

Grandmothers,

I am delighted to work/play with all of you in the upcoming “Rain Stick” art class at Beckwith. Please bring your own scissors and if you have a glue gun, please bring it as well. (put your name on the gun please).

Also I have a quick “Color Breathing” exercise that I do before each art class. This enables my students to relax and be even more creative.



Attached is the directive for this exercise. If you print out and color in the shapes before my art class we will have even more time to work on your rain sticks. (2 hours).

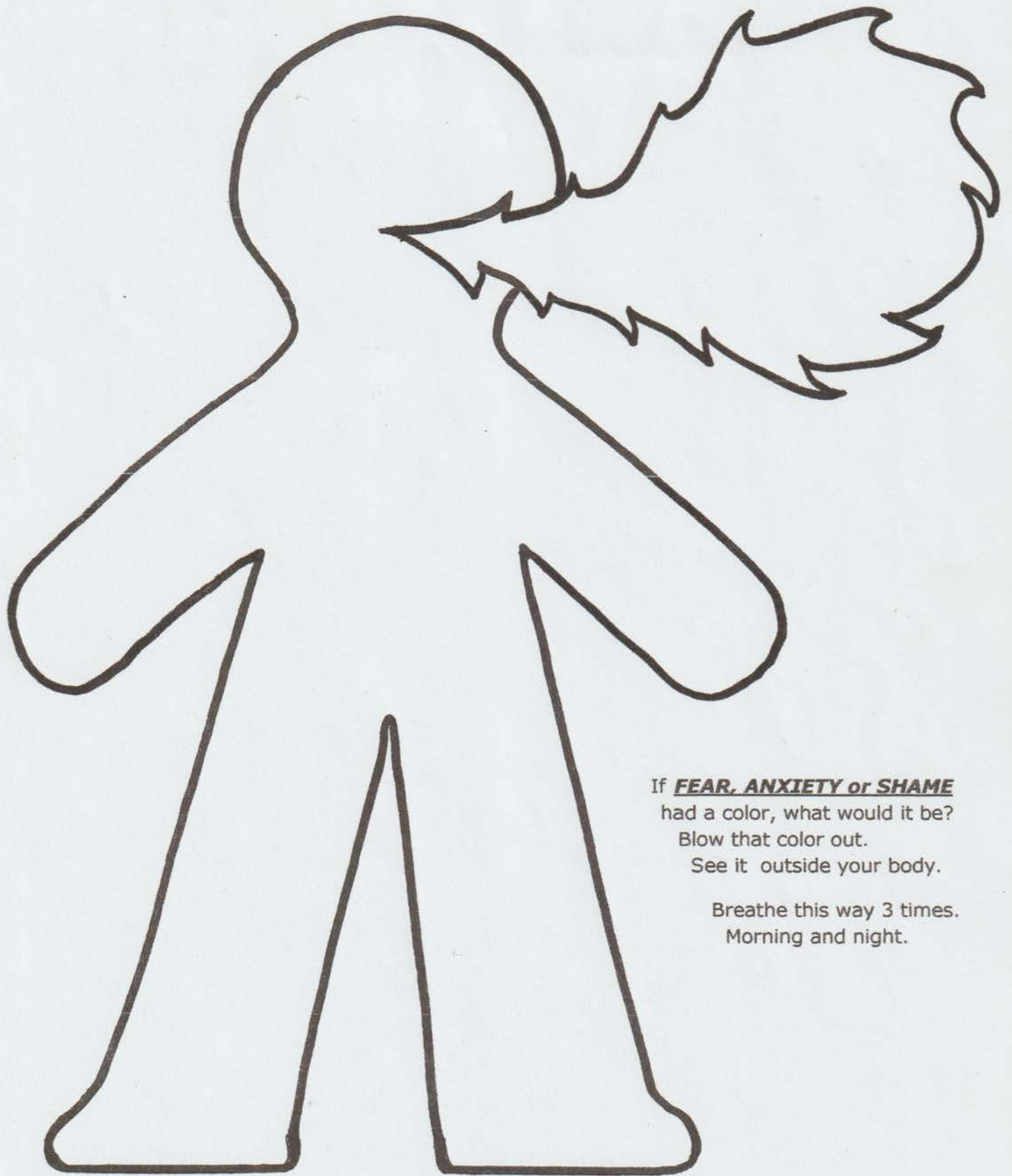


Looking forward to our time together.

Tamlin

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DRAW your COLORS in the spaces below, then see those colors as you breathe them in and out.  
If **PEACE** had a color, what would it be? Draw that color all through your body. Breathe it in.



If **FEAR, ANXIETY or SHAME** had a color, what would it be?  
Blow that color out.  
See it outside your body.  
  
Breathe this way 3 times.  
Morning and night.