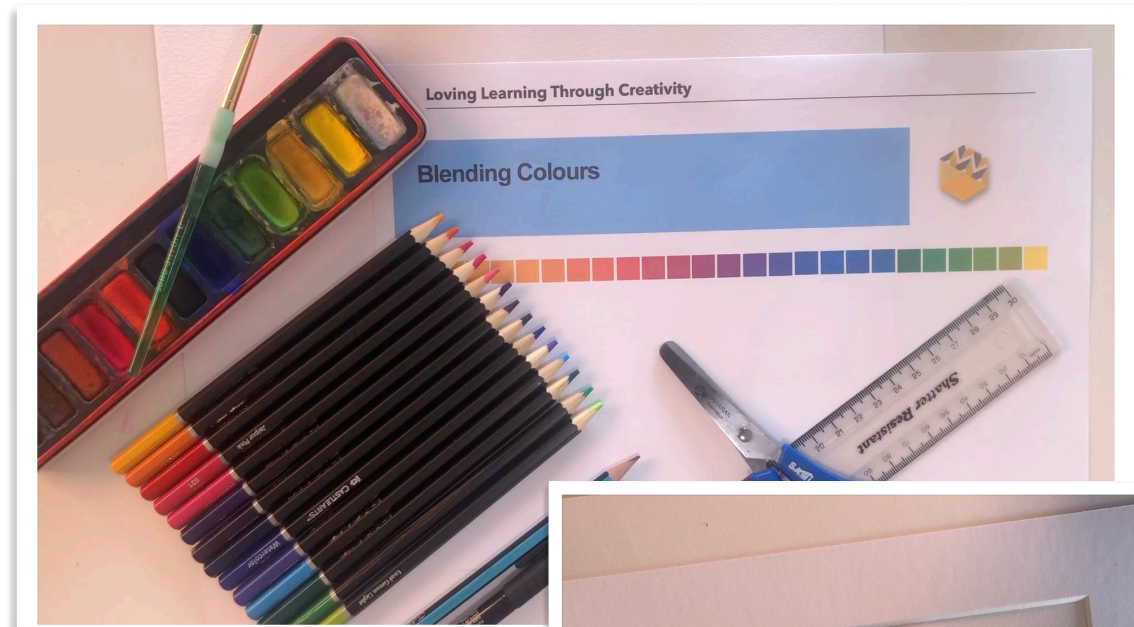




Breathing Art

Kirsty Cotton,
Kreative Foundations

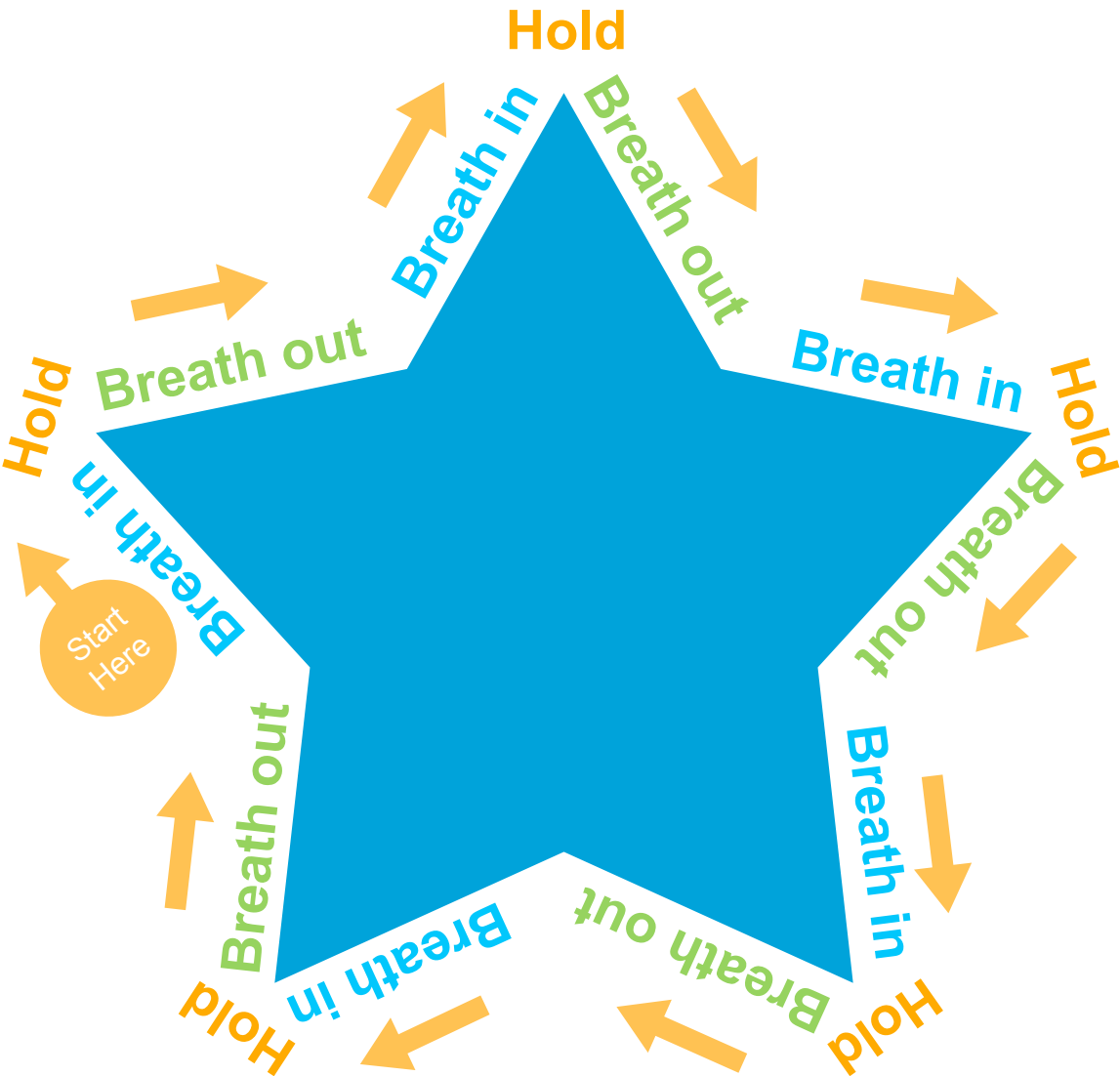
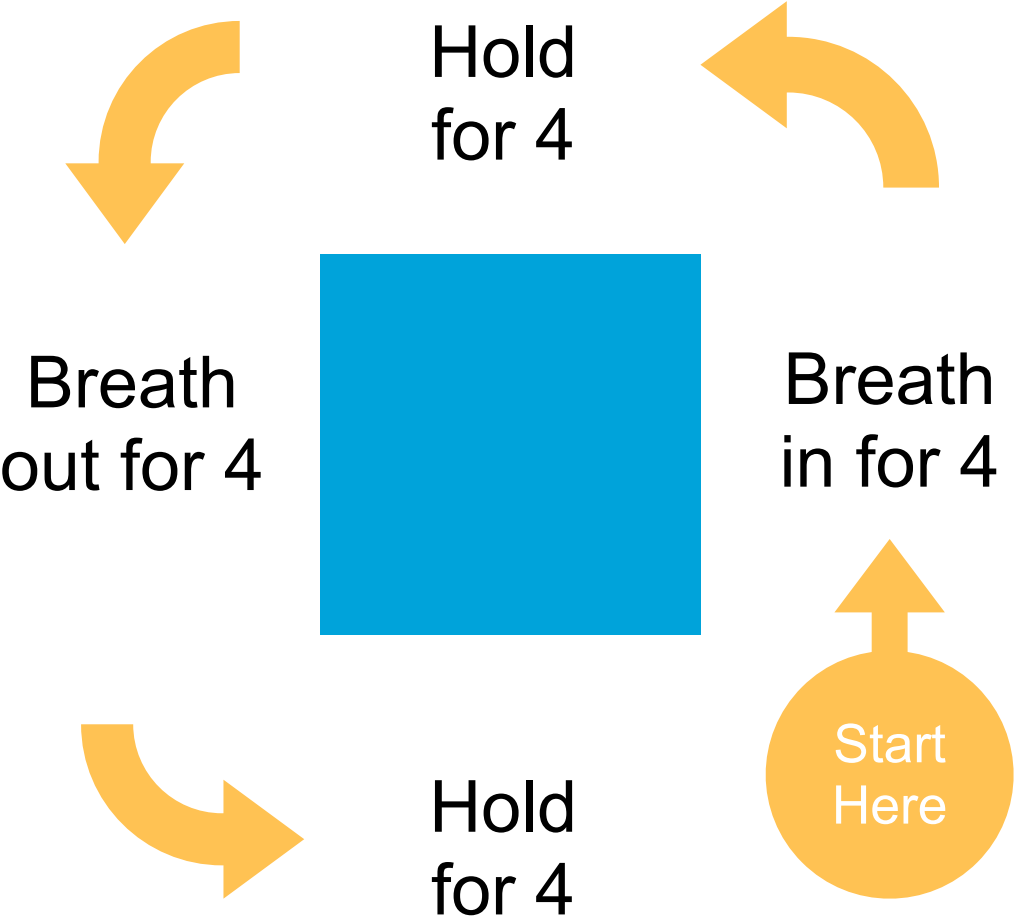
www.kreativefoundations.co.uk



Breathing Exercises

Breathing slowly and deeply can help us feel a lot calmer.

Why not have a go of these simple breathing exercises?



Blending Colours



After creating your shapes by following the flow of your breathing, why not add some colour?

The colour chart above might help you to blend colours.

As demonstrated in the video, colours next to each other on this chart blend together easily.

Don't forget... this colour chart is a cycle.

