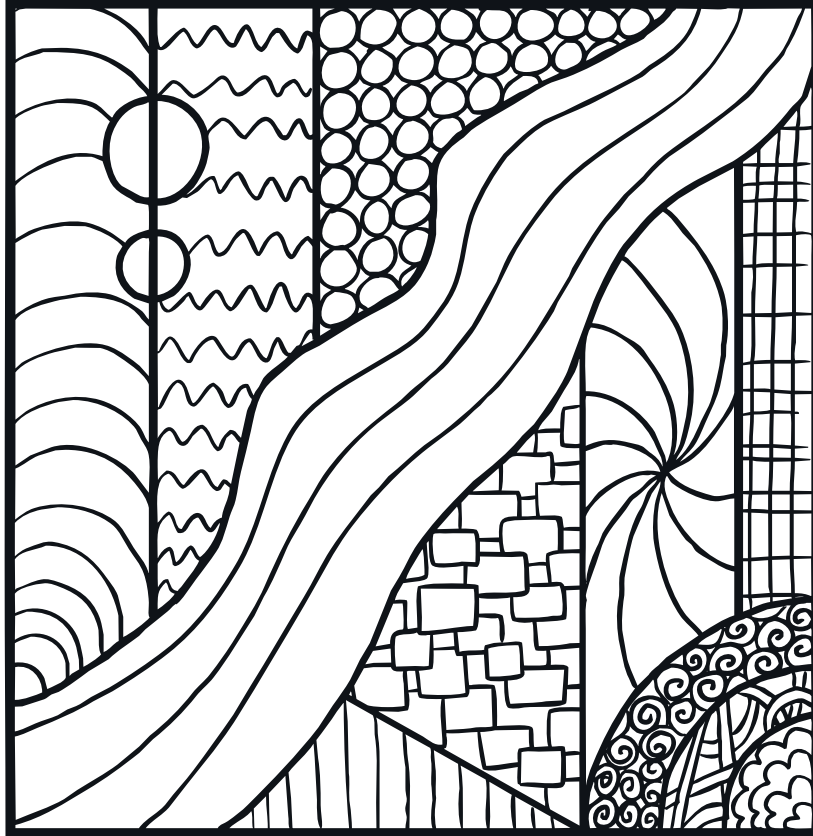


# Mindfulness Doodle Art Activity

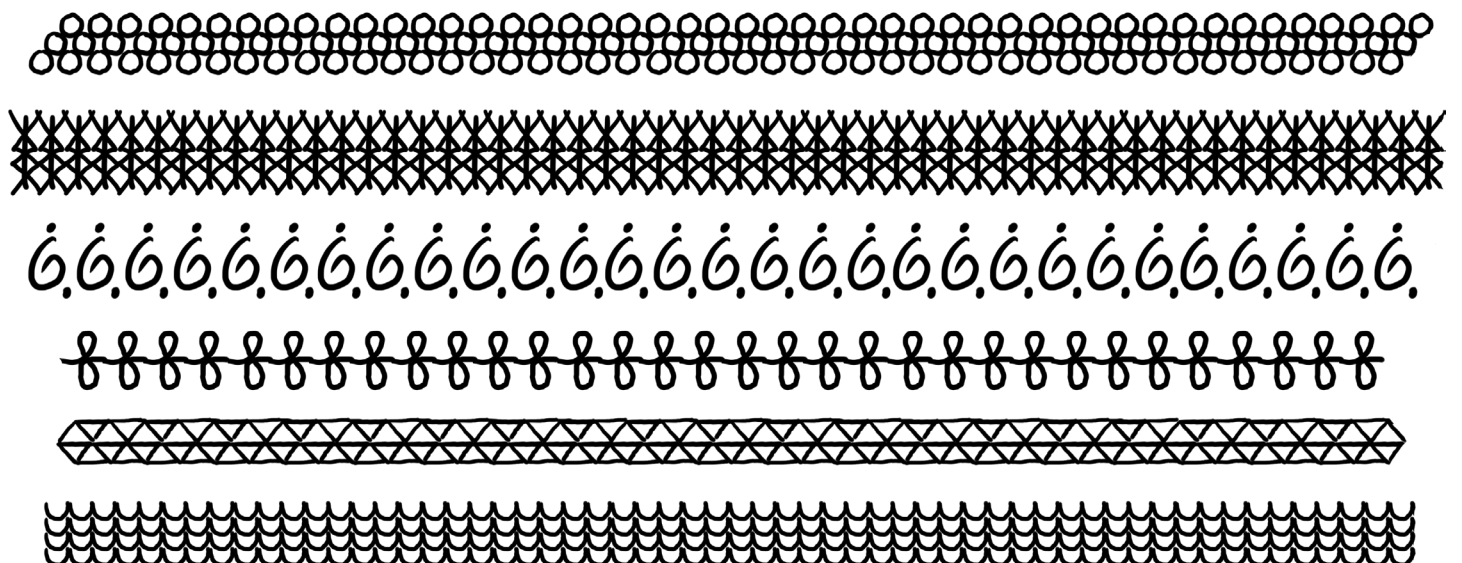
A doodle art picture is a way of creating a piece of art by filling each part of a picture with a different pattern. You can make either black and white or coloured doodle art.

