

# LETTER LANDSCAPE

CONSCIOUS  
CRAFTING

## SINGLE SESSION

### PREPARE SPACE

### PER WORKSPACE

2 landscape templates  
Permanent roller pen  
Small brush

### SHARED TOOLS & MATERIAL

Watercolour pads  
Coloured pencils  
Cup of water

### CHECK IN

Invite each individual to briefly share how they feel about the first letter of their first name.

### MEDITATION

### JOURNALING

Journal sheets contain instructions to start doodling. Participants read and doodle, or the facilitator reads out guiding all through the process.

### CREATE

Pick a landscape to fill with doodles..  
Fill in with doodles.  
Colour in with pencils or watercolour, time permitting.

### REFLECT

### SHARE SHARE

### PACK & CLEAN

### SEND PICS & FEEDBACK

PLEASE TAKE PICTURES OF YOUR STUDENTS AT WORK  
TAKE CLOSE UP & OVERVIEW PICTURES (WE WILL CROP OUT FACES LATER)