

Drawing Our Breath

with Lee Bethel



Hazelhurst

SUTHERLANDSHIRE
ARTS
CENTRE

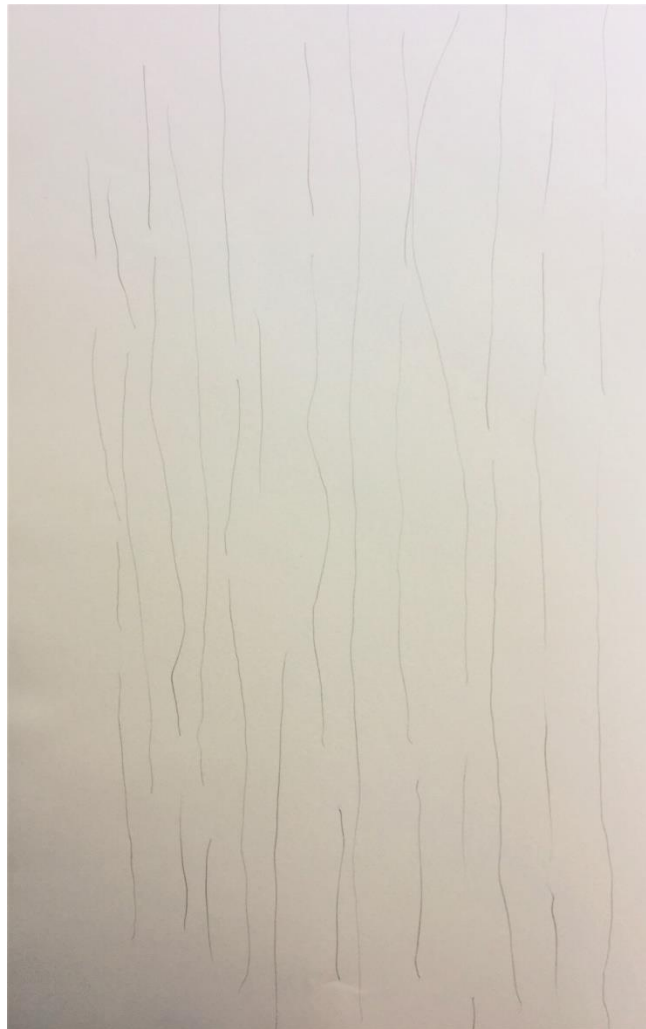
A Map of how we Breathe

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This exercise will become a map of how we breathe