Here is an example:

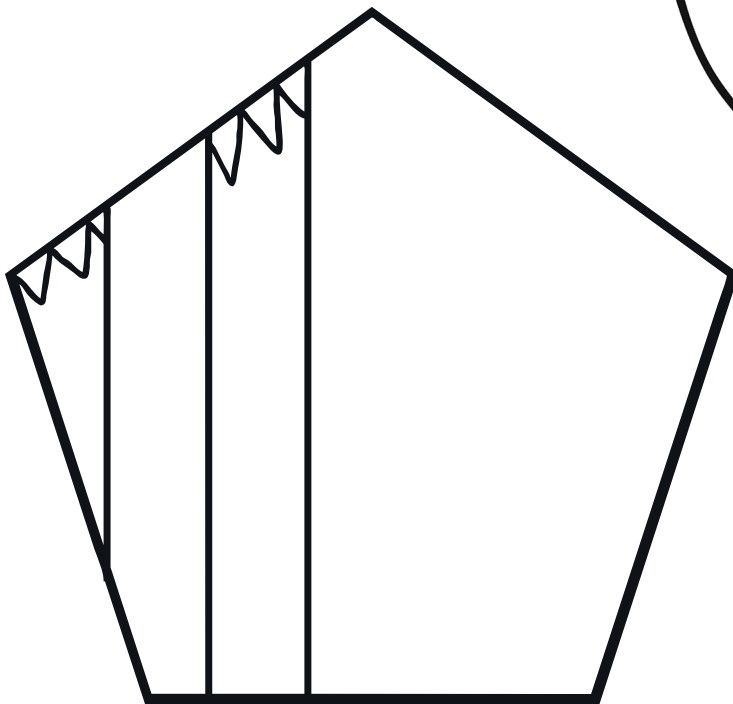
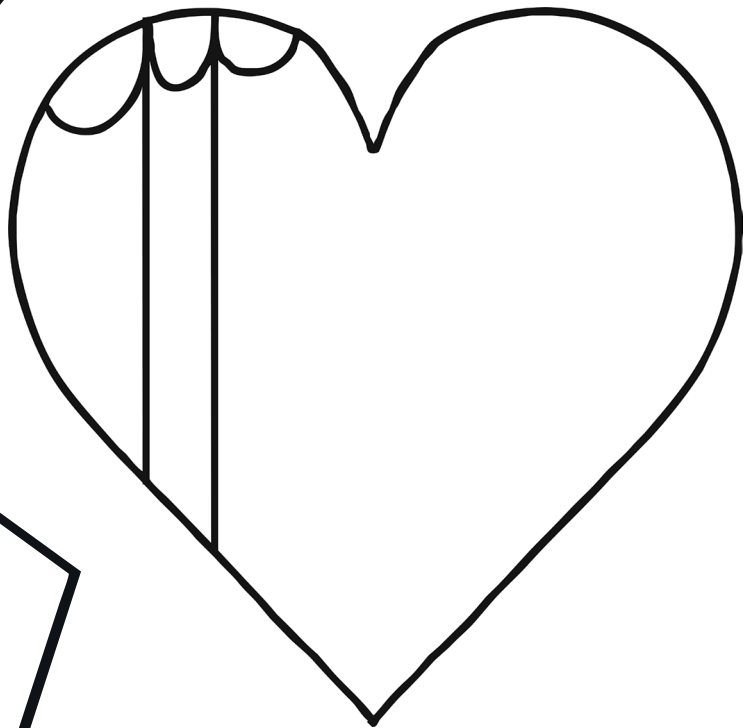
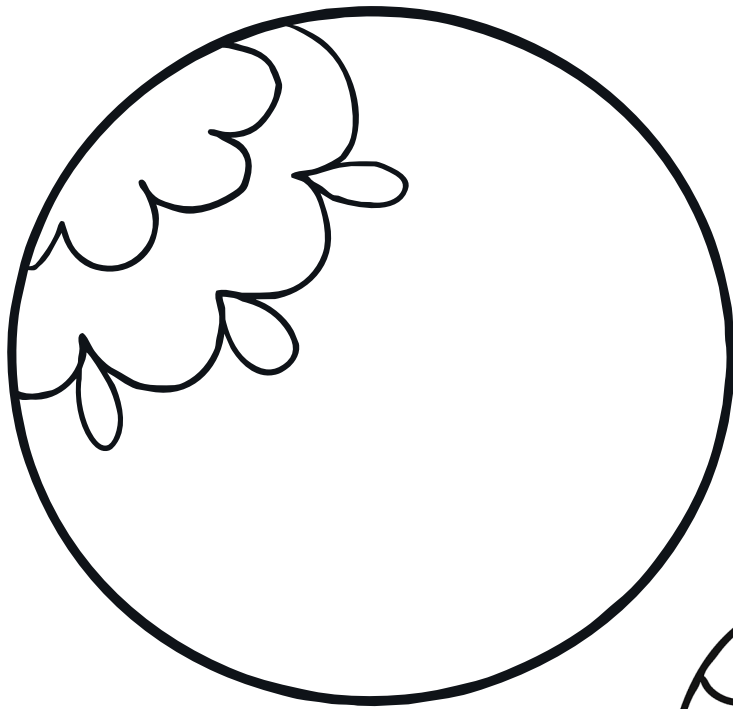


Today we are going to make our own doodle art pictures using different shapes and patterns.

Here are some examples of patterns that you could use.



Experiment with different shapes and patterns by completing these 'trial doodles'.



Now, create your own doodle art using the templates on the following pages. You could complete one, two or even all three! Fill in each section of your chosen template with a different pattern.

