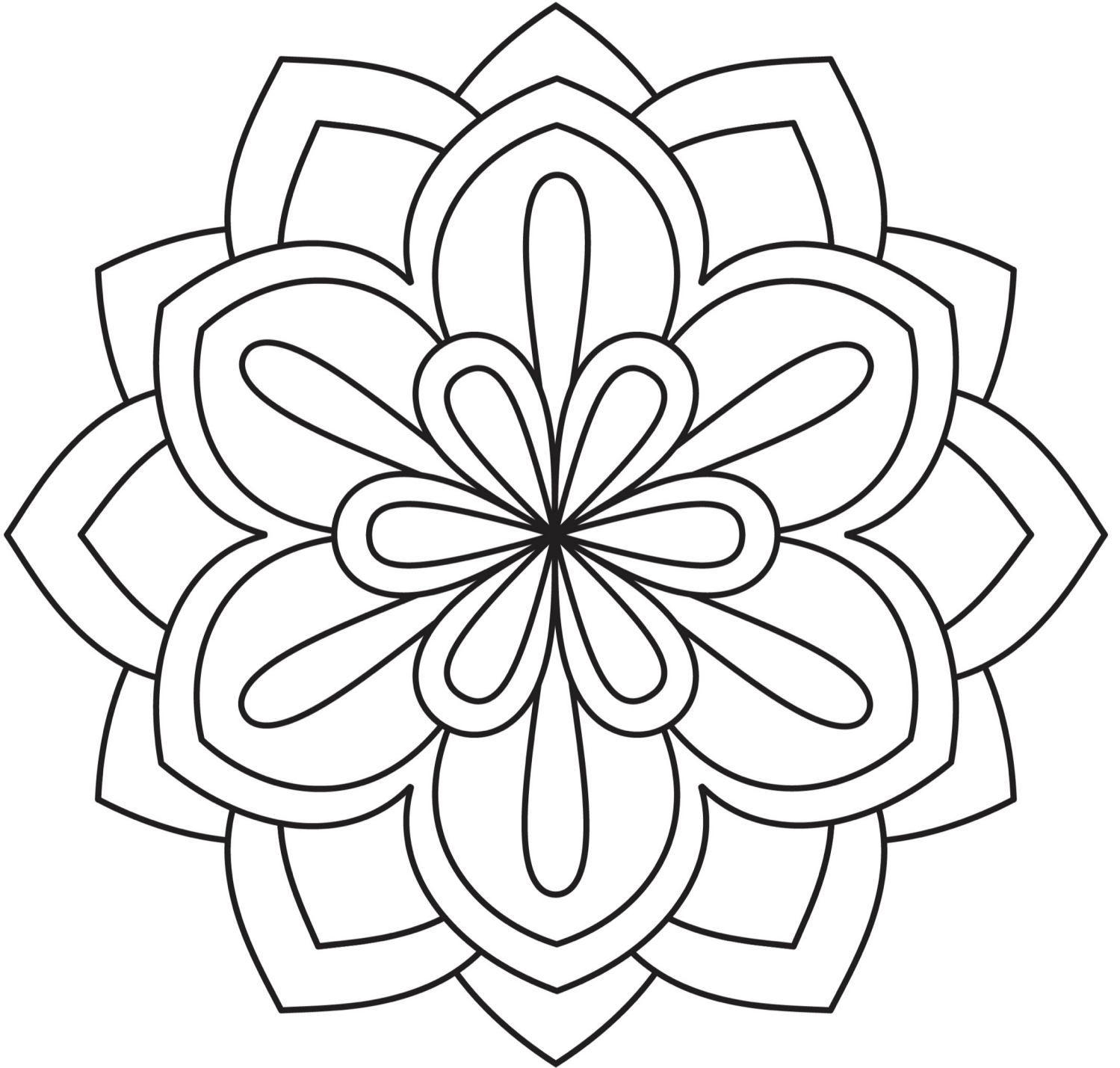
WHAT YOU WILL NEED:

- **Permanent texta in different colours**
- **A black permanent texta**
- **Tin foil**
- **A piece of cardboard**

Pull out a sheet of tin foil and tape it to a piece of cardboard (this is just to make it easier to draw on).

Start by outlining your drawing with a black texta. Be careful not to poke a hole in the foil. It works best if you draw slowly. You can draw anything you like - maybe flowers, a tree, a house or maybe just a doodle.

Now you can colour inside your outlines with the colourful textas.



ISPY SPACE

