



LEARNING TO BE MINDFUL

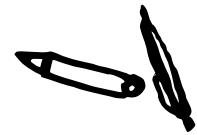
WHAT
WILL YOU
NEED?



IMAGES OF KSITIGARBHA
BODHISATTVA



PAPER



PENCIL, COLORED
PENCILS OR MARKERS

What is Buddhism?:

Buddhism is a religion based on the teachings of Prince Siddhartha Gautama who lived around 2,500 years ago in India. Prince Siddhartha taught others about meditation and mindfulness, which can bring people to a deeper understanding of life.

The term “Buddha” means enlightened one, and refers to Prince Siddhartha Gautama after he reached enlightenment through his own meditation practice. Once he understood himself to the best of his ability, he was ready to teach others, and was then known as the Buddha.

What will you be doing?

Using one of the main practices from Buddhism, you will learn about meditation and reflect on your own sense of self in a mindful drawing activity.

☆ *Use the prompts below to help guide you into a mindfulness meditation activity.*

PART I: WHAT IS MEDITATION AND MINDFULNESS?



Ksitigarbha Bodhisattva,
Kamakura period (1192–1333),
13th century, Japan.
Lacquered and gilded wood
with semi-precious stone;
8 ¼ x 7 x 6 1/8 in. (20.9 x 17.8 x 15.6 cm).
Gift of J. G. Phelps Stokes

Let's listen...

Look closely at this image. Images like these are very popular in Buddhist art. They can represent stillness or feeling very calm. Another word for stillness is meditation.

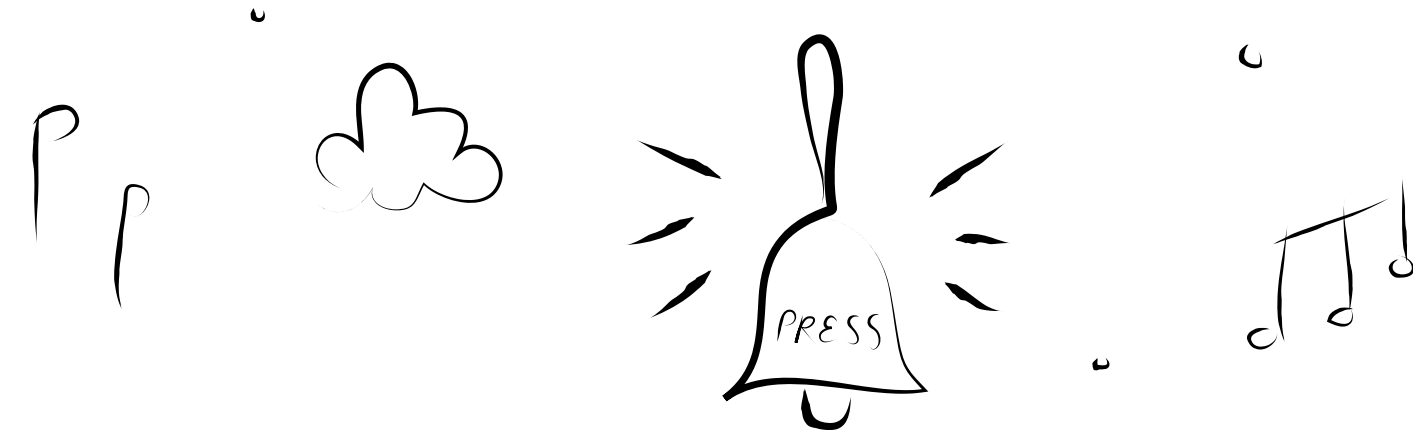
Practicing meditation is when you take a moment to pause and sit still. It can help you concentrate and relax, especially when you are feeling mad or frustrated. One way to meditate at home is to sit still with your eyes closed and take a few deep breaths.

You can practice meditation at any time for any length of time!

Mindfulness is a word to describe how you are feeling by paying close attention to yourself and your emotions. Paying attention to your feelings can help you stay calm in stressful moments.

When you practice meditation, you are being mindful!

PART II: VISUALIZING STILLNESS



The Bell sound has been used to begin and end a meditation process. The bell sound repeats in a pattern to tell the person meditating when to start and stop.

What sounds do you hear every day in your neighborhood?

You might notice patterns of sounds in your own neighborhood. The sound of a garbage truck crushing trash or the sounds that trains, cars, or buses make near your home. Birds chirp in our trees. You might even hear the same bird sing the same tune each morning. Planes fly overhead, sometimes minutes from each other, creating their own pattern in the sky.

While seated, take a deep breath in and hold for four seconds. Then take a slow breath out for seven seconds. Continue this breathing activity: in for four, out for seven, three more times.

What did you notice about your body as you breathed in and out?

Were your eyes closed? If you tried this with your eyes open, try it again with your eyes closed. Did you feel any different?

Did you think about anything while you were breathing in and out? What did you think of?

Did you hear any sounds? What were they?

PART III: TELLING THE STORIES OF OUR EMOTIONS



Think of a time when you were feeling stressed. Maybe you were angry, frustrated, or sad. Write out a story or draw this moment on a piece of paper.

Now, think about how you stopped feeling angry, frustrated, or sad. What helped you? Write out this part of the story or draw this moment on another piece of paper.

The next time you feel angry, frustrated, or sad, think about what helps you feel better! See these things in your head and know that what made you feel better before can help you feel better again. You are being mindful when you think about your feelings and what helps to make you feel better!

Note:

Be kind to yourself when you are feeling angry, frustrated, or confused! Remember that it's hard to focus on negative emotions, and it's okay if you are having a hard time. Take a break and try again later!

CREATE ANY STORIES OR DRAWINGS?



Tag us with [#WallachKids](https://www.instagram.com/WallachKids) for a chance to be featured on our Social Media!

**WALLACH
ART
GALLERY**

Wallach Art Gallery
Lenfest Center for the Arts
Columbia University
in the City of New York
615 West 129th Street
New York, NY 10027

FIND MORE
ACTIVITY GUIDES HERE:
wallach.columbia.edu/wallach-kids

