

Work Sheet-Art, Walks, Elements Checklist and Mindfulness

Mindfulness Break- What elements of earth, wind, water, fire could you see in this trip

Eg- Saw a stall for hot dogs which were kept warm (fire) in the cold (water-wind-snowflakes) and was careful on the earth elements outside and in lower part of the body- as roads are slippery when wet

Can you identify elements in this picture



Toronto-New Year's Eve- December 31-2025- Near St.George/Bloor

Elements meditation and Walking Meditation

Exercise: Go for a walk and relate to elements

Art and History

Relate to one work of art or exhibit in a museum walk and then reflect upon it in the evening or day after- with a sense of history of the art piece and what elements- awakening factors or any other element of mindfulness can be seen in it

Note the difference in how realistic human figures are depicted in Caravaggio's - Supper at Emmaus and Rubens' - Diana and her Nymphs

Write about one work of art which you relate to. Where did you see it? Who was with you? How does it relate to your appreciation of life and art

Eg



Caravaggio-1601

The painting depicts the moment when the resurrected but incognito Jesus reveals himself to two of his disciples (presumed to be Luke and Cleopas) in the town of Emmaus, only to soon vanish from their sight (Gospel of Luke 24: 30–31).



Rubens-1610-Diana and her nymphs hunting

Earlier Perspectives

[2019 Early Rubens](#)

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