Wellbeing Doodle

Equipment needed:

Get a piece of plain paper

Pencil

Colouring pencils

Lay the paper flat on a table and hold the pencil on the paper. Shut your eyes and start to draw on the paper, don’t open your eyes.

Draw in any direction that you like as long as you stay on the paper, count to ten.

Open your eyes and see the pattern that you have made, you can now use the colouring pencils to fill in the gaps; this will also make a good pattern.

You can do this as often as you like.