

# Craft Your Calm

## Grab and Go Craft Kits for Adults

### Create Your Own Bookmarks

This mindful drawing project does not require you to be artistic or even good at drawing. You just need to slow down, focus on each stroke, don't worry about the result, and give it a try.



Your kit includes: three 2"x 6" strips of watercolor paper, one fine point black Sharpie pen and a bag of herbal tea for you to enjoy while you are drawing.

Below are instructions to create three different patterns but this project is meant to untangle your creativity. Feel free to incorporate any supplies you already have at home; ie. watercolor paints, Sharpie markers, color pencils, glaze pens; and to create or recreate any patterns that inspire you.



[www.upsaddleriverlibrary.org](http://www.upsaddleriverlibrary.org)

# Bookmark #1

[www.upsaddleriverlibrary.org](http://www.upsaddleriverlibrary.org)

For this bookmark, I used a black Sharpie marker.



First, draw a diagonal line from one side of the bookmark to the other. Then, draw another diagonal line from the other side of the bookmark to meet the first line.



Continue drawing diagonal lines from alternating sides all the way down the bookmark.



Go back to the top of the bookmark and draw parallel lines to fill in the first space.



Continue to fill in the spaces with parallel lines. I finished at that point for one bookmark. For a different bookmark, I filled in every other space with additional lines.

# Bookmark #2

I used a colored Sharpie marker to create this bookmark.



Start by drawing 2–3 hill-looking shapes.



Then, draw more hills on top of your hills. Have these new hills start and end in the top centers of your bottom hills.



Draw all the way up, staying loyal to the pattern.



Once you've created all of your shapes, draw lines from the bottom center of each hill shape that fan out across the sides and top of the shape.



Keep on going and fill up all the hills. I made one bookmark in blue and one in red.

# Bookmark #3

For this bookmark, I used black and red Sharpie marker because that is what I had in my house.



Begin by drawing several different sized freeform shapes that resemble circles, then put dots around each shape.



Next, draw loose petals with a relaxed hand. I made two lines for each petal.



Continue to make petals for all the shapes. Once the petals are done, you can be finished.



I kept going and added color to some of the flowers with a red Sharpie and left other flowers white. Then, I decided to fill in all the flowers with a red Sharpie for this bookmark.

