ANOKHA LEARNING

Mindfulness Doodle Booklet

This booklet belongs to

Date _____

Doodling can help you relax, reset and switch off for a while. Each page gives you an idea to get started. Then just see where your pencil takes you.







MINDFULNESS

Butterfly Garden

Fill the garden with butterflies.







MINDFULNESS

Under the Sea

Fill the sea with fish.







MINDFULNESS

Cloudy Sky

Fill the sky with clouds.





MINDFULNESS

Falling Leaves

Fill the page with falling leaves.



MINDFULNESS

Starry Space

Fill space with stars.



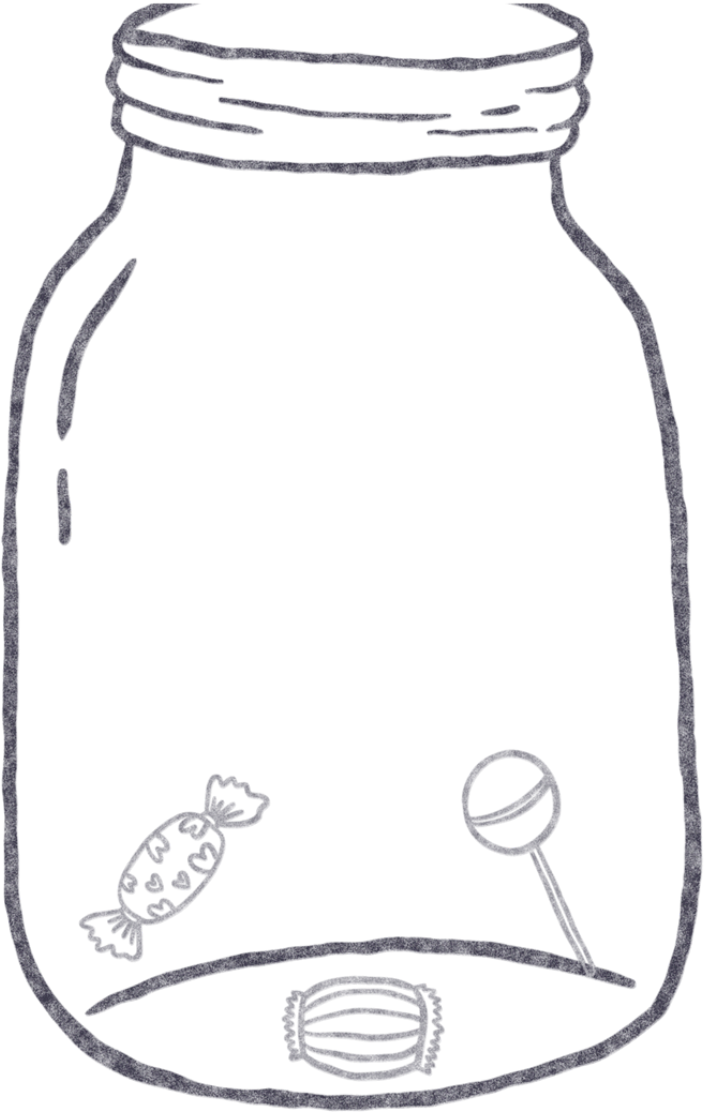




MINDFULNESS

Jar of Sweets

Fill the jar with sweets.



MINDFULNESS

How Do I Feel Now?

Circle the one that fits. Then finish the sentences.



Calm



Happy



Thinking



Worried



Cross

Right now I feel _____

_____

Doodling helped me to _____

_____

Next time I will doodle _____

_____

Doodle how you feel

