

Mindful Patterns

Drawing patterns and shapes is a great mindful activity and a fantastic brain break. Mindful drawing can be a form of meditation. Focus on your breathing as you draw and don't think about the image being 'perfect'. Just enjoy the process.

I like to use a black fineliner or texta and draw shapes in my sketchbook. Then I add colour and patterns in all the sections. Sometimes I choose a colour theme (I love purple, pink, blue and teal) or other times I choose random colours. What designs can you come up with?



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