

ART + MINDFULNESS

Curriculum Ideas + Resources

“ I found I could say things with color and shapes that I couldn't say any other way - things I had no words for. ”

Georgia O'Keeffe

Fitting art into curriculum that is already tight is a tall order. But the arts can help students with Common Core standards: enhancing creativity, increasing self-confidence, promoting collaboration, and offering alternative ways to assess learning.

Below are some ideas and resources on how to incorporate visual arts into what you're already teaching (and a few ideas if you have extra time in your classroom!). Feel free to make these ideas yours - they're adaptable for age groups and resources. ¹

K - 3

Empowering Education: <https://empoweringeducation.org/blog/mindful-art-activities-for-kids/>

Early Impact Learning: <https://earlyimpactlearning.com/18-mindfulness-art-activities/>

Playtivities: <https://playtivities.com/mindfulness-activities-for-kids/>

4 - 6

Lightly Sketched: <https://lightlysketched.com/2022/05/20/20-mindfulness-art-activities/>

Inside Out Art Teacher: <https://insideoutartteacher.com/simple-mindful-art-lesson-inspired-by-neurographic-art/>

Teaching Ideas: <https://teachingideas.ca/2020/08/19/mindfulness-art-activities/>

Green Child Magazine: <https://www.greenchildmagazine.com/outdoor-mindfulness-art-activities/>

7 - 12

Mindful Creative Muse: <https://mindfulcreativemuse.com/blog/tag/mindful+art+activities>

Inside Out Art Teacher: <https://insideoutartteacher.com/simple-mindful-art-lesson-inspired-by-neurographic-art/>

Counselor Keri: <https://www.counselorkeri.com/2019/05/21/mindfulness-group-art-activity/>

All Ages

ArtBar Blog: <https://www.artbarblog.com/blog/>

Gen Twenty: <https://gentwenty.com/mindfulness-art-activities/>

Teachers Pay Teachers: <https://www.teacherspayteachers.com/Browse/Search:mindful%20art>

¹ <https://www.teachingchannel.com/k12-hub/blog/what-you-can-do-when-the-arts-are-missing-from-your-elementary-school/>

