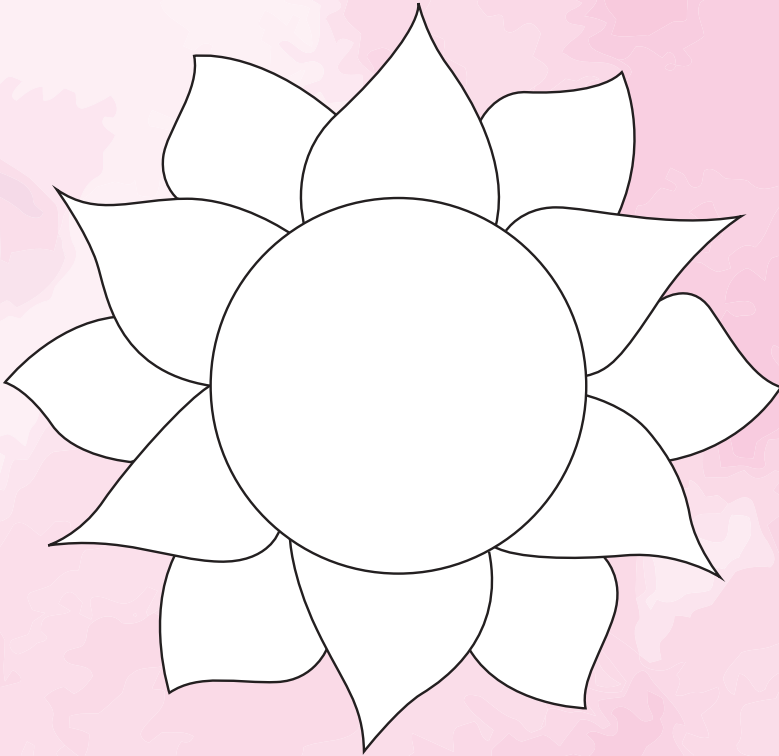


SOW SOOTHING



A **calm and peaceful mind** helps us cast the negative thoughts away and appreciate the precious things in life.

Create a patterned flower featuring your favourite SOW on "Cherishing Life".
Relax, draw, and get refreshed!



Step 1:

Write your favourite SOW in the circle.



Step 2:

On each petal, draw a repeating pattern. It can be **dots, stripes, wavy lines** - whatever patterns that you like. The key is to **concentrate on and appreciate the patterns that you are drawing**. Don't worry about drawing a "wrong" pattern and avoid using a rubber - each stroke is a **beautiful creation**.

Step 3:

Personalise the patterned flower with colours and share it with others.



Example



You may also unwind your mind and stay positive by relishing other types of artwork creation, for example, practising calligraphy, creating a crochet and making origami.