

Mindful Music

Creative exercise

Noble
STUDIO

Do you want to carve out some time for mindfulness, creativity and self-care? You're in the right place!

We're excited to share our resource with you:

This unique creative experience combines the soothing power of music with the therapeutic benefits of art.

Remember, this creative hour isn't about perfection or judgment—it's about embracing the present moment and allowing your inner artist to express itself freely. So grab your headphones, markers, or even your smartphone's drawing app, and let's embark on this journey together!

1

Just Listen

Put your headphones on, clear your mind and just listen to the song like its the first time you've heard it. Try to let other thoughts pass you by and allow yourself to be fully immersed in the music.

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Don't think, just do

For the next few exercises, don't over think, just do what feels right, without worrying about how it turns out!

2

Feel the flow

Take a pen and a piece of paper, play your song and draw one continuous line as you follow the journey of the music, let your line be expressive in time with the flow of the music. Don't remove your pen until you finish the song.

3

Break it down

Now, really pay attention to each sound in the song, listen carefully to all the layers. Each time you notice a new sound, draw how it might look. You might use scale for volume, soft or hard edges for pitch....

4

Name that tune

Listen again. Write the name of your song, using expressive or decorative typography. Try to capture its essence in the way you write it.

5

Put it together

Now take each piece of paper, and combine each component together in a collaged representation of your song. You might want to cut things up or add colour.