One Minute Masterpieces

Sit in pairs with someone you don't know and sit facing each other with a sheet of A4 paper and marker pen and a hard surface to draw on.

The group then have 1 minute to draw a picture a picture of each other.

To make sure no one as an advantage there is an additional condition: nobody is allowed to look at the paper as they draw their partner.

Time yourself for a minute and don't peek at the paper!

When the minute is over show your artwork to your partner sign your artwork and then give your partner their portrait.

As well as creating a funny piece of artwork you have shared laughter with your partner and given them your masterpiece.

This activity focusses attention on an activity that creates positive emotions which are very important for wellbeing.

One minute masterpiece is used with kind © of SLaM as part of the Wheel of Wellbeing project: www.wheelofwellbeing.org

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