

Zen doodling (or zentangles) is a style of doodling/drawing that allows you to create intricate designs using small areas of patterns. You don't need previous arty experience and produces amazing results very quickly.

It is also a good way to be mindful.

#### You will need:

- paper
- felt pen or pencil

#### Instructions:

1. Draw some leaf outlines on a page
2. If you are not confident, you can always draw around some leaf shapes found on a walk
3. Divide your leaf outline up into 6-8 sections
4. Fill each section with a different pattern ie. check, zig-zag, dots and circles... anything you like!
5. Optional: colour in your drawing - here we have chosen some autumn colours - again anything you like.
6. Repeat the process across the page using different shapes and patterns - *we've started this one off please finish it for us*

#### Other ideas:

- Fill up a small notebook with zen doodles with drawing and colouring in
- Cut out a page and glue to a piece of folded card to make a greeting card/gift tag

