

Mindful Doodles

How does it help students?

- Allows students to come up with an intention that they want to focus on
- Allows for creativity without fear of messing up

What will we need?

- Plain pieces of paper (white or colored)
- Something to write with, does not need to be anything fancy, can just be a pen.

How do we do it?

- Have students come up with a word or intention that they would like to focus on (ie: Breathe, Peace, Love, etc). Have them write that word or intention in the center of the page. Scribble one continuous line around it and keep twisting and turning that line around the page (weaving it in and out, left and right), not thinking just allowing the line to guide them where it would like to go.

Additional Notes:

- Let students know not to overthink the line or try to be precise, there is not right or wrong way to doodle around their intention.

Source: Mindfulartstudio.com (2015). 5 for 5 Self-Care Challenge: Draw or Paint [Blog post]. Retrieved from <https://http://mindfulartstudio.com/5-for-5-self-care-challenge-draw-or-paint/>