



# Mindfulness Walk In Wonder © Art Therapy Workshop Instructions

This live online Art Therapy workshop, invites you to take time out from your caring role, focus on your essential self-care and learn practical mindfulness through creative, expressive processes.

**Date and time:** Thursday 20<sup>th</sup> August 2020, 10am to 11am

**This online course will provide you with:**

- Mindfulness techniques for daily relaxation and self-care
- Creative expressive process to explore your learning edges, strengths, challenges, and resilience.
- Sharing circle with fellow carers

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**What you will need:**

**Materials list - The list of materials below can be sourced from your garden or nearby park or beach:**

- Taking a 'walk in wonder' find 4 x natural items that catch your attention in response to the following themes. Ideally you would choose items that can be used to place in your pocket or handbag and carried with you. These 4 x items are to represent the following themes:
  - **Your safe place/happy place** (that does not necessarily need to be a physical location) where you feel centred
  - **Your learning edge** or hurdle that you can work on to bring you closer to your goal
  - **Grounded** - What in the moment calls you to be present/grounded
  - **The bigger picture of you** /where you see yourself and your role within the family/greater community

Find a quiet spot, interruption-free for 1 hour to walk in wonder and another 1 hour to join the online course

Keep an open mind

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### **Directions to follow before the online meeting:**

There is no right or wrong way to go about this process, however, here are some directions for you to follow. Once you have collected your 4 x items. Find a quiet spot at home or in your garden where you can sit with the items.

- 1) Notice what you notice.** One by one, pick up each item and notice what you notice about it. For example, you may have chosen a shell to represent your safe place. You may notice its curved shape and how that reminds you of feeling held. Or you may have chosen a rock and notice its solid nature and its weight. Write down on a piece of paper what you notice next to the heading for each item i.e. Safe Place, Learning Edge, Grounded, Bigger Picture. You may also wish to do a little sketch of each item.
  
- 2) What does it remind you of?** As you study the details of each item you have chosen, thoughts and memories may come to mind. Add the keywords that stand out to the piece of paper that you have included the heading and sketch of each item on. Now you are building the story of each item.
  
- 3) Ask each item what wisdom it holds for you.** Spend some time with each item as if you want to get to know it more. Consider it as if you would a good friend who can offer you wise counsel. Imagine being that item and speak from it when you dialogue with it. Questions you may ask of each item include, “what message do you have for me?” or it may be directly related to what you have chosen the item to represent. For example, you may choose a dried seed pod to represent the bigger picture of you in your family or greater community.

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The seed pod therefore may say “I give life” or “from little things, big things grow”. The answer your item may give you may reveal information that you may not normally consider, and some emotion may arise as a result. Just allow yourself to be with these feelings in the quiet spot you have chosen for this process. Include the keywords of wisdom gained from this dialoguing process to your piece of paper.

- 4) Find a place to store your special items.** Once you have gathered your items and added keywords to your piece of paper, you may wish to decorate a shoebox to keep these items in or you may wish to find a material pouch to keep them in so they are transportable and carry them in your pocket or bag.

**More about your presenter:** Kerryn Knight is an Art Therapist & Founder of Empowered Art Therapy and Kindred Art Space. She uses the creative expressive process as a vehicle for self-care and self-awareness. With these tools she empowers you to navigate towards meaning making and develop new and healthy coping skills.

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**Zoom Meeting details:**

**Topic: EACH Carer's Mindfulness and Walk In Wonder Workshop**

**Time: Aug 20, 2020 10:00am Canberra, Melbourne, Sydney**

**Directions:**

Click on the link below to join the online meeting and have with you the 4 items and wisdom you have recorded on paper

At the online meeting the presenter will guide you through relaxation processes and speak about the process.

We hope to have some time to spare for you to share your experiences from the process.

**Join Zoom Meeting via the link below:**

<https://us02web.zoom.us/j/87036654437?pwd=M0lJbmdIT0NSOVJQKzJTNEh1R2ViQT09>

Meeting ID: 870 3665 4437

Passcode: 112333

One tap mobile

+61861193900,,87036654437#,,,,,0#,,112333# Australia

+61871501149,,87036654437#,,,,,0#,,112333# Australia

Dial by your location

+61 3 7018 2005 Australia

Find your local number: <https://us02web.zoom.us/j/87036654437?pwd=M0lJbmdIT0NSOVJQKzJTNEh1R2ViQT09>

**ENJOY !**

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