



Create Exercise 5 My Name

Materials

~ markers ~ 1 sheet of 20"x26" heavy weight drawing paper ~

Steps

- Write your name in block letters, in any color, across the paper from left to right.
- Think of a positive word that shares the same first letter as your name.
- Write the word on any part of the paper.
- Choose colors that resonate with you and create a design inside the letters of your name.

Ask Yourself

- How can I describe the image objectively (lines, marks, and colors) used?
- What emotions did I experience as I created the artwork?
- Using the word "I", how would I explain the artwork?
- How is this artwork relevant to my present life?

¹Mindful + Pratique. (n.d.). Resources. Mindful-Pratique. <https://mindfulpratique.com/>