Making Mindful Magic

written and illustrated by Lea M'Knowly

Drawing Workbook
This printable drawing workbook is an accompaniment to the picture book, Making Mindful Magic. We invite you to read about an experience, engage with the activity and for children to create their own drawing of that experience. This may be expressed through crayon, pencil, home-made paint or absolutely any medium they feel inspired to explore. It further offers children the opportunity to engage in mindful experiences and invites them to portray themselves being mindful, whether by the power of their imagination or as a result of actually doing the activities in the book. This is a powerful way to re-enforce the image of themselves as being mindful.

For more mindfulness visit www.makingmindfulmagic.com

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I am being mindful when I...

Why be busy all the time?
Always watching, always reading
always talking, always moving
always doing!
For five minutes sit and do nothing at all
Just be still
I am being mindful when I...

follow a bird

Watch a bird at work
He does one thing at a time
He flies
He walks and looks for food
He finds what he needs to make a nest
Birds remember their purpose
I am being mindful when I…

walk barefoot on grass

Heavy green grass connects with soft shoeless feet
Mother Earth meets you here
   Go walking together
   No need for a place to go
I am being mindful when I…

Why hurry? Must everything be fast?
Is there a prize?
As slowly as you can
walk up stairs
draw a picture
make your bed
The prize is feeling calm
I am being mindful when I...

Night-time falls, darkness comes
Reminders of the world’s greatness
twinkle in white above
Cool night air fills lungs
and awakens senses
There is much to love
about finding stars
I am being mindful when I...

paint

Brush, paint, paper
Time stands still
There is nothing else but what you create
It is in the doing not in the done that matters
I am being mindful when I...

Nature is in charge here
Backwards and forwards the waves live
Retreat and advance, the story is endless
   changeless, timeless
The only stillness is in your mind
The only silence is you
I am being mindful when I…

Legs crossed sitting on the floor
The only sound is breathing, slow and deep
Try starting this way
Each pose holds all your attention
Child’s Pose is for feeling calm
Tree Pose is for concentration
Shoulder Stand brings happiness
Corpse Pose is for doing nothing at all
Remember to finish this way
I am being mindful when I...

climb a tree

Long limbs, tree trunks
bare legs, barked branches
hair messed, leaves shaking
Arms and legs take turns climbing
Does the world feel different up there?

An excerpt from ‘Making Mindful Magic’ by Lea McKnoutly | www.makingmindfulmagic.com
I am being mindful when I...

A track leading somewhere
The somewhere doesn’t matter
on-the-way discoveries matter
Wildflowers of colour,
Stones flat, round, jagged
Leaves like stars, soft or shiny, dead brown
or glossy green, pointy or round

go walking in
nature

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I am being mindful when I...

gaze at treetops

Stretched under the biggest,
oldest tree you can find
Looking up to a maze of branches
with leaf fingers
Eyes open wide as visitors come and go
Birds, butterflies, grasshoppers
I am being mindful when I...

hold this moment in your hands

Cupped hands hold your attention
Put there something of beauty
Perhaps a leaf
maybe a flower
Let it hold all your attention
Just for a while