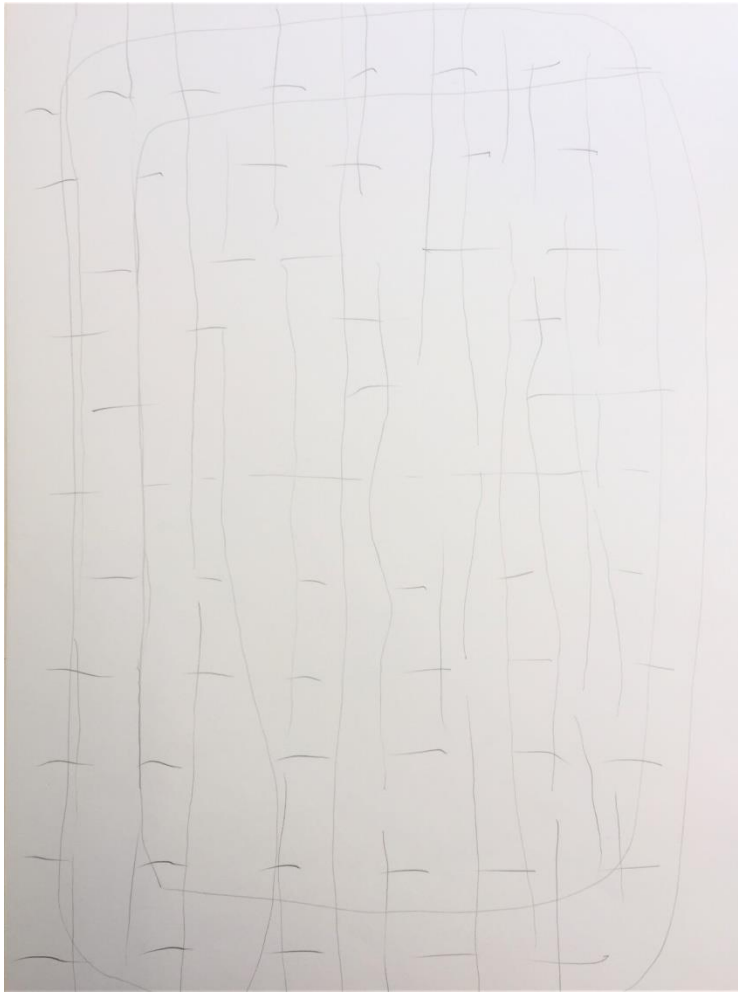
A drawing your Breathing

YOU WILL NEED: A PENCIL AND SOME PAPER



Sit very quietly and breathe in and out slowly

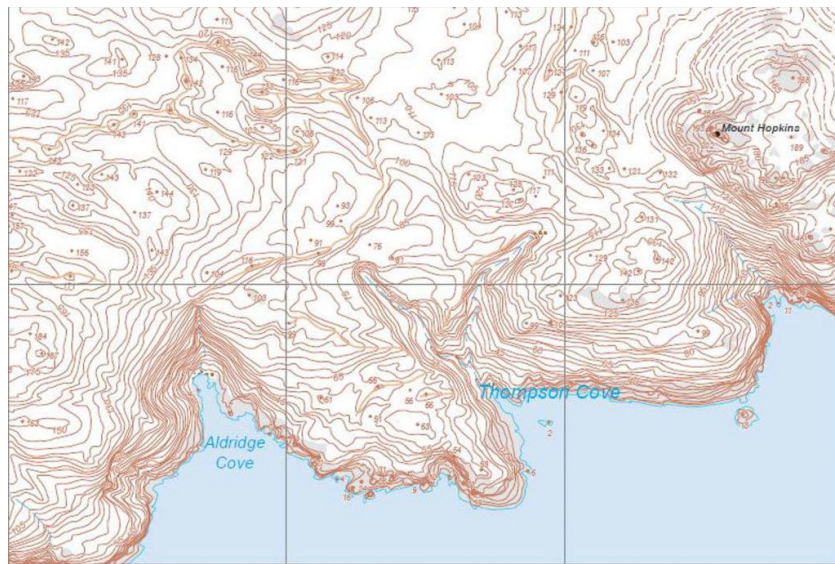
As you exhale (breathe out) make a pencil mark for as long as you breathe out.



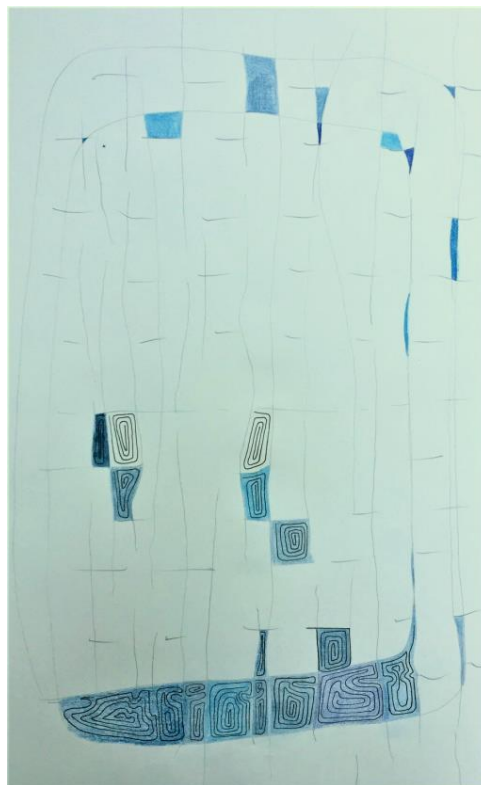
Turn the page around and this time say “Ha Ha Ha”. As you breathe out, make a mark for each Ha!

Spread your marks around the page

For the last mark, take a deep breath and slowly exhale like a great big sigh and send your pencil around and around the page until you run out of breathe.



This is a contour map, they use contour lines to give us an indication of the steepness of the ground. The further apart the lines, the gentler the slope and closer together is steep and high land.



Start by choosing a colour and colouring in sections of the breathe patterns you made.

I used different blue pencils for mine. Use whatever colours you have available.



When you have coloured in enough areas, use a marker (any colour) to start drawing contour lines.

If you want your breath to be even, the gap between your contour line should be even but it is your work - however you want to make the lines and in whatever colours go right ahead and do so.

You will have your own contour map of how you breathe!

Have fun!