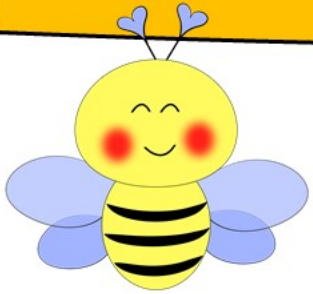


# Doodle a Day



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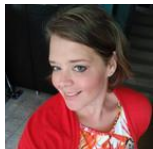
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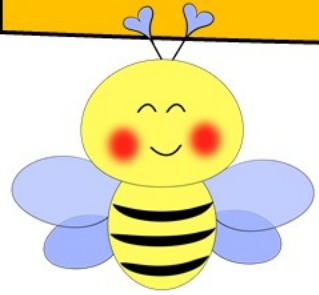


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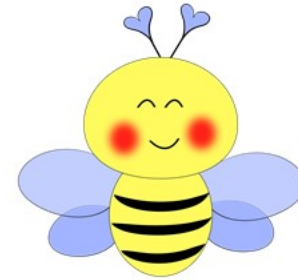
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# Tangle it!



Please check out this brand new resource for doodling



## Tangle it!

**TANGLE IT!**



**TANGLE IT!**



elsa

This resource is inspired by Zentangle® and is an amazingly easy and fun activity that anyone can do.

Benefits can include:

- Calm and relaxation
- Mindfulness
- Fun
- Problem solving your mistakes
- Relieves stress
- Self-esteem
- Thinking skills
- Creative expression
- Expanding and developing imagination



# Doodle a Day



# Doodle a Day



# Doodle a Day



# Doodle a Day



# Doodle a Day

