

Animal Reiki With Amber



“Energy Painting”



Objective

You will create a painting that intuitively shares your vision of what positive energy is and looks like.

Materials

- Paint (*watercolor seen above*)
- Brushes
- Water
- Paper
- Paper towels
- Table cover
- Music

Resources

Craft store for supplies

Reiki With Amber recommends resources but does not have any affiliation.

Step 1

As a group, discuss what energy feels like. Each student can ‘hold’ a ball of energy and describe.

How does energy change or feel different?

Step 2

Ask students: What does energy look like? Each answer can be different. Share music samples of a variety of genres. Discuss how the music’s energy might look on paper.

Step 3

Play cheerful music in the background. Students create positive energy paintings based on the music they hear.

Step 4

Share energy paintings.
Offer Reiki to the paintings.
Students take home paintings.

Modification:

Paint with your pet companion. Cover his/her paws in plastic wrap, ask for permission, and create energy paw prints. Remove plastic wrap immediately after painting!