

# 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. Maybe it starts with you drawing something specific but then the doodle grows and grows. Or perhaps you draw something random and you've suddenly created a masterpiece!

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

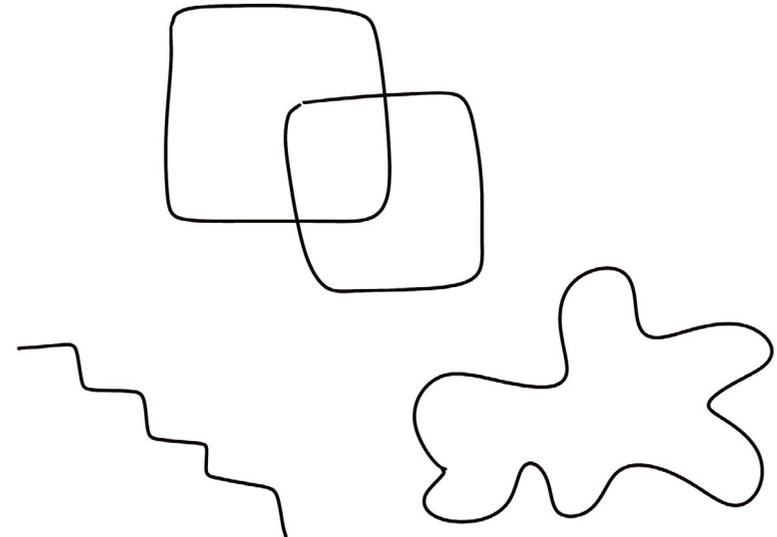
Try these three doodling prompts, then check out the doodling space on the next page. Don't worry about making your doodles works of art, remember they're just for you. If you make a mistake, how could you use this to add to your doodle?

Look to your left and draw the first thing you see. Try doing it with your eyes closed!

Finish this beach scene.



Finish these doodles.



**Here's a space for you to doodle away.** You could start by thinking about something you love or brings you happiness. 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)**.



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