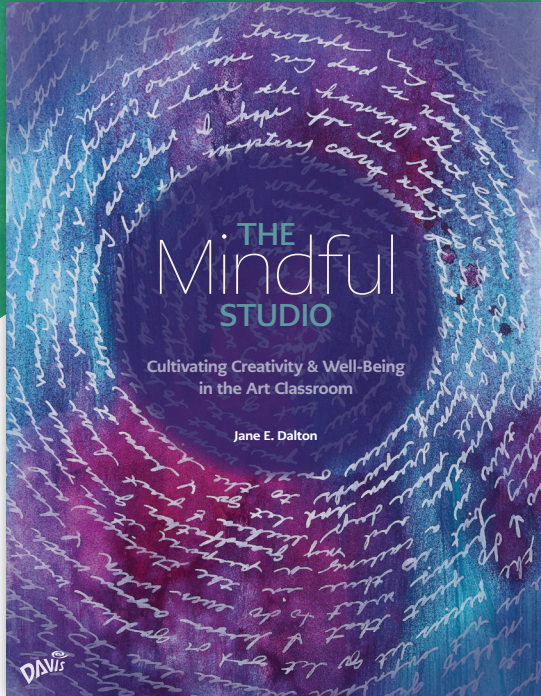


The Mindful Studio

Cultivating Creativity & Well-Being in the Art Classroom



by Jane E. Dalton

Using mindfulness-based expressive arts practices in art education promotes present-moment awareness for **increased problem solving and risk-taking in the creative process**. Bringing these practices to the classroom offers students tools to connect physical, emotional, and cognitive experiences for a rich learning environment and encourages them to be open to their emotional life.

The Mindful Studio introduces mindfulness practices to art educators and offers centering exercises to begin creative endeavors, visual arts lessons, reflection questions, and lesson extensions to explore mindfulness in a variety of art modalities. This book offers teachers support to:

- **advocate for the outcomes and benefits of mindfulness** in art education
- strengthen creativity, **self-expression, and reflection in the art room**
- develop or expand a **personal mindfulness** practice
- **plan lessons** that incorporate mindfulness as part of the learning process

Imagine a classroom where all students feel safe to simply show up, be present to all facets of their amazing and growing beings and respond through creative and mindful practices.

Table of Contents

Chapter 1

What is the Mindful Studio?

Chapter 2

Expressive Arts, Creativity, and Mindfulness

Chapter 3

The Art of Self-Care

Chapter 4

The Mindful Studio and the Whole Student



Visit [DavisArt.com/MindfulStudio](https://www.davisart.com/mindfulstudio) to learn more!