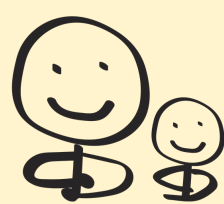




## DRAW WITHOUT LOOKING

### Who can do it?



Everyone

### When can you do it?



Whenever you feel anxious.

### How to do it?



- Grab a sheet of paper with a pen/pencil of any colour.
- Close your eyes and breathe in and out, deeply, thrice.
- Now think of something that you love the most (it can be anything).
- Draw it on the sheet without looking at it & then open your eyes and colour it. (Work through the process, it is okay if it's not perfect).

### How will it help and expected outcomes?



- It will help to synchronize hand and eye, body and mind.
- It will reconnect you with your playful spirit.
- It will help you fight perfectionism - the world isn't perfect!
- It will help you get rid of boredom.

### Resources required?

Paper, pen/ pencil, colours, eraser (if required).

