

Norton Simon Museum

Family Art Project: Mindful Moments

Buddha Shakyamuni sits in a classic meditation pose with eyes half-shut and one hand resting on top of the other on the sole of his right foot. Make a mason jar snow globe with a self-portrait and colored sand to serve as a reminder that, even when our thoughts get stirred with bad feelings, this is temporary, and they will eventually settle.

Inspired by Tools for Peace's Meditation Activity.



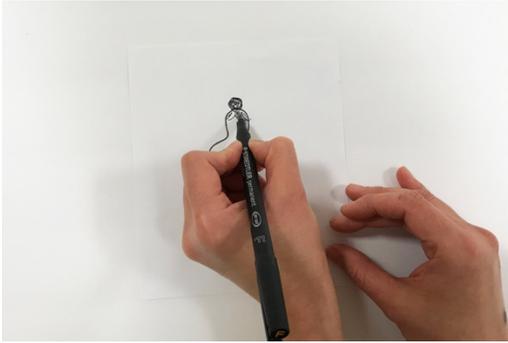
Buddha Shakyamuni, c. 1100, India: Tamil Nadu, granite, Norton Simon Foundation

Materials:

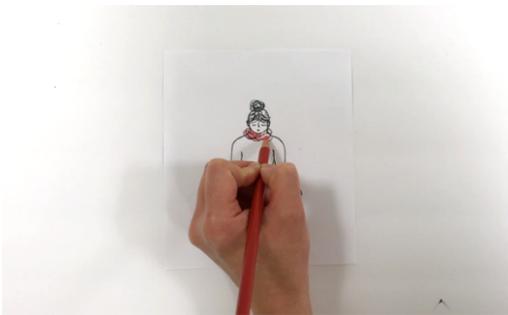
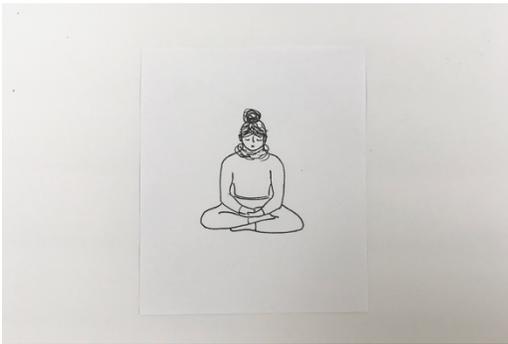


- Mason jar
- Template (see last page)
- Black marker
- Color pencils (or crayons)
- Scissors
- Sand (or glitter)
- Clear packing tape (or laminator)
- Hot glue (or duct tape)
- Water

Steps:



Using a black marker, fill in the template to make a line drawing of yourself.



Using color pencils or crayons, color in your drawing.



Using your scissors, cut out your drawing.



Take a piece of tape a little longer than your drawing and put it down sticky side up.

Stick your drawing onto the tape so that the tape extends a little past your drawing's head and a little past its feet.



Take another piece of tape long enough to cover your figure horizontally and put it down sticky side up, then place your drawing onto it so that the tape covers your figure's knees, and the backside of your drawing has been completely covered in tape.



Take two more pieces of tape and repeat the process for the front of your drawing, sealing your drawing vertically and horizontally as you did the backside. Then add 3-4 more layers of tape on both sides so that it feels sturdy, as if you laminated your drawing.



Cut around the outline of your drawing leaving a little bit of tape around your drawing (to make sure your drawing is sealed).



Add a line of hot glue at the bottom of the mason jar lid and push your drawing into the glue making sure it does not move (you may need to add more hot glue on the sides). Alternatively, you can add a couple pieces of duct tape on each side of your drawing to make sure it is secured in place.



Fill up your jar with water and add 2-3 spoonfuls of colorful sand.





Submerge your figure and close your mason jar.



Give your mason jar a shake and notice how thoughts can swirl throughout the day, but eventually they will settle.

