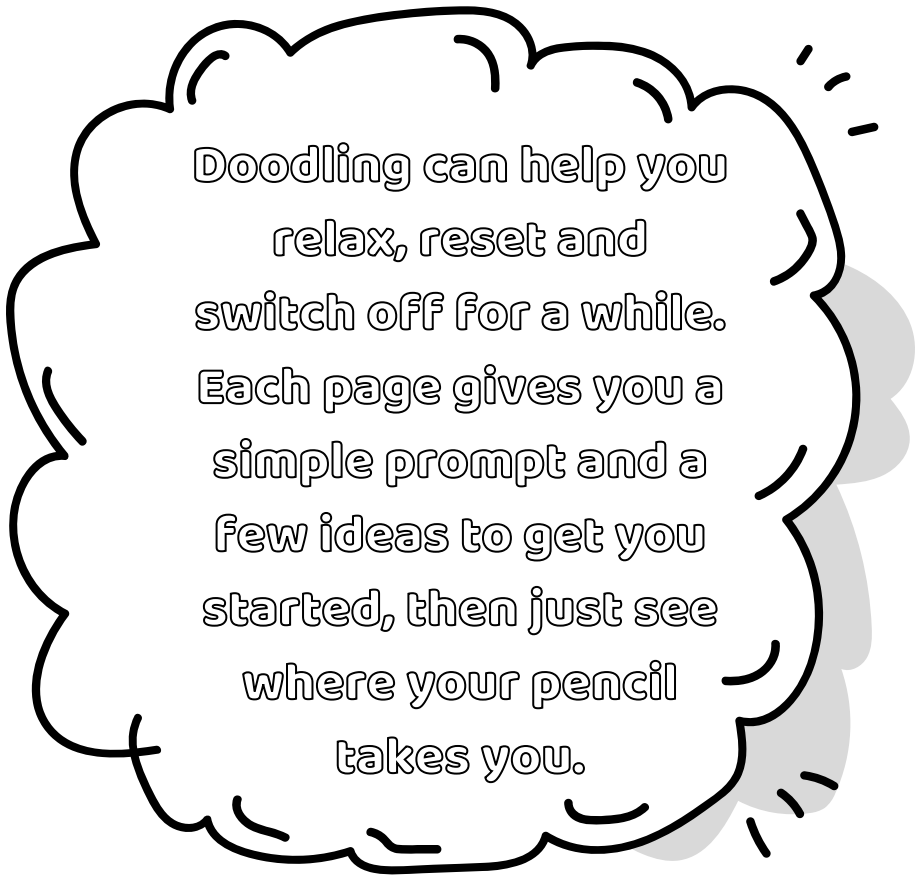


Name: _____

Date: _____

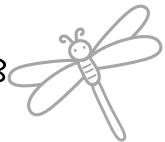
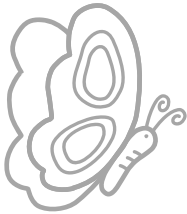
MINDFULNESS

Doodle Activity Booklet

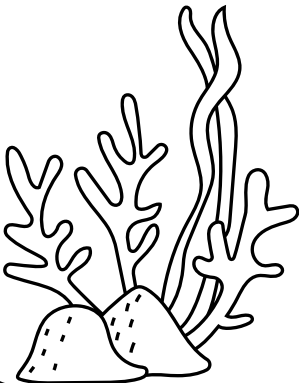
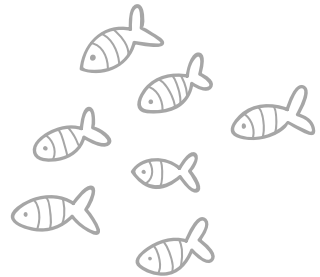


Doodling can help you
relax, reset and
switch off for a while.
Each page gives you a
simple prompt and a
few ideas to get you
started, then just see
where your pencil
takes you.

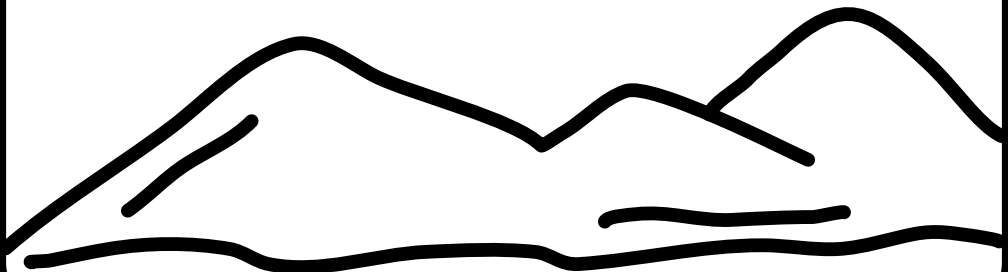
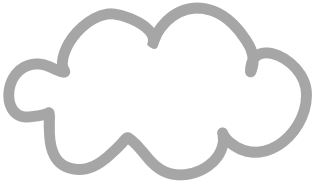
Fill the garden with butterflies



Fill the sea with fish



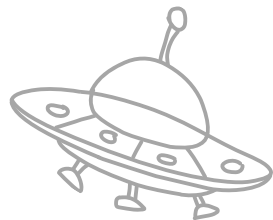
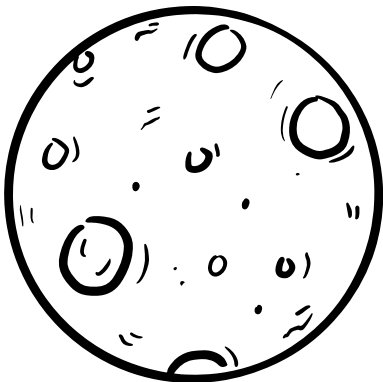
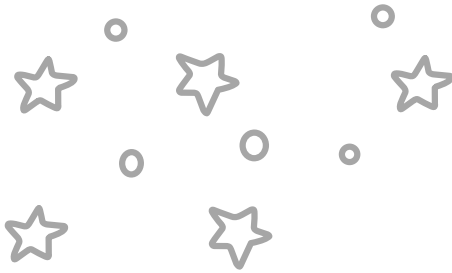
Fill the sky with clouds



Fill the page with falling leaves



Fill space with stars



Fill the jar with sweets

