

WELLBEING ACTIVITY



Drawing Your Breath

Lesson name	Drawing Your Breath
Duration	1 x 1 hour lessons
Suggested year levels	Level F – Secondary
Overview	In this lesson students explore line to draw their breath. Students will focus on their breathing and create a continuous line which moves up and down to match their breathing. Students will repeat this process to create an artwork.
Curriculum links to wellbeing	<p>This lesson links to the Australian Curriculum’s Personal and Social Capability through students engaging in self-management and identifying emotions while working independently. Students will focus on their breathing and how they are feeling through this breathing exercise. Students will reflect on their experience and identify their emotions during the process.</p> <p>Personal and Social Capability (Version 8.4) The Australian Curriculum (Version 8.4)</p>
Materials	<ul style="list-style-type: none"> • Cartridge paper • Markers • Other drawing or mark making materials

Activity

Step 1

Students begin by choosing a piece of paper to work on and a drawing or mark making tool to create lines with.

Step 2

Students choose a starting point on the edge of their paper and slowly begin to draw a line upwards in time with their inhale of their breath.

Step 3

Students continue to draw their line upwards as they breathe, once they reach their exhale, students begin to draw their line downwards,

Step 4

Students slowly move their pen or mark making tool up and down their page in time with their breath.

Step 5

Students focus on their breath and the movement of their pen as it moves up and down their page and across their paper.

Step 6

Once students have reached the end of their paper they can repeat the same process going over their lines with the same tool or a different tool.

Reflection

- What do you notice about your breathe as you're drawing?
- How quickly does your pen move up and down the page?
- What tools did you decide to draw with and why?
- How do you feel when creating your drawing?

Extension and differentiation

- What did you enjoy about the process?
- Students can repeat the process multiple times on the same page or different pages.
- Students can explore different materials to draw their lines and incorporate different colours.
- Students can plan and create a collaborative piece using the same process.