

## Greetings from Ms. Laura Belevica

They say we live in a disconnected world, yet the very reason why one human being is able to share, affect (and infect) the rest of the world, is because in fact, we, the humankind, are all very much connected. The new crisis erases the old parameters. We find ourselves physically disconnected, cut-off or in fact cut-out from our previous context. With that comes fear and grief and legitimate concern. And above all - the uncertainty.

But what if we could embrace this uncertainty and find new possibilities? What if we could choose to see this time as an opportunity, an invitation to look with new eyes at ourselves, at each other, at our connected world.

### CONNECTEDkind:

An invitation to play with perception and imagination. A drawing exercise to pass the time, a dose of art therapy, a meditation. A movement built on kindness to inspire us to share the good, not just the bad. And hopefully, an invitation to draw and build resilience in us as individuals and in our connections.

The idea was born on March 14, 2020- the day I read that the schools in our part of the world will be closing. That night when I saw that email, I suddenly knew I had to bring my way of drawing (from the shadows) into the light- and simply offer it to you. I have been creating work like this every day for two years now (you can see it all on Instagram @laurabelevica), but only when I started teaching it, I discovered a) I'm actually not that special (oh, no!), because I realized anyone can do this, but also that b) there is power and beauty in sharing this way of working. It teaches us to see and think about things in new ways. And there is no right or wrong way of doing it.! Afterall, we all have seen things in the clouds and we all drew as children!

Oh, and...

Please don't compare my work with yours. Instead, print out the

worksheets (ideally in color) and let the shadow cutouts speak to you. Be patient and listen. Look at them from all sorts of angles. Pin them to your walls. Draw on them with your friends and family. Maybe start with a pencil and later switch to a black marker. Draw with your kids (if you have them). And if you ever feel stuck- observe a child doing it. When my kids saw me draw every day like this, they wanted to try, too. I let them and this is how I found out- kids are the best at this. (And it's good for their brains, and I bet ours, too.)

Have fun with this PDF and feel free to share. Stay connected: send me your drawings and videos ([laura@connectedkind.com](mailto:laura@connectedkind.com)). I made an Instagram account (@connectedkind) for inspiration, tutorials, feedback and the artwork you (grown-ups and kids) create. I am building a website (already got the domain: [www.connectedkind.com](http://www.connectedkind.com)) and CONNECTEDkind Facebook page. Because some of you don't have access to a color printer right now, I am going to find a way to print and mail this pdf to your door. For now- let's work with what we have-this digital version, a sense of urgency and a belief in the power of art to build connection and resilience.

Fear harms our immune system. Kindness and connection helps us thrive.