

# Building Patience through Art

Name \_\_\_\_\_

Date \_\_\_\_\_

## Directions

- On your paper, draw an outline of a circle in pencil with your foot
- Use a paintbrush to paint the inside and outside of the circle with your foot
- Remember to:
  1. take deep breaths
  2. move slowly
  3. use the phrase "this may take time" rather than "this is too hard"

