

# Mindful Craft Café

By War Streets Art Salon



## Menu

### MINDFUL CHARCOAL

*For those looking to.....release perfectionism.*

Let go of perfectionism and embrace the freedom of drawing loosely with charcoal. Perfect for those who feel overwhelmed by choices.

### PLAYFUL PASTELS

*For those looking to.....embrace the inner child.*

Dive into a world of color and texture with pastels! This multi-sensory experience allows you to get your hands messy and let your creativity flow. Don't worry if you break the pastels! We expect that :)

### WATERCOLOR MEDITATION

*For those looking to.....find some balance.*

This experience pairs the gentle flow of watercolors with the structure of thin black markers to help reset the nervous system and achieve a sense of balance.

### CREATIVE COLLAGE

*For those looking to.....stretch the brain.*

This activity is like a brain massage, allowing you to make unexpected connections and flex your creative muscles by combining elements that wouldn't normally go together.

### DRIED FLORAL CANDLES

*For those looking to.....make something beautiful.*

choose from a palette of dried florals to decorate your candlesticks and create a stunning masterpiece for yourself or a loved one

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### AIR DRY CLAY

*For those looking to.....Decompress.*

Air dry clay is wonderful for those who love a kinesthetic experience. Working with our hands is proven to help us regulate the nervous system, This craft comes with a to-go box so that you can take your creations home tonight!

### CHARM MAKING

*For those looking to.....Manifest.*

Call in your desires with our manifestation charm necklaces! Choose the charms you feel most represent what you call into your life and wear them with pride! Fall themed charms available!

**Please note:** this one is a bit challenging so be gentle with yourself if you choose it!