

# Mindfulness Doodling Adult Guidance

Use these Mindfulness Doodling sheets to encourage children to pause and focus on being in the moment and concentrating on one task. They are a fantastic way of helping children to relax. They also help children to develop fine motor skills and pencil control in a way that isn't handwriting.

Encourage children to think about how they are going to add patterns and colour to their doodles, using some of these suggestions:

## Take Your Pencil for a Walk

Sometimes it's hard for children to know where to start when they are drawing, especially if they aren't feeling confident in their abilities. This technique is great, as there is no need to create a 'design' or pattern and there is no right or wrong way to do it. Encourage your child to put pencil to paper and move it around the page by taking it for a 'walk'. Bring the activity to life by telling a story of a pencil who went for a walk (e.g. it went up a steep hill, tumbled down, then skipped along a bumpy road).



## Add Colour

Mindfulness doodles look great without colour, but if you want to add another layer to the activity, encourage children to colour and shade areas of their doodle. To add paint onto a mindfulness doodle, try brush painting, which is great to build fine motor skills. For a further challenge, your child could paint using cotton buds to create a picture using lots of tiny dots (called pointillism).



## Use a Different Line

Encourage children to change their lines to make them look more interesting. Here are some types of lines to try:

- thin 
- thick 
- horizontal 
- vertical 
- diagonal 
- dotted 
- dashed 

## Add Your Own Pattern

There are lots of ways of creating patterns. Encourage children to choose one of these lines and draw it in a repeated way, to make a pattern:

- spiral 
- wavy 
- zigzag 
- arches 
- straight lines 