



## Course details

### Course title

Care2: Drawing for Mindfulness

### Course code

Q00021476

### Course date

Start: 30/06/25

End: 30/06/25

### Number of classes

1 sessions

### Timetable

Mon 30th Jun, 14:00 to 15:30

### Tutor

Debra Collis

### Fee:

Free

### How you'll learn

You'll join a small group of fellow learners for classes online in video meetings and materials will be provided in our virtual learning environment.

Got it!

Online

### Venue

Online

## **Level of study**

Beginners

## **Course overview**

This course is for carers, former carers and the cared for. Drawing for Mindfulness ; taking some moments in your day to connect with your creativity and your sense of play. A key part of this session is tuning in to how you're feeling, connecting with the breath and taking notice of what you're doing. By letting go of pre-conceived ideas, you can start to see things as they truly are and gives you the opportunity to draw what you see, not what you think you see. Through this curiosity, you can stay engaged and turn drawing into an adventure, letting go of judgement, and creating a sense of 'flow' in the moment.

## **Course description**

Through a series of guided exercises, you will learn drawing techniques that connect you with your breath, silencing your inner critic and desire for perfectionism. Here you can savour the process of observing and interpreting what you see without judgment. In a calmer state, we can ask ourselves 'what if' questions to further stimulate our creativity - what if I tried this in a different pen, or added a different colour? We will be working with everyday materials to hand being inspired through both our imagination and the world around us with conscious concentration - No art experience is necessary just a willingness to explore and make drawing a fun activity in the day.

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