



JKPS

‘B’ Paschimi, Shalimar Bagh, Delhi-110088

Report: Mindfulness-Based Art Workshop

A mindfulness-based art workshop was conducted on 27th of May, 2025, focusing on healing through creative expression. The session included guided meditation, a mandala art exercise, and an introduction to therapeutic art. The workshop was led by the school counsellor, with the art teacher assisting in the execution of the mandala art exercise.

The workshop began with a brief introduction by the facilitators, Ms. Vanshika (School Counsellor) and Ms. Nidhi (Art teacher). The counsellor then led a guided mindfulness and gratitude exercise. Participants were instructed to sit comfortably, close their eyes, and tune into their bodies, noticing points of contact and sounds around them, without judgment. The exercise continued with a focus on breath, observing inhalation and exhalation, and then expanding awareness to the surrounding space. Participants were guided to reflect on what they were grateful for, including their bodies, homes, environments, lives, and loved ones. The meditation also encouraged reflection on what sparks joy, brings happiness, and constitutes precious moments in life, allowing participants to fully feel these emotions. The meditation concluded with participants gradually returning their attention to physical sensations and opening their eyes, feeling lighter and positive.

Following the meditation, a mandala art exercise was introduced. Participants were encouraged to draw and colour their mandalas as they wished, focusing on enjoying the process rather than striving for perfection. The art teacher provided instructions and assistance during this part of the session and explained the use of different relaxation based art exercises including how to integrate them in classrooms.

The workshop then transitioned to an introduction to therapeutic art. Therapeutic art utilizes creative expression through various art media like painting, drawing, or sculpting to help individuals explore their thoughts, feelings, and experiences. Key aspects of art therapy highlighted were its role as a form of communication, its ability to externalize problems, its focus on the process rather than skill or appearance, its provision of a visual record of progress, and its unique way of activating different parts of the brain. A clear distinction was made between art therapy and therapeutic art, with art therapy being a form of psychotherapy led by a qualified art therapist focusing on emotional growth and mental health struggles, and therapeutic art being used for experimentation, exploration, or learning, without a traditional client/therapist relationship. The differences between art therapy and

a regular art class were also explained, emphasizing that art therapy is facilitated by an art therapist with a focus on emotions and treatment within a confidential space, while an art class is led by an art teacher with a focus on skill-building and technique in a public setting. The session also touched upon how art can be used to explore a child's inner world, including interpersonal relationships, feelings, attitude towards self, self-esteem, and perspective.

The session concluded with the counsellor reminding participants about the importance of prioritizing mindfulness and gratitude in daily life, even amidst busy schedules. Some participants were invited to share their responses voluntarily before the workshop concluded.

