

Outdoor Mindfulness

Exploring Family togetherness and Mindfulness one Breath of Fresh Air at a Time

Make Sidewalk Art

Art can provide an outlet for us to express your emotions and deal with overwhelming feelings.

It is a way to express your feelings in a multidimensional way.

Now more than ever it is important to provide everyone, especially children, with a way of expressing their inner feelings. Even if they aren't the ones creating the art, just being around art can provide children with enough sensory input to kick start their imagination and engage their curiosity.

A great activity to do with your child on a nice day is to go outside and create some sidewalk art using chalk.

It can provide a relaxing, bonding experience that will allow for you and your family to celebrate art and colours while engaging in creative expression.

You can even make your own chalk paint:

- ½ cup cornstarch
- ½ cup water
- Food colouring

Mix equal parts cornstarch with water. Add your food colouring.

This mixture will be thick.

Use paintbrushes to paint your sidewalk or driveway.

Best part of this is it is easy to clean and safe for the environment.

