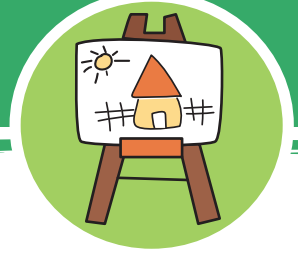
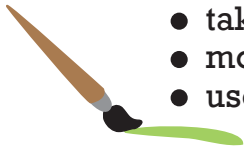


# Building Patience Through Art



## Directions:

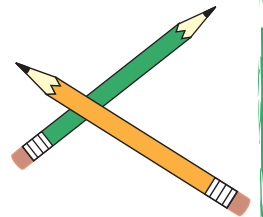
1. On your paper, draw an outline of a circle in pencil with your foot.
2. Use a paint brush to paint the inside and outside of the circle with your foot.
3. Remember to:



- take deep breaths
- move slowly
- use the phrase “this may take time” rather than “this is too hard”

## Reflection:

In 4–6 sentences, write about what your experience was like painting with your foot. Was it challenging? Easy? How did taking deep breaths, moving slowly, or using the phrase support you?



---

---

---

---

---

---

---

---