



Happy doodling

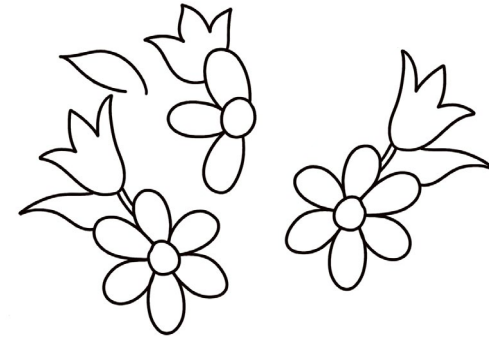
Have you ever found yourself doodling away? Not only is it a great way to feel creative, it's also a great tool for your wellbeing.

Doodling is when you draw with no real plan. It could start with you drawing an elephant. Or perhaps you draw random shapes and you've suddenly created a masterpiece!

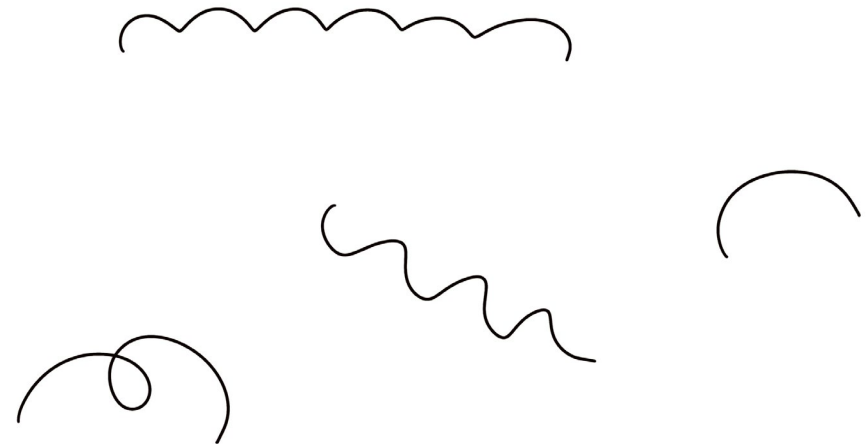
Did you know doodling is great for helping you relax? It can help calm your mind, just ten minutes a day can help.

Try these three doodling challenges, then check out the doodling space on the next page. Don't worry about making your doodles works of art, remember they're just for you. If you make a mistake, how could you use this to add to your doodle?

Finish the bunch of flowers.

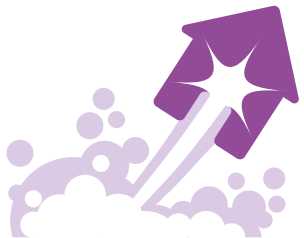


Finish these doodles.



Look to your left and draw the first thing you see.
Make it harder by drawing it with your eyes closed!

Here's a space for you to doodle away. You could start by thinking about something you love or makes you happy. Where will your pencil take you?



Safety notice: If you need to talk to somebody, speak to a trusted adult. This might be someone you live with, a teacher, doctor, or you can find further support from: **Childline (0800 1111)**.