

HAPPY doodles!

Fill this page with the things that make you smile

Put this page up on your wall...

...and add more things as you think of them

FRIENDS

THINGS

HOBBIES

FAVE FOOD

I ♥



Doodling is great as it allows your busy brain to switch off and relax, so you can process thoughts better.

Your Mind Matters is our campaign to help children to look after their mental health which we've developed with support from BBC Children in Need's A Million & Me programme

A Million & Me

