

All about Mindfulness Patterns

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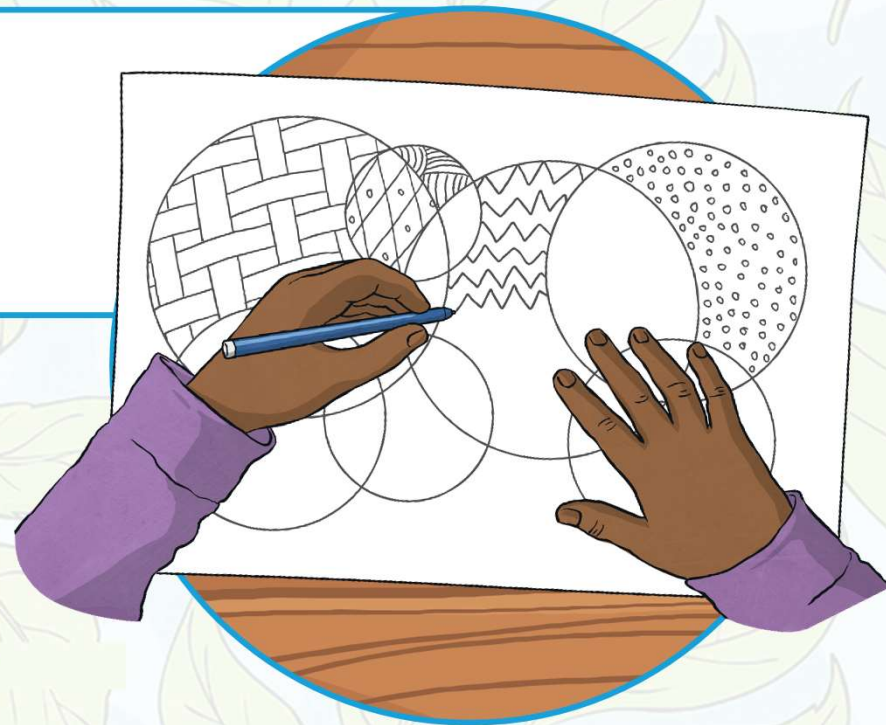
The Act of Doodling

Doodling is something we do when we are not really thinking.
We might doodle when:

- we are talking on the phone;
- listening to music;
- watching TV;
- doing homework.

Think
about it...?

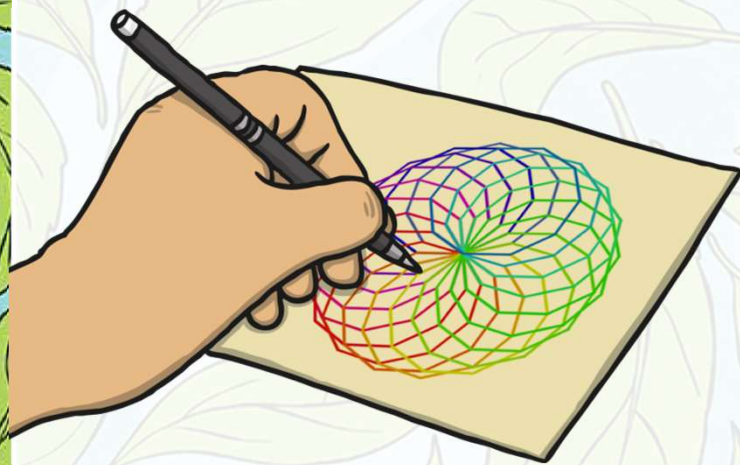
Why do we doodle?



The Importance of Doodling

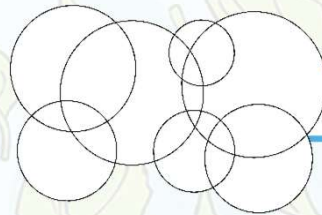
Doodling is thought to have a lot of different meanings.

One thought is that doodling actually helps us to concentrate. Often, pupils doodle at school while thinking rather than being distracted.



The Art of Doodling

Mindfulness patterns are created using doodles.



Picture 1.

Look at the activity sheet.
See each shape as a separate space.
Draw patterns in each individual shape
as you can see in picture 2.



Picture 2.

The Mindfulness of Doodling

Take your time with this as the process is more important than the end product.
Creating a mindfulness pattern is creative and relaxing.

It is a time to let your mind wander while creating something unique and beautiful. Colour in the different patterns only when the whole sheet is covered.

Remember, small patterns will take longer to colour in.

You could even have a go at drawing your own shapes to complete with mindfulness patterns.